"Social Skills"

Which is more conducive to the development of "social skills"? 1) an environment where one can socialize with everyone around, from all different ages, at anytime, or 2) an environment where one can only socialize with others his same age (who likewise need to develop their "social skills"), and only at times deemed appropriate by authority figures, all other times being strictly controlled silence? Seems like a no-brainer.

Skyler.