



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LESSON SELECTOR

AGE: 6 MONTHS–5 YEARS

WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months–3 years
CAREGIVER & CHILD:
LEVELS A–B



3–5 years
PRESCHOOL:
LEVELS 1–4

WHICH LEVEL IS THE STUDENT READY FOR?

CAREGIVER & CHILD

Is the student 2 years old and comfortable wearing a swim belt?

NOT YET

A / PARENT/CHILD

Is the student 3 years old and comfortable working with an instructor without a parent in the water?

NOT YET

B / SUNFISH

PRESCHOOL

Is the student 3 years old? Will the student go under water voluntarily and swim with limited flotation support (2 belt)?

NOT YET

1 / PIKE

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

NOT YET

2 / EEL

Can the student swim 10–15 yards on their front and back without support?

NOT YET

3 / RAY

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

NOT YET

4 / STARFISH

INTERESTED IN COMPETITIVE SWIMMING?



For ages 5 and older, MYST (McGaw YMCA Swim Team) is our competitive swimming program oriented toward developing the whole swimmer. We believe there is more to competition than collecting trophies. The guiding philosophy of YMCA swimming is, “Everyone swims; everyone wins.” This means we value participation as much as performance.

Learn more at www.mcgawymca.org/myst