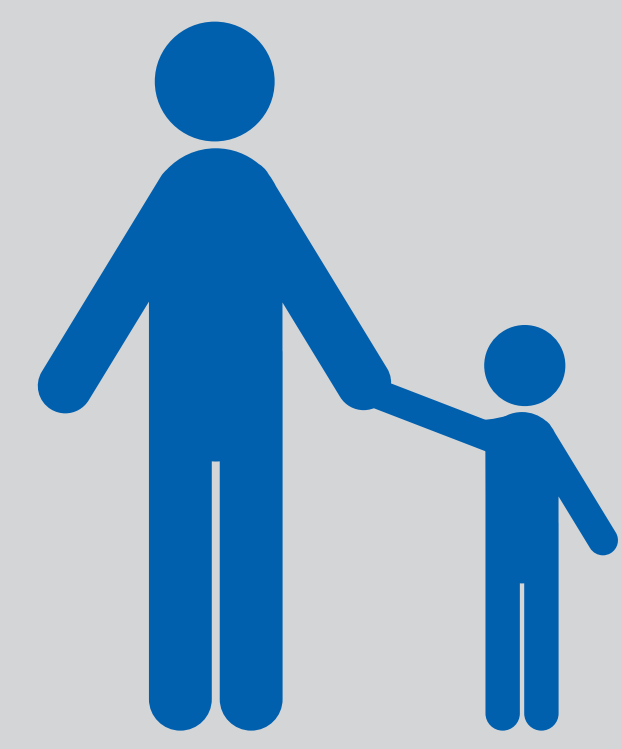




FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FIND THE RIGHT SWIM LESSON

WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months–3 years
SWIM STARTERS:
STAGES A–B



3 years–5 years
SWIM BASICS:
STAGES 1–4



6 years–12 years
SWIM STROKES:
STAGES 1–6



13+ years
TEEN - ADULT:
STAGES 1–6

Students within each age group are taught the same skills, but start at the stage that corresponds to their development. (See questions to the right)

WHICH STAGE IS THE STUDENT READY FOR?

STAGES:

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

If NO, begin with **STAGE A**.
If YES, continue to the next question.

SWIM STARTERS

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

If NO, begin with **STAGE B**.
If YES, continue to the next question.

SWIM STARTERS

Will the student go under water voluntarily?

If NO, begin with **STAGE 1**.
If YES, continue to the next question.

SWIM BASICS

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

If NO, begin with **STAGE 2**.
If YES, continue to the next question.

SWIM BASICS

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

If NO, begin with **STAGE 3**.
If YES, continue to the next question.

SWIM BASICS

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

If NO, begin with **STAGE 4**.
If YES, continue to the next question.

SWIM STROKES

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

If NO, begin with **STAGE 5**.
If YES, continue to the next question.

SWIM STROKES

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

If NO, begin with **STAGE 6**.
If YES, ask about swim teams or lifeguarding.

SWIM STROKES

*Families take a variety of forms so we define **parent** 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.