



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SOUTHEASTERN INDIANA YMCA LESSON SELECTOR

WHAT AGE GROUP DOES THE STUDENT FALL INTO?



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



3 years–5 years
PRESCHOOL:
STAGES 1–4



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



13 years+
TEEN & ADULT:
STAGES 1–6

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

WHICH STAGE IS THE STUDENT READY FOR?

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

NOT YET

A-WATER DISCOVERY

Formerly called Waterbugs

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

NOT YET

B-WATER EXPLORATION

Formerly called Waterbugs

Will the student go underwater voluntarily?

NOT YET

1-WATER ACCLIMATION

Formerly called Pike I or II

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

NOT YET

2-WATER MOVEMENT

Formerly called Eel

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

NOT YET

3-WATER STAMINA

Formerly called Starfish

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

NOT YET

4-STROKE INTRODUCTION

Formerly called Polliwog

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

NOT YET

5-STROKE DEVELOPMENT

Formerly called Guppy

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

NOT YET

6-STROKE MECHANICS

Formerly called Minnow

*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.