

SWIM LESSON SELECTOR

WHAT AGE GROUP DO YOU/YOUR CHILD FALL INTO?



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



3 years–5 years
PRESCHOOL AGE:
STAGES 1–4



5 years–12 years
SCHOOL AGE:
STAGES 1–6



12+ years
TEEN & ADULT:
STAGES 1–6

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?

NOT YET

A / WATER
DISCOVERY

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

NOT YET

B / WATER
EXPLORATION

Can the participant go underwater voluntarily?

NOT YET

1 / WATER
ACCLIMATION

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

NOT YET

2 / WATER
MOVEMENT

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

NOT YET

3 / WATER
STAMINA

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

NOT YET

4 / STROKE
INTRODUCTION

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

NOT YET

5 / STROKE
DEVELOPMENT

Can the participant 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.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

The Y in Central Maryland