



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



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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

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