



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LESSON SELECTOR

AGE: 6–13 YEARS

## WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 years–13 years

**SCHOOL AGE:**  
LEVELS 1–6

## WHICH LEVEL IS THE STUDENT READY FOR?

### SCHOOL AGE

Will the student go underwater voluntarily and swim with limited support?

**NOT YET**

**1 / POLLIWOG**

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

**NOT YET**

**2 / ADVANCED POLLIWOG**

Can the student swim 25 yards front crawl with side breathing?

**NOT YET**

**3 / GUPPY**

Can the student swim 50 yards of front crawl, back crawl and beginning breaststroke?

**NOT YET**

**4 / MINNOW**

Can the student swim 100 yards front crawl, back crawl and breaststroke?

**NOT YET**

**5 / FISH**

Can the student swim 150 yards any stroke, butterfly and tread water for 10 minutes?

**NOT YET**

**6 / FLYING FISH**

## 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](http://www.mcgawymca.org/myst)