



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# PARENT/CHILD & PRESCHOOL LESSON SELECTOR

## WHAT AGE GROUP DOES THE STUDENT FALL INTO?



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



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

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

## WHICH STAGE IS THE STUDENT READY FOR?

Is the child 1 year old?

NOT YET

**A / WATER  
DISCOVERY**

Is the child 2 years old?

NOT YET

**B / WATER  
EXPLORATION**

Is the child 2 or 3 years old and comfortable working without a parent in the water?

NOT YET

**C / WATER  
INDEPENDENCE**

Can the student front float independently?

NOT YET

**1 / WATER  
ACCLIMATION**

Can the student swim on front and back for 5 feet?

NOT YET

**2 / WATER  
MOVEMENT**

Can the student swim front and back crawl for 10 yards?

NOT YET

**3 / WATER  
STAMINA**

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

NOT YET

**4 / STROKE  
INTRODUCTION**

\*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.



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# SCHOOL AGE, TEEN & ADULT LESSON SELECTOR

## WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 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 front float independently?

NOT YET

1 / WATER  
ACCLIMATION

Can the student swim on front and back for 15 feet?

NOT YET

2 / WATER  
MOVEMENT

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

NOT YET

3 / WATER  
STAMINA

Can the student swim 25 yards (1 length of the pool) front crawl, back crawl and elementary back stroke?

NOT YET

4 / STROKE  
INTRODUCTION

Can the student swim front and back crawl 50 yards (2 lengths of the pool), and breaststroke 25 yards (1 length of the pool)?

NOT YET

5 / STROKE  
DEVELOPMENT

Can the student swim front crawl, back crawl, and breaststroke 100 yards (4 lengths of the pool)?

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.