

## 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

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

## WHICH STAGE IS THE STUDENT READY FOR?

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

**NOT YET**

**A / WATER  
DISCOVERY**

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

**NOT YET**

**B / WATER  
EXPLORATION**

Will the student go underwater voluntarily?

**NOT YET**

**1 / WATER  
ACCLIMATION**

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

**NOT YET**

**2 / WATER  
MOVEMENT**

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

**NOT YET**

**3 / WATER  
STAMINA**

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

**NOT YET**

**4 / STROKE  
INTRODUCTION**

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

**NOT YET**

**5 / STROKE  
DEVELOPMENT**

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

**NOT YET**

**6 / STROKE  
MECHANICS**