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** A / WATER DISCOVERY

Is the student comfortable working with an instructor without a parent in the water? **NOT YET** B / WATER EXPLORATION

Will the student go underwater voluntarily? **NOT YET** 1 / WATER ACCLIMATION

Can the student do a front and back float on his or her own? **NOT YET** 2 / WATER MOVEMENT

Can the student swim 10–15 yards on his or 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, and breaststroke across the pool? **NOT YET** 5 / STROKE DEVELOPMENT

Can the student swim front crawl, back crawl, and 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.
### Stage Descriptions

#### Swim Starters
Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

#### Swim Basics
Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:
- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab

#### Swim Strokes
Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

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<td><strong>B</strong></td>
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#### Have More Questions?
Our front-desk staff is available to answer any questions about the swim lessons program.

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