the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LESSON SELECTOR

WHAT AGE GROUP DOES THE STUDENT FALL INTO?



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



3 years–5 years
PRESCHOOL: STAGES 1–4



5 years–12 years
SCHOOL AGE: STAGES 1–6



12+ years
TEEN & ADULT: STAGES 1–6

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

WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?	NOT YET	**SWIM STARTERS** STAGE A/B
Is the student comfortable working with an instructor without a parent in the water?	NOT YET	**SWIM BASICS** STAGE 1 WITH PARENT
Will the student go underwater voluntarily?	NOT YET	**SWIM BASICS** STAGE 1
Can the student do a front and back float on their own?	NOT YET	**SWIM BASICS** STAGE 2
Can the student swim 10–15 yards on their front and back?	NOT YET	**SWIM BASICS** STAGE 3
Can the student swim 15 yards of front and back crawl?	NOT YET	**SWIM STROKES** STAGE 4
Can the student swim front crawl, back crawl and breastroke across the pool?	NOT YET	**SWIM STROKES** STAGE 5
Can the student swim front crawl, back crawl and breastroke across the pool and back?	NOT YET	**SWIM STROKES** STAGE 6

*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, grand parents or any other type of parenting relationship.