



LESSON SELECTOR

WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months–3 years
PARENT & CHILD:
Parent/Tot Class



3 years–6 years
PRESCHOOL:
Levels 1–4



7 years–12 years
SCHOOL AGE:
Levels 1–4



12–18 years
TEENAGE
Levels 1–4

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

WHICH STAGE IS THE STUDENT READY FOR?

Is the student 3 years old and comfortable in the pool without a parent?

NOT YET

Parent/Tot

Can the student glide by themselves on their front with their face in the water?

NOT YET

Level 1

Can the student use their arms to swim on their stomach by rolling to their side?

NOT YET

Level 2

Can the student swim freestyle and backstroke?

NOT YET

Level 3

Can the student swim breaststroke and swim two lengths (50 yds.) of the pool?

NOT YET

Level 4

*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.