



# MCSP PROGRAM GUIDE

## SUMMER 2025

Located at 215 Prairie Avenue  
Milestone, SK

***Tentative Opening Monday June 16<sup>th</sup>***

### PUBLIC SWIM HOURS

#### June:

Monday to Friday	4:30 - 7:30 pm
Saturday	1:00 - 5:00 pm & 5:30 - 8:00 pm
Sunday	1:30 - 5:00 pm & 5:30 - 8:00 pm

#### July and August:

Monday to Saturday	1:00 - 5:00 pm & 5:30 - 8:00 pm
Sunday	1:30 - 5:00 pm & 5:30 - 8:00 pm

\* Public swim hours are subject to change during lesson weeks, due to weather events or unforeseen circumstances. Changes will be announced on the Facebook page. \*

### AQUASIZE

Register online for the full 6-week set or come as a drop-in. Classes begin the week of July 8th.

**Daytime Set:** Monday and Wednesday 12:30 - 1:00 pm

**Evening Set:** Tuesday and Thursday 8:00 - 8:30 pm

### SENSORY SWIM

A sensory friendly swim time will be offered every **Sunday from 1:00 - 1:30 pm**. No registration required.

### ADULT LAP SWIM

Lap swim will be offered every **Sunday from 8:00 - 8:30 pm**. No registration required.

### SPECIAL EVENTS & CLINICS

**Freezie Day** – Kick off Summer Vacation! Saturday June 28 – Public Swim Hours 1:00 - 5:00 pm & 5:30 - 8:00 pm

**FREE Family Swim** – July 1<sup>st</sup> – celebrate Canada Day with a splash!

**Diving Clinic** – TBA      **Water Polo Clinic** – TBA

**Season Send Off Party** – Saturday August 23<sup>rd</sup> – details to come!



Follow Milestone Community Swimming Pool on Facebook  
for all programming updates throughout the summer!

### OUR STAFF & BOARD

Lifeguards: Natalie Sarah Eva Thalie Eve Paige Bowman Eli Cooper Brooklyn

Board Members: Trina Farnell Amy Burton Steph Pow Natasha Wilke Kristy Sambrook

### SWIM LESSONS

Spaces are limited so register early. Attendance is required on all 6 days/set (Monday to Saturday mornings). Schedules will be sent out one week ahead of each set. Swim lesson registration is subject to refund policy, available on the Town of Milestone website.

Set #1: July 14-19<sup>th</sup>

Set #2: July 21-26<sup>th</sup>

Set #3: August 11-16<sup>th</sup>

Set #4: August 18-23<sup>rd</sup>

**Swim lesson & Aquasize registration is now online via the Town of Milestone website**  
**Register at [www.milestonesk.ca](http://www.milestonesk.ca)**

## **SWIM LESSON DESCRIPTIONS – Lifesaving Society**

*\*MCSP transitioned to Lifesaving Society programming in 2023.*

LEVEL	AGE, PREREQUISITES	OTHER REQUIREMENTS and OBJECTIVES	Fee
<b>PARENT &amp; TOT 1</b>	4-12 MONTHS.	In-water parental assistance required	\$45
<b>PARENT &amp; TOT 2</b>	12-24 MONTHS.	In-water parental assistance required	\$45
<b>PARENT &amp; TOT 3</b>	24-36 MONTHS.	In-water parental assistance required	\$45
<b>PRESCHOOL 1</b>	3-5 YEARS. Unparented	Learn to get in and out of the water safely, move in shallow water and use a lifejacket to be comfortable with their floats and glides.	\$50
<b>PRESCHOOL 2</b>	3-5 YEARS. Unparented	Learn to submerge and exhale underwater. Buoyant aids are used to help rollovers, glides and flutter kicks.	\$50
<b>PRESCHOOL 3</b>	3-5 YEARS. Unparented	Learn floats, glides and short swims on their front and back (3 m). Pick up objects from the waist deep water and use their lifejackets to jump and roll into the deep end	\$50
<b>PRESCHOOL 4</b>	3-5 YEARS. Unparented	Strengthen flutter kicks and front crawl. Learn how to support themselves in deep water, solo jumps and side rolls into deep water. Use of lifejacket while learning to tread water and swim to safety (7 m) in the deep end.	\$50
<b>PRESCHOOL 5</b>	3-5 YEARS. Unparented	Short swims front crawl and back crawl (5 m). forward roll into deep water with their life jacket on and tread water without the support. try whip kick	\$50
<b>SWIMMER 1</b>	AT LEAST 6 YEARS OLD	develop foundational swimming skills and gain confidence in the water. Skills include breath control, submersion, front and back floats, glides, and opening eyes underwater. Treading water is learned in a lifejacket	\$50
<b>SWIMMER 2</b>	Completion of Swimmer 1	learn treading water without a life jacket. Introduction of skills: flutter kick on their front, back, and side, vertical whip kick with an aid, and front crawl and back crawl for 10 m.	\$50
<b>SWIMMER 3</b>	Completion of Swimmer 2	kneeling dives and forward roll entries. Introduction to skills such as handstands in shallow water and in front somersaults (in water). Increased time and distance components are incorporated for skills learned	\$50
<b>SWIMMER 4</b>	Completion of Swimmer 3	complete standing dives, tread water for 1 minute, being able to swim underwater for 5 m. Swimmers will be able to roll into deep water, tread water for 1 minute, and swim 50m. Improve skills and introduce breaststroke	\$55
<b>SWIMMER 5</b>	Completion of Swimmer 4	shallow dives, tuck jumps (cannonball entries), eggbeater kick, and backward somersaults (in water). Technique and endurance are greater focus as to complete longer distance swims and interval training sessions	\$55
<b>SWIMMER 6</b>	Completion of Swimmer 5	mastering stride entries, compact jumps, and lifesaving kicks. refine their strokes to increase strength, power, and endurance - critical the 300 m workout	\$55
<b>ROOKIE PATROL</b>	Completion of Swimmer 6	50 m swims of front crawl, back crawl and breaststroke. A 25 m obstacle swim and 15 m object carry. First aid focuses on assessment of conscious victims, contacting EMS, and treatment for bleeding. Fitness improves in 350 m workouts and 100 m timed swims.	\$60
<b>RANGER PATROL</b>	Completion of Rookie Patrol	75 m swims of each stroke. They tackle Lifesaving Sport skills in a lifesaving medley. First aid focuses on assessment of unconscious victims, treatment of victims in shock and obstructed airway procedures.	\$60
<b>STAR PATROL</b>	Completion of Ranger Patrol	Strokes are refined over 100 m swims. First aid focuses on treatment of bone or joint injuries and respiratory emergencies. Lifesaving skills include defense methods and victim removals. 600 m workouts, 300 m timed swims and a 25 m object carry.	\$60

## **SWIM FEES**

Family Season Pass:	\$200.00/season	Aquasize Pass:	\$50.00/season/set
Single Season Pass:	\$100.00/season	Aquasize Drop-in:	\$5.00/class
Family Daily Swim:	\$25.00/day	Swimming Lessons:	see chart above
Single Daily Swim:	\$5.00/day	Twilight Swim:	\$2.00/evening

**Season passes can only be purchased at [www.milestonesk.ca](http://www.milestonesk.ca) or the town office.**  
**Daily swim fees & drop-in fees are cash only at the pool.**

## **PUBLIC SWIMMING POLICIES**

- Any child under the age of 10 is to be in the company of a responsible guardian aged 12 or over. 1 guardian per 2 children. No exceptions.
- Both child and guardian are expected to have a season pass or pay the daily fee.
- Lifeguards may request a guardian for any swimmers they feel are not able to safely swim on their own regardless of age
- Proper swimming attire must be worn and includes bathing suits, swim trunks, 'board shorts', rash guards/swim shirts. Swimmers WILL NOT be permitted to wear underwear or street clothes in the pool.