FIND THE RIGHT SWIM LESSON

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

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

12+ years
TEEN & ADULT:
STAGES 1–6

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 the parent in the water?

NOT YET → **B | WATER EXPLORATION**

Will the student go under water voluntarily?

NOT YET → **1 | WATER ACCLIMATION**

Can the student do a front and back float on their own?

NOT YET → **2 | WATER MOVEMENT**

Can the student swim 10 to 15 yards on their 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**

SIGN-UP ONLINE : WWW.SEWICKLEYYMCA.ORG/AQUATICS/GROUP-SWIM-LESSONS **or call 412-741-9622 ext. 121**