



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STRONG SWIMMERS CONFIDENT KIDS SMALL GROUP SWIM LESSONS

March 10th–13th, 2025
March 17th–20th, 2025



MONDAY–THURSDAY

9:00 AM– 10:00 AM	STAGE 1-3 SWIM BASICS
10:00 AM– 11:00 AM	STAGE 1-3 SWIM BASICS
5:00 PM–6:00 PM	STAGE 1-3 SWIM BASICS
6:00 PM–7:00 PM	STAGE 1-3 SWIM BASICS

FOUR SESSIONS: 1 HOUR EACH

AGES 3 & UP

4 SPOTS PER GROUP

MEMBERS: \$100 NON-MEMBER: \$150

Registration:

See Member Service at our
Hattiesburg or Petal location

Petal Family YMCA

547 Hillcrest Loop Petal, MS 39465
601.583.9399

The Family YMCA Hattiesburg

3719 Veterans Memorial Drive
Hattiesburg, MS 39401
601.583.4000

For questions, email Sara Morris
at smorris@ymcasems.org

GUIDE TO SWIM LEVEL PLACEMENT

SWIM LESSON SELECTOR

WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months–3 years
PARENT* & CHILD:
STAGES A-B



3 years–5 years
PRESCHOOL:
STAGES 1-4



5 years–12 years
SCHOOL AGE:
STAGES 1-6



12+ years
TEEN & ADULT:
STAGES 1-6

WHAT STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?

NOT YET

A/ WATER
DISCOVERY

Is the student comfortable working with an instructor without a parent in the water?

NOT YET

B/ WATER
EXPLORATION

Will the student go underwater voluntarily?

NOT YET

1/ WATER
ACCLIMATION

Can the student do a front and back float on his/her own?

NOT YET

2/ WATER
MOVEMENT

Can the student swim 10–15 yards on his/her front and back?

NOT YET

3/ WATER
STAMINA

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

NOT YET

4/ STROKE
INTRODUCTION

Can the student swim front crawl, back crawl, and breaststroke across the pool?

NOT YET

5/ STROKE
DEVELOPMENT

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

NOT YET

6/ STROKE
MECHANICS