



LESSON SELECTOR

WHAT AGE GROUP DOES THE STUDENT BELONG IN?

Parent and Child: 6 months - 3 years

Learn to Swim: 6-12 years

Preschool: 3 - 5 years

Adult: 13 years and up

WHICH LEVEL IS THE STUDENT READY FOR?

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

NOT YET

Parent &
Child

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

NOT YET

Parent &
Child

Will the student go underwater voluntarily?

NOT YET

Level 1

Can the student do a front and back float on his or her own?

NOT YET

Level 2

Can the student swim 15 yards of front crawl and 15 yards of elementary backstroke?

NOT YET

Level 3

Can the student swim 25 yards of front crawl, 25 of elementary backstroke and 15 yards of breaststroke?

NOT YET

Level 4

Can the student swim 50 yards of front crawl, 50 yards of elementary backstroke, 25 yards of breaststroke, and 25 yards of back crawl?

NOT YET

Level 5

Can the student swim 500 yards continuously, using any 3 strokes of choice, swimming at least 50 yards of each stroke?

NOT YET

Level 6

** 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.*