



LESSON SELECTOR

COOK COUNTY COMMUNITY YMCA

WHICH LEVEL IS THE STUDENT READY FOR?

Is the student at least 3 years of age AND can the student do a front and back float on their own?

NOT YET

**STAGE 1 & 2/
WATER ACCLIMATION &
WATER MOVEMENT**

Is the student at least 3 years of age AND can the student swim 15 yards on their front and back without support?

NOT YET

**STAGE 3/
WATER STAMINA**

Is the student at least 5 years of age AND can the student swim 15 yards of front crawl with rotary breathing and back crawl?

NOT YET

**STAGE 4 & 5/
STROKE INTRODUCTION &
STROKE DEVELOPMENT**