



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?

**Determine your swimmer's level and select the hyperlink for a direct list of available group swim lessons for Summer 2026.**

Teen/Adult [beginner](#) serves students not yet able to swim 25 yards on their front and back. [Intermediate](#) serves those not yet able to swim 50 yards on their front and back with proper breathing and technique.