



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LESSON SELECTOR

WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months- 3 years
PARENT & CHILD:
STAGES A-B



3 years- 5 years
PRESCHOOL3
STAGES 1-3



6 years -12 years
SCHOOL AGE:
STAGES 2-4



12+ years
TEEN &
ADULT

WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?

NOT YET

A-WATER DISCOVERY

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

NOT YET

B-WATER EXPLORATION

Will the student go underwater voluntarily and float on front and back?

NOT YET

1-WATER ACCLIMATION

Can the student swim 10-15 yards on his or her front and back?

NOT YET

2-WATER MOVEMENT

Can the student swim 25 yards of front and back crawl?

NOT YET

3-WATER STAMINA

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

NOT YET

4-STROKE INTRO