



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

CONTACT: BARBARA PALMER | [BPALMER@BCFYMCA.ORG](mailto:BPALMER@BCFYMCA.ORG) | 724-452-9122 X. 217  
ROSE E. SCHNEIDER FAMILY YMCA • 2001 EHRMAN RD. CRANBERRY TWP., PA 16066 • [WWW.BCFYMCA.ORG](http://WWW.BCFYMCA.ORG)