

WHAT AGE GROUP DOES YOUR SWIMMER FALL INTO?



6 months–5 years
**PARENT* & CHILD:
WATER DISCOVERY/
EXPLORATION**



3 years–5 years
**PRESCHOOL:
STAGES 1–3**



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 YOUR SWIMMER READY FOR?

Is your child 6 months to 3 years of age?

WATER DISCOVERY / EXPLORATION
formerly Parent/Child Water Babies

Can your 3–5 year old respond to verbal cues and jump on land? Is your child comfortable working with an instructor without a parent in the water?

NO →
YES ↓
WATER DISCOVERY / EXPLORATION
formerly Parent/Child: Dippers Divers

Will your child go underwater voluntarily?

NO →
YES ↓
1 / WATER ACCLIMATION
formerly Polliwog

Can your child do a front and back float on their own?

NO →
YES ↓
2 / WATER MOVEMENT
formerly Guppy 1

Can your child swim 10–15 yards on their front and back?

NO →
YES ↓
3 / WATER STAMINA
formerly Guppy 2

Can your child swim 15 yards of front and back crawl?

NO →
YES ↓
4 / STROKE INTRODUCTION
formerly Minnow

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

NO →
YES ↓
5 / STROKE DEVELOPMENT
formerly Fish

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

6 / STROKE MECHANICS
formerly Flying Fish/Shark

***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.**