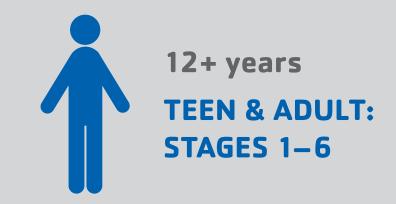
## SWIM LESSON SELECTOR

## WHAT AGE GROUP DO YOU/YOUR CHILD FALL INTO?









WHAT STAGE AND CLASS ARE YOU/YOUR CHILD READY FOR? FIND OUT BY ANSWERING THE QUESTIONS BELOW UNTIL YOUR RESPONSE IS "NOT YET".

Can your child respond to verbal cues and jump on land?

Is your child comfortable working with an instructor without a parent in the water?

Can the participant go underwater voluntarily?

Can the participant do a front and back float on his or her own?

Can the participant swim 10–15 yards on his or her front and back?

Can the participant swim 15 yards of front and back crawl?

Can the participant swim front crawl, back crawl, and breaststroke across the pool?

Can the participant swim front crawl, back crawl, and breaststroke across the pool and back?

NOT YET	A / WATER DISCOVERY
NOT YET	B / WATER XPLORATION
NOT YET	1/WATER ACCLIMATION
NOT YET	2 / WATER MOVEMENT
NOT YET	3 / WATER STAMINA
	4 / STROKE TRODUCTION
NOT YET D	5 / STROKE EVELOPMENT
NOT YET	6 / STROKE MECHANICS

<sup>\*</sup>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.

