



# JAG / OW / JOW / JD

## 2022-2023 Fall Schedule - Version 1

### SCONA POOL Junior Age Group (JAG)

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
4:15-4:30pm (ACT)		4:15-4:30pm (ACT)		4:15-4:30pm (ACT)	8:45-9:00am (ACT)	
4:30-6:00pm (Swim)	5:45-6:00pm (ACT)	4:30-6:00pm (Swim)		4:30-6:00pm (Swim)	9:00-11:00am (Swim)	
6:00-6:30pm (DL)	6:00-7:30pm (Swim)	6:00-6:30pm (DL)		6:00-6:30pm (DL)	Scona Pool	
Scona Pool	Scona Pool	Scona Pool		Scona Pool		

### Olympic Way (OW)

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
4:15-4:30pm (ACT)		4:15-4:30pm (ACT)		4:15-4:30pm (ACT)	8:45-9:00am (ACT)	
4:30-5:30pm (Swim)		4:30-5:30pm (Swim)		4:30-5:30pm (Swim)	9:00-10:00am (Swim)	
5:30-6:00pm (DL)		5:30-6:00pm (DL)		5:30-6:00pm (DL)	Scona Pool	
Scona Pool		Scona Pool		Scona Pool		

### Junior Olympic Way (JOW)

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
					9:45-10:00am (ACT)	
	5:45-6:00pm (ACT)		5:45-6:00pm (ACT)		10:00-11:00am (Swim)	
	6:00-7:00pm (Swim)		6:00-7:00pm (Swim)		11:00-11:30am (DL)	
	Scona Pool		Scona Pool		Scona Pool	

### Junior Development (JD)

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
					9:45-10:00am (ACT)	
	5:45-6:00pm (ACT)		5:45-6:00pm (ACT)		10:00-11:00am (Swim)	
	6:00-7:00pm (Swim)		6:00-7:00pm (Swim)		11:00-11:30am (DL)	
	Scona Pool		Scona Pool		Scona Pool	

### Legend

Arrival - Time frame to arrive before training  
 ACT - Activation on deck // DL - Dryland // Swim - Swim Training  
 Scona Pool - Strathcona High School Pool  
 Fountain Park Pool - Fountain Park Recreation Centre  
 Terwillegar Pool - Terwillegar Recreation Centre  
 Grant MacEwan - MacEwan University Pool



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### TERWILLEGAR POOL Junior Age Group (JAG)

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
				4:45-5:00pm (ACT)	6:45-7:00am (ACT)	
4:45-5:00pm (ACT)		4:45-5:00pm (ACT)	5:15-5:30pm (ACT)	5:00-6:00pm (Swim)	7:00-9:00am (Swim)	
5:00-5:30pm (DL)		5:00-5:30pm (DL)	5:30-6:00pm (DL)	OR 5:45-6:00pm (ACT)	Terwillegar Pool	
5:30-7:00pm (Swim)		5:30-7:00pm (Swim)	6:00-7:30pm (Swim)	6:00-7:00pm (Swim)		
Terwillegar Pool		Terwillegar Pool	Terwillegar Pool	Terwillegar Pool		

### Olympic Way (OW)

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
					6:45-7:00am (ACT)	
		3:45-4:00pm (ACT)		3:45-4:00pm (ACT)	7:00-8:00am (Swim)	
3:45-4:00pm (ACT)		4:00-5:00pm (Swim)		4:00-5:00pm (Swim)	Terwillegar Pool	
4:00-5:00pm (Swim)		5:00-5:30pm (DL)		5:00-5:30pm (DL)		
Terwillegar Pool		Terwillegar Pool		Terwillegar Pool		

### Junior Olympic Way (JOW)

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
					7:45-8:00am (ACT)	
					8:00-9:00am (Swim)	
	4:15-4:30pm (ACT)		4:45-5:00pm (ACT)		9:00-9:30am (DL)	
	4:30-5:30pm (Swim)		5:00-6:00pm (Swim)		Terwillegar Pool	
	Terwillegar Pool		Terwillegar Pool			

### Legend

Arrival - Time frame to arrive before training  
 ACT - Activation on deck // DL - Dryland // Swim - Swim Training  
 Scona Pool - Strathcona High School Pool  
 Fountain Park Pool - Fountain Park Recreation Centre  
 Terwillegar Pool - Terwillegar Recreation Centre  
 Grant MacEwan - MacEwan University Pool



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## 2022-2023 Fall Schedule - Version 1

**FOUNTAIN PARK POOL @MAC/KSC (BEFORE FOUNTAIN PARK OPENS, SEPT 28th)**

### Junior Age Group (JAG)

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
			5:45-6:00am (ACT)		8:45-9:00am (ACT)	
4:15-4:30pm (ACT)		4:15-4:30pm (ACT)	6:00-7:30am (Swim)	4:15-4:30pm (ACT)	9:00-10:45am (Swim)	
4:30-6:00pm (Swim)		4:30-6:00pm (Swim)	Grant MacEwan	4:30-6:00pm (Swim)	Kinsmen TP LC	
Grant MacEwan		Grant MacEwan		Grant MacEwan		

### Olympic Way 1 (OW1)

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
					5:45-6:00am (ACT)	
4:15-4:30pm (ACT)	4:15-4:30pm (ACT)		4:15-4:30pm (ACT)		6:00-7:00am (Swim)	
4:30-5:30pm (Swim)	4:30-5:30pm (Swim)		4:30-5:30pm (Swim)		Grant MacEwan	
Grant MacEwan	Grant MacEwan		Grant MacEwan			

### Olympic Way 2 (OW2)

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
					6:45-7:00am (ACT)	
4:15-4:30pm (ACT)	4:15-4:30pm (ACT)		4:15-4:30pm (ACT)		7:00-8:00am (Swim)	
4:30-5:30pm (Swim)	4:30-5:30pm (Swim)		4:30-5:30pm (Swim)		Grant MacEwan	
Grant MacEwan	Grant MacEwan		Grant MacEwan			

### Junior Olympic Way (JOW)

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
					6:45-7:00am (ACT)	
	4:15-4:30pm (ACT)		4:15-4:30pm (ACT)		7:00-8:00am (Swim)	
	4:30-5:30pm (Swim)		4:30-5:30pm (Swim)		Grant MacEwan	
	Grant MacEwan		Grant MacEwan			

### Junior Development (JD)

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
					5:45-6:00am (ACT)	
		4:15-4:30pm (ACT)		4:15-4:30pm (ACT)	6:00-7:00am (Swim)	
		4:30-5:30pm (Swim)		4:30-5:30pm (Swim)	Grant MacEwan	
		Grant MacEwan		Grant MacEwan		

## Legend

Arrival - Time frame to arrive before training  
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 Grant MacEwan - MacEwan University Pool



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## 2022-2023 Fall Schedule - Version 1

### FOUNTAIN PARK POOL (AFTER FOUNTAIN PARK OPENS, ESTIMATED SEPT 29th)

#### Junior Age Group (JAG)

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
3:45-4:00pm (ACT)	3:45-4:00pm (ACT)		3:45-4:00pm (ACT)		9:45-10:00am (ACT)	
4:00-5:30pm (Swim)	4:00-5:30pm (Swim)		4:00-5:30pm (Swim)	3:45-4:00pm (ACT)	10:00-12:00pm (Swim)	
5:30-6:00pm (DL)	5:30-6:00pm (DL)		5:30-6:00pm (DL)	4:00-5:30pm (Swim)	Fountain Park Pool	
Fountain Park Pool	Fountain Park Pool		Fountain Park Pool	Fountain Park Pool		

#### Olympic Way 1 (OW1)

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
4:15-4:30pm (ACT)		4:15-4:30pm (ACT)			9:45-10:00am (ACT)	
4:30-5:30pm (Swim)		4:30-5:30pm (Swim)		4:15-4:30pm (ACT)	10:00-11:00am (Swim)	
5:30-6:00pm (DL)		5:30-6:00pm (DL)		4:30-5:30pm (Swim)	Fountain Park Pool	
Fountain Park Pool		Fountain Park Pool		Fountain Park Pool		

#### Olympic Way 2 (OW2)

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:15-5:30pm (ACT)		5:15-5:30pm (ACT)			9:45-10:00am (ACT)	
5:30-6:00pm (DL)		5:30-6:00pm (DL)		5:15-5:30pm (ACT)	10:00-11:00am (Swim)	
6:00-7:00pm (Swim)		6:00-7:00pm (Swim)		5:30-6:30pm (Swim)	Fountain Park Pool	
Fountain Park Pool		Fountain Park Pool		Fountain Park Pool		

#### Junior Olympic Way (JOW)

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
					10:15-10:30am (ACT)	
	3:45-4:00pm (ACT)		3:45-4:00pm (ACT)		10:30-11:00am (DL)	
	4:00-5:00pm (Swim)		4:00-5:00pm (Swim)		11:00-12:00pm (Swim)	
	Fountain Park Pool		Fountain Park Pool		Fountain Park Pool	

#### Junior Development (JD)

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
					10:15-10:30am (ACT)	
	4:45-5:00pm (ACT)		4:45-5:00pm (ACT)		10:30-11:00am (DL)	
	5:00-6:00pm (Swim)		5:00-6:00pm (Swim)		11:00-12:00pm (Swim)	
	Fountain Park Pool		Fountain Park Pool		Fountain Park Pool	

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