



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 1–5

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

WHICH LEVEL IS THE STUDENT READY FOR?

Is your child 3?

NOT
YET

Register for Parent/Child

Is your child 6?

NOT
YET

Register for Preschool

Can your child blow bubbles through their mouth
and nose?

NOT
YET

Level 1

Can your child float on their back for 10 seconds?

NOT
YET

Level 2

Can your child swim 15 yards of the pool without flotation?

NOT
YET

Level 3

Can your child swim 50 yards front crawl with a flip turn?

NOT
YET

Level 4

Can your child swim 50 yards front crawl with a flip, 25 yards
butterfly, 25 yards backstroke and tread water for 5 minutes?

NOT
YET

Level 5

*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.