



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



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



12+ years
TEEN - ADULT:
STAGES 1–6

Students within each age group are taught the same skills, but start at the stage that corresponds to their development. (See questions to the right)

FIND THE RIGHT SWIM LESSON

WHICH STAGE IS THE STUDENT READY FOR?

STAGES:

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

If NO, begin with **STAGE A**.
If YES, continue to the next question.

A / WATER DISCOVERY

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

If NO, begin with **STAGE B**.
If YES, continue to the next question.

B / WATER EXPLORATION

Will the student go under water voluntarily?

If NO, begin with **STAGE 1**.
If YES, continue to the next question.

1 / WATER ACCLIMATION

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

If NO, begin with **STAGE 2**.
If YES, continue to the next question.

2 / WATER MOVEMENT

Can the student swim 10–15 yards on his or her front and back?

If NO, begin with **STAGE 3**.
If YES, continue to the next question.

3 / WATER STAMINA

Can the student swim 15 yards of front and back crawl?

If NO, begin with **STAGE 4**.
If YES, continue to the next question.

4 / STROKE INTRODUCTION

Can the student swim front crawl, back crawl, and breaststroke across the pool?

If NO, begin with **STAGE 5**.
If YES, continue to the next question.

5 / STROKE DEVELOPMENT

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

If NO, begin with **STAGE 6**.
If YES, ask about swim teams or lifeguarding.

6 / STROKE MECHANICS

*Families take a variety of forms so we define parent 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.