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

**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

*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.

**WHICH STAGE IS THE STUDENT READY FOR?**

1. **Can the student respond to verbal cues and jump on land?**
   - NOT YET / A / WATER DISCOVERY
2. **Is the student comfortable working with an instructor without a parent in the water?**
   - NOT YET / B / WATER EXPLORATION
3. **Will the student go underwater voluntarily?**
   - NOT YET / 1 / WATER ACCLIMATION
4. **Can the student do a front and back float on his or her own?**
   - NOT YET / 2 / WATER MOVEMENT
5. **Can the student swim 10–15 yards on his or her front and back?**
   - NOT YET / 3 / WATER STAMINA
6. **Can the student swim 15 yards of front and back crawl?**
   - NOT YET / 4 / STROKE INTRODUCTION
7. **Can the student swim front crawl, back crawl, and breaststroke across the pool?**
   - NOT YET / 5 / STROKE DEVELOPMENT
8. **Can the student swim front crawl, back crawl, and breaststroke across the pool and back?**
   - NOT YET / 6 / STROKE MECHANICS