the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LESSON SELECTOR

WHAT AGE GROUP DOES YOUR CHILD FALL INTO?

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

3 years–5 years
PRESCHOOL: STAGES 1–4

6 years–13 years
SCHOOL AGE: STAGES 1–6

14+ years
TEEN & ADULT: STAGES 1–6

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

WHICH STAGE IS YOUR CHILD READY FOR?

Can your child respond to verbal cues and jump on land?	NOT YET	A / WATER DISCOVERY
Is your child comfortable working with an instructor without you in the water?	NOT YET	B / WATER EXPLORATION
Will your child go underwater voluntarily?	NOT YET	1 / WATER ACCLIMATION
Can your child do a front and back float on his or her own?	NOT YET	2 / WATER MOVEMENT
Can your child swim 10–15 yards on his or her front and back?	NOT YET	3 / WATER STAMINA
Can your child swim 15 yards of front and back crawl?	NOT YET	4 / STROKE INTRODUCTION
Can your child swim front crawl, back crawl, and breaststroke across the pool?	NOT YET	5 / STROKE DEVELOPMENT
Can your child 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.