



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LESSON SELECTOR

STEP 1

WHAT AGE GROUP DOES THE PERSON FALL INTO?



6 MONTHS - 3 YEARS
PARENT* & CHILD



3 YEARS - 5 YEARS
PRESCHOOL:
STAGES 1-3



6 YEARS - 12 YEARS
SCHOOL AGE:
STAGES 1-6



18+ YEARS
ADULT

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

STEP 2

WHICH STAGE IS THE PERSON READY FOR?

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

NOT YET

PARENT* & CHILD
6 MONTHS - 3 YEARS

Will the participant fully submerge face in the water and blow bubbles?

NOT YET

1 | WATER ACCLIMATION
PRESCHOOL: 3 - 5 YEARS
SCHOOL AGE: 6-12 YEARS

Can the participant do a front and back float without support?

NOT YET

2 | WATER MOVEMENT
PRESCHOOL: 3 - 5 YEARS
SCHOOL AGE: 6-12 YEARS

Can the participant swim 10-15 yards on his or her front and back and tread water for 30 seconds?

NOT YET

3 | WATER STAMINA
PRESCHOOL: 3 - 5 YEARS
SCHOOL AGE: 6-12 YEARS

YELLOW
BAND ONLY

Can the participant swim 25 yards of front and back crawl and tread water for 1 minute with breath rotation and no doggie paddling? Do they have a yellow swim band?

NOT YET

4 | STROKE INTRODUCTION
SCHOOL AGE: 6+ YEARS

GREEN
BAND ONLY

Can the participant swim 100 yards front crawl and back crawl, and 25 yards backstroke and breaststroke, and tread water for 1 minute? Do they have a green swim band?

NOT YET

5/6 DEVELOPMENT &
STROKE MECHANICS
SCHOOL AGE: 6+ YEARS

GREEN
BAND ONLY

Can the participant swim 100 yards front crawl and 50 yards butterfly, backstroke and breaststroke? Do they have a green swim band?

NOT YET

SWIM TEAM PREP
SCHOOL AGE: 8+ YEARS

GREEN
BAND ONLY

STEP 3

REGISTER FOR APPROPRIATE LESSON

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