



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:



3 years
**PRESCHOOL:
AGE 3**



4 – 5 years
**PRESCHOOL
KINDERGARTEN**



6 years +
LEVEL 1–6

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 fully potty trained?

NOT
YET

**Be on the lookout for
parent/child classes!**

Is the Student at least 4 years old?

NOT
YET

**Be on the lookout for
parent/child classes!**

Is the student at least 6 years old?

NOT
YET

**Preschool
Kindergarten Class!**

Can the student blow bubbles through their mouth
and their nose?

NOT
YET

Level 1 Class!

Can the student go completely underwater by themselves?

NOT
YET

Level 2 Class!

Can the student jump into chest deep water, unassisted?

NOT
YET

Level 3 Class!

Can the student swim 10 – 15 yards on their front and back?

NOT
YET

Level 4 Class!

Can the student tread water for 5 minutes or more?

NOT
YET

Level 5 Class!

Can the student swim front crawl, back crawl and
breaststroke 50 yards?

NOT
YET

Level 6 Class!

*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.