



## U of A POOL

### JAG A

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
4:50-5:00pm (Arrival)		4:50-5:00pm (Arrival)	Online Google Meet	4:50-5:00pm (Arrival)		
5:00-6:00pm (Dryland)		5:00-6:00pm (Dryland)	5:00-6:00pm (Dryland)	5:00-6:00pm (Dryland)		
U of A Field		U of A Field	Online	U of A Field		

### JAG B

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:50-6:00pm (Arrival)		5:50-6:00pm (Arrival)	Online Google Meet	5:50-6:00pm (Arrival)		
6:00-7:00pm (Dryland)		6:00-7:00pm (Dryland)	5:00-6:00pm (Dryland)	6:00-7:00pm (Dryland)		
U of A Field		U of A Field	Online	U of A Field		

### OW (Swim) (Grade 6 & Below)

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
					8:50-9:00am (Arrival)	
					9:00-10:00am (Swim)	
					Kinsmen (TP)	
	4:50-5:00pm (Arrival)	Online Google Meet	4:50-5:00pm (Arrival)			
	5:00-6:00pm (Swim)	5:00-6:00pm (Dryland)	5:00-6:00pm (Swim)			
	U of A EAST Pool	Online	U of A EAST Pool			

### OW / JD (Dryland) (Grade 7 & Up)

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	6:05-6:15pm (Arrival)	Online Google Meet	6:05-6:15pm (Arrival)			
	6:15-7:15pm (Dryland)	5:00-6:00pm (Dryland)	6:15-7:15pm (Dryland)			
	U of A Field	Online	U of A Field			

### JOW / JD (Swim) (Grade 6 & Below)

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	4:50-5:00pm (Arrival)	Online Google Meet	4:50-5:00pm (Arrival)			
	5:00-6:00pm (Swim)	5:00-6:00pm (Dryland)	5:00-6:00pm (Swim)			
	U of A EAST Pool	Online	U of A EAST Pool			

## FOUNTAIN PARK POOL

### JAG

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
					9:20-9:30am (Arrival)	
					9:30-11:00am (Swim)	
					Fountain Park Pool	
3:50-4:00pm (Arrival)		3:50-4:00pm (Arrival)	Online Google Meet	3:50-4:00pm (Arrival)		
4:00-5:00pm (Swim)		4:00-5:00pm (Swim)	5:00-6:00pm (Dryland)	4:00-5:00pm (Swim)		
Fountain Park Pool		Fountain Park Pool	Online	Fountain Park Pool		

### OW A

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
4:50-5:00pm (Arrival)		4:50-5:00pm (Arrival)	Online Google Meet	4:50-5:00pm (Arrival)		
5:00-6:00pm (Swim)		5:00-6:00pm (Swim)	6:15-7:15pm (Dryland)	5:00-6:00pm (Swim)		
Fountain Park Pool		Fountain Park Pool	Online	Fountain Park Pool		

### OW B

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
4:50-5:00pm (Arrival)		4:50-5:00pm (Arrival)	Online Google Meet	4:50-5:00pm (Arrival)		
5:00-6:00pm (Swim)		5:00-6:00pm (Swim)	6:15-7:15pm (Dryland)	5:00-6:00pm (Swim)		
Fountain Park Pool		Fountain Park Pool	Online	Fountain Park Pool		

### JOW/JD A

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	4:50-5:00pm (Arrival)	Online Google Meet	4:50-5:00pm (Arrival)			
	5:00-6:00pm (Swim)	5:00-6:00pm (Dryland)	5:00-6:00pm (Swim)			
	Fountain Park Pool	Online	Fountain Park Pool			

### JOW/JD B

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	5:50-6:00pm (Arrival)	Online Google Meet	5:50-6:00pm (Arrival)			
	6:00-7:00pm (Swim)	5:00-6:00pm (Dryland)	6:00-7:00pm (Swim)			
	Fountain Park Pool	Online	Fountain Park Pool			

## **Legend**

KINSMEN - Kinsmen Sports Centre

U of A WEST - Main Competition Pool (North of the Butterdome)

U of A EAST - By the Campus Gym (East of Butterdome)

DL – Dryland Training

Arrival - Time frame to arrive before practice