



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LESSON SELECTOR

AGE:

6 to 18 Years

WHICH STAGE IS THE STUDENT READY FOR?

Can the student do a front float and back float for 15 seconds on their own?

Yes



Not Yet →

NOT YET

Stage 1

Can the student swim halfway across the pool (15 yards) on their front and back all by themselves (face in the water and lifting head to breathe)?

Yes



Not Yet →

NOT YET

Stage 2

Can the Student swim "freestyle & backstroke" the entire length of the pool without stopping?

Yes



Not Yet →

NOT YET

Stage 3

Can the student swim freestyle" 50 yards (which is 2 lengths of our pool) with side breathing, without stopping. Can they also swim 50 yards of "backstroke, and breaststroke without stopping?

Yes



Not Yet →

NOT YET

Stage 4

Can the student swim 100 yards (which is 4 lengths of our pool) of "freestyle" with side breathing, without stopping. Can they also swim 100 yards of "backstroke, breaststroke without stopping?

Not Yet →

NOT YET

Stage 5

Yes →

YES

Stage 6