



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LESSON SELECTOR

WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months–3 years
PARENT* & CHILD:
STAGES A–B



3 years–5 years
PRESCHOOL:
STAGES 1–3



5 years–13 years
SCHOOL AGE:
STAGES 1–6



14+ years
**TEEN &
ADULT:**
BEG–INT

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

WHICH STAGE IS THE STUDENT READY FOR?

Teen/Adult beginner lessons serve students not yet able to swim 25 yards on their front and back.

Intermediate lessons serve those not yet able to swim 50 yards on their front and back with proper breathing and technique.

[**View all Teen/Adult Lessons & Register**](#)