



SUMMER 2026

CWC SWIM LESSONS FOR AGES 4 TO 13

Lessons 6/8-6/11

6/15-6/18 (M-Th)

Cost: \$80

Group A: 9-9:45am (Levels 1-3)

Group B: 10-10:45am (Levels 4-6)

Group C: 11-11:45am (Levels 1-3)

Class code: 262101

Max 25 students per class

Lessons 6/22 - 6/25

6/29-7/2(M-Th)

Cost: \$80

Group A: 9-9:45am (Levels 1-3)

Group B: 10-10:45am (Levels 4-6)

Group C: 11-11:45am (Levels 1-3)

Class code: 262102

Max 25 students per class

Lessons 7/6- 7/9

7/13-7/16 (M-Th)

Cost: \$80

Group A: 9-9:45am (Levels 1-3)

Group B: 10-10:45am (Levels 4-6)

Group C: 11-11:45am (Levels 1-3)

Class code: 262103

Max 25 students per class

**Refer to Swim Lesson
Placement guide for help
on choosing levels**

**Please email Coach Monique Borzick
at mborzick@lths.org
with any questions or concerns**

Walk in registration at the CWC

LTHS East Campus

1333 E. 7th Street, Door #1, Lockport

Registration Hours

Monday-Friday: 5:30 - 7:30 AM &

5:00 - 10:00 PM

Saturday: Noon - 5:00 PM

This event is sponsored by the Lockport Community Wellness Center (CWC). This organization is not affiliated with District 91, and District 91 does not sponsor or endorse this organization or its activities. This flyer has been made available to students pursuant to the District's policy governing the distribution of written materials from non-school organizations.



CWC Swim Lesson Placement

Level 1:

Before entering level 1, the child must be at least 4 years of age and be completely and independently potty trained.

Level 2:

In order to enter level 2, the child must be able to enter the water independently using the ladder or steps, blow bubbles in the pool, roll from front to back in the water, and be able to do the front and back survival floats with assistance.

Level 3:

In order to enter level 3, the child must be able to the front, back, jellyfish, and tuck float independently for a minimum of five seconds. Additionally, it is required that the child can independently front and back glide two full body lengths. Finally, the child must be able to do freestyle five body lengths, tread water for 15 seconds, then recover onto their back for an additional five body lengths.

Level 4:

In order to enter level 4, the child must be able to sufficiently stay afloat in the deep end of the pool. They must be able to enter the water jumping from the side of the pool, and complete a seated headfirst entry into the water. They must be able to do freestyle, backstroke, and elementary backstroke for a minimum of 15 yards. Additionally, the child must be able to do their survival floats for a minimum of 30 seconds each in deep water. Finally, the child must be able to tread water using a scissor kick for a minimum of 30 seconds without break.

Level 5:

In order to enter level 5, the child must be able to dive into the deep end of the pool independently, as well as feet first surface dive while submerging completely. They must be able to tread water using both scissor and breaststroke kicks. Additionally, freestyle, backstroke, breaststroke, and butterfly must be able to be completed with full independence and correct technique for a length of 15 yards. Elementary backstroke must be able to be swam a full 25 yard length without break. Finally, the child must be able to open turn at the wall during both freestyle and backstroke, and they must be able to streamline off of the wall and kick 3-5 body lengths doing flutter and dolphin kicks.

Level 6:

In order to enter the final level, the child must be an independent swimmer with proper technique in all of their strokes. They must be able to angle dive and begin to swim freestyle, and complete both tuck and pike surface dives. They must be able to tread water for a length of 5 minutes without break. Additionally, they must be able to complete both a backstroke and freestyle flip turn while swimming. Finally, they must be able to properly and independently swim all strokes including: Freestyle (50 yards), Breaststroke (25 yards), Butterfly (25 yards), Backstroke (25 yards), Sidestroke (25 yards), and Elementary Backstroke (50 yards).

This event is sponsored by the Lockport Community Wellness Center (CWC). This organization is not affiliated with District 91, and District 91 does not sponsor or endorse this organization or its activities. This flyer has been made available to students pursuant to the District's policy governing the distribution of written materials from non-school organizations.