



JAG / OW / JOW / JD

2023-2024 Fall Schedule - September 11th to October 9th

UNIVERSITY OF ALBERTA

Junior Age Group (JAG)

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	5:30am to 5:45am ACT	4:45pm to 5:00pm ACT		4:45pm to 5:00pm ACT	Variable morning practices	
	5:45am to 7:30am Swim	5:00pm to 5:30pm DL	5:00pm to 5:15pm ACT	5:00pm to 5:30pm DL	at the UofA Facility.	
	Kinsmen DSM SCM	5:30pm to 7:00pm Swim	5:15pm to 7:00pm Swim	5:30pm to 7:00pm Swim	Times & dates will	
		UofA West SCM	UofA East SCY	UofA East SCY	be communicated	

Olympic Way (OW)

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	5:15pm to 5:30pm ACT		5:15pm to 5:30pm ACT			
	5:30pm to 6:00pm DL	5:00pm to 5:15pm ACT	5:30pm to 6:00pm DL	5:45pm to 6:00pm ACT		
	6:00pm to 7:00pm Swim	5:15pm to 6:15pm Swim	6:00pm to 7:00pm Swim	6:00pm to 7:00pm Swim		
	UofA West SCM	UofA EAST SCY	UofA EAST SCY	UofA EAST SCY		

Junior Olympic Way (JOW)

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	4:45pm to 5:00pm ACT					
	5:00pm to 6:00pm Swim		4:45pm to 5:00pm ACT	4:45pm to 5:00pm ACT		
	6:00pm to 6:30pm DL		5:00pm to 6:00pm Swim	5:00pm to 6:00pm Swim		
	UofA West SCM		UofA EAST SCY	UofA EAST SCY		

Junior Development (JD)

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	4:45pm to 5:00pm ACT					
	5:00pm to 6:00pm Swim		4:45pm to 5:00pm ACT	4:45pm to 5:00pm ACT		
	6:00pm to 6:30pm DL		5:00pm to 6:00pm Swim	5:00pm to 6:00pm Swim		
	UofA West SCM		UofA EAST SCY	UofA EAST SCY		

Legend - Updated September 12th, 2023

ACT - Activation on deck

DL - Dryland

Swim - Swim Training

UofA WEST - University of Alberta West Pool (by Varsity lot) // UofA EAST - University of Alberta East Pool

Fountain Park Pool - Fountain Park Recreation Centre

Terwillegar Pool - Terwillegar Recreation Centre



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TERWILLEGAR POOL (CLOSED UNTIL OCT 26th, 2023)

Junior Age Group (JAG)

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

Olympic Way (OW)

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

Junior Olympic Way (JOW)

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

Legend - Updated September 12th, 2023

ACT - Activation on deck

DL - Dryland

Swim - Swim Training

UofA WEST - University of Alberta West Pool (by Varsity lot) // UofA EAST - University of Alberta East Pool

Fountain Park Pool - Fountain Park Recreation Centre

Terwillegar Pool - Terwillegar Recreation Centre



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FOUNTAIN PARK POOL

Junior Age Group (JAG)

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
3:45pm to 4:00pm ACT	5:45am to 6:00am ACT		3:45pm to 4:00pm ACT		7:15am to 7:30am ACT	
4:00pm to 5:30pm Swim	6:00am to 7:30am Swim		4:00pm to 5:30pm Swim	3:45pm to 4:00pm ACT	7:30am to 9:00am Swim	
5:30pm to 6:00pm DL	Fountain Park Pool		5:30pm to 6:00pm DL	4:00pm to 5:30pm Swim	Fountain Park Pool	
Fountain Park Pool			Fountain Park Pool	Fountain Park Pool		

Olympic Way 1 (OW1)

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
4:15pm to 4:30pm ACT		4:15pm to 4:30pm ACT			7:15am to 7:30am ACT	
4:30pm to 5:30pm Swim		4:30pm to 5:30pm Swim		4:15pm to 4:30pm ACT	7:30am to 8:30am Swim	
5:30pm to 6:00pm DL		5:30pm to 6:00pm DL		4:30pm to 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
5:15pm to 5:30pm ACT		5:15pm to 5:30pm ACT			7:15am to 7:30am ACT	
5:30pm to 6:00pm DL		5:30pm to 6:00pm DL		5:15pm to 5:30pm ACT	7:30am to 8:30am Swim	
6:00pm to 7:00pm Swim		6:00pm to 7:00pm Swim		5:30pm to 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
					7:45am to 8:00am ACT	
	3:45pm to 4:00pm ACT		3:45pm to 4:00pm ACT		8:00am to 9:00am Swim	
	4:00pm to 5:00pm Swim		4:00pm to 5:00pm Swim		9:00am to 9:30am DL	
	Fountain Park Pool		Fountain Park Pool		Fountain Park Pool	

Junior Development (JD)

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
					7:45am to 8:00am ACT	
	4:45pm to 5:00pm ACT		4:45pm to 5:00pm ACT		8:00am to 9:00am Swim	
	5:00pm to 6:00pm Swim		5:00pm to 6:00pm Swim		9:00am to 9:30am DL	
	Fountain Park Pool		Fountain Park Pool		Fountain Park Pool	

Legend - Updated September 12th, 2023

ACT - Activation on deck

DL - Dryland

Swim - Swim Training

UofA WEST - University of Alberta West Pool (by Varsity lot) // UofA EAST - University of Alberta East Pool

Fountain Park Pool - Fountain Park Recreation Centre

Terwillegar Pool - Terwillegar Recreation Centre