**WHAT AGE GROUP DOES THE STUDENT FALL INTO?**

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Stage</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 months–3 years</td>
<td>PARENT* &amp; CHILD: STAGES A–B</td>
</tr>
<tr>
<td>3 years–5 years</td>
<td>PRESCHOOL: STAGES 1–4</td>
</tr>
<tr>
<td>5 years–12 years</td>
<td>SCHOOL AGE: STAGES 1–6</td>
</tr>
<tr>
<td>12+ years</td>
<td>TEEN &amp; ADULT: STAGES 1–6</td>
</tr>
</tbody>
</table>

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

**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?**
  - **Not Yet**
  - **1 / WATER ACCLIMATION**

- **Can the student do a front and back float on his or her own?**
  - **Not Yet**
  - **2 / WATER MOVEMENT**

- **Can the student swim 10–15 yards on his or her front and back?**
  - **Not Yet**
  - **3 / WATER STAMINA**

- **Can the student swim 15 yards of front and back crawl?**
  - **Not Yet**
  - **4 / STROKE INTRODUCTION**

- **Can the student swim front crawl, back crawl, and breaststroke across the pool?**
  - **Not Yet**
  - **5 / STROKE DEVELOPMENT**

- **Can the student swim front crawl, back crawl, and breaststroke across the pool and back?**
  - **Not Yet**
  - **6 / STROKE MECHANICS**

*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.*