



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– 5 years  
**Preschool**  
Stages 1 – 4



6– 12 years  
**School Age**  
Stages 1 – 6



12+ years  
**Teens and Adults**  
Stages 1 – 6

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

## WHAT 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**

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.