**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”.**

1. Can your child respond to verbal cues and jump on land? **NOT YET**
2. Is your child comfortable working with an instructor without a parent in the water? **NOT YET**
3. Can the participant go underwater voluntarily? **NOT YET**
4. Can the participant do a front and back float on his or her own? **NOT YET**
5. Can the participant swim 10–15 yards on his or her front and back? **NOT YET**
6. Can the participant swim 15 yards of front and back crawl? **NOT YET**
7. Can the participant swim front crawl, back crawl, and breaststroke across the pool? **NOT YET**
8. Can the participant swim front crawl, back crawl, and breaststroke across the pool and back? **NOT YET**

*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.*