

# SWIM LESSON SELECTOR

## IN WHAT AGE GROUP DOES THE STUDENT FALL?



**6 months - 3 years**  
PARENT\* & CHILD:  
STAGES A-B



**3-5 years**  
PRESCHOOL:  
STAGES 1-4



**5-12 years**  
SCHOOL AGE:  
STAGES 1-6



**12+ years**  
TEEN &  
ADULT:  
STAGES 1-6

All age groups are taught the same skills, but are divided according to their developmental milestones.

## FOR WHAT STAGE IS THE STUDENT READY?

Can the student respond to verbal cues and jump on land?

**NOT YET**

**A/ SWIM STARTERS**

Is the student comfortable working with an instructor without a parent in the water?

**NOT YET**

**B/ PARENT / SWIM BASICS 1**

Will the student voluntarily go under water?

**NOT YET**

**1/ WATER ACCLIMATION**

Can the student do a front and back float on his / her own?

**NOT YET**

**2/ WATER MOVEMENT**

Can the student swim 10-15 yards on his / her front and back?

**NOT YET**

**3/ WATER STAMINA**

Can the student swim 15 yards of front and back crawl?

**NOT YET**

**4/ STROKE INTRODUCTION**

Can the student swim front crawl, back crawl & breaststroke across the pool?

**NOT YET**

**5/ STROKE DEVELOPMENT**

Can the student swim front crawl, back crawl & breaststroke across the pool and back?

**NOT YET**

**6/ STROKE MECHANICS**

At the Y we know families take a variety of forms. As a result, we define **parent** broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents or any other type of parenting relationship.