**PARENT/CHILD & PRESCHOOL LESSON SELECTOR**

**WHAT AGE GROUP DOES THE STUDENT FALL INTO?**

<table>
<thead>
<tr>
<th>6 months–3 years</th>
<th>3 years–5 years</th>
</tr>
</thead>
<tbody>
<tr>
<td>PARENT* &amp; CHILD: STAGES A–B–C</td>
<td>PRESCHOOL: STAGES 1–4</td>
</tr>
</tbody>
</table>

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

**WHICH STAGE IS THE STUDENT READY FOR?**

<table>
<thead>
<tr>
<th>Question</th>
<th>Stage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Is the child 1 year old?</td>
<td>NOT YET A / WATER DISCOVERY</td>
</tr>
<tr>
<td>Is the child 2 years old?</td>
<td>NOT YET B / WATER EXPLORATION</td>
</tr>
<tr>
<td>Is the child 2 or 3 years old and comfortable working without a parent in the water?</td>
<td>NOT YET C / WATER INDEPENDENCE</td>
</tr>
<tr>
<td>Can the student front float independently?</td>
<td>NOT YET 1 / WATER ACCLIMATION</td>
</tr>
<tr>
<td>Can the student swim on front and back for 5 feet?</td>
<td>NOT YET 2 / WATER MOVEMENT</td>
</tr>
<tr>
<td>Can the student swim front and back crawl for 10 yards?</td>
<td>NOT YET 3 / WATER STAMINA</td>
</tr>
<tr>
<td>Can the student swim front crawl and back crawl 15 yards?</td>
<td>NOT YET 4 / STROKE INTRODUCTION</td>
</tr>
</tbody>
</table>

*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.
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

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