



# JAG / OW / JOW / JD

## 2023-2024 OSC Schedule - January 8th to April 30th

### 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  | 8:45am to 9:00am ACT   |     |
|     | 5:45am to 7:30am Swim | 5:00pm to 5:30pm DL   | 4:45pm to 5:00pm ACT  | 5:00pm to 5:30pm DL   | 9:00am to 10:45am Swim |     |
|     | Kinsmen DSM SCM       | 5:30pm to 7:00pm Swim | 5:00pm to 6:30pm Swim | 5:30pm to 7:00pm Swim | Kinsmen TP LCM         |     |
|     |                       | UofA West SCM         | Kinsmen TP SCM        | UofA West SCM         |                        |     |

#### 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   | 5:15pm to 5:30pm ACT  | 5:30pm to 6:00pm DL   | 5:45pm to 6:00pm ACT  |     |     |
|     | 6:00pm to 7:00pm Swim | 5:30pm to 6:30pm 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 |
|-----|-----------------------|-----|-----------------------|-----------------------|-----|-----|
|     |                       |     |                       |                       |     |     |
|     | 4:30pm to 5:00pm DL   |     | 4:45pm to 5:00pm ACT  | 4:45pm to 5:00pm ACT  |     |     |
|     | 5:00pm to 6:00pm Swim |     | 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 |
|-----|-----------------------|-----|-----------------------|-----------------------|-----|-----|
|     | 5:15pm to 5:30pm ACT  |     |                       |                       |     |     |
|     | 5:30pm to 6:00pm DL   |     | 5:45pm to 6:00pm ACT  | 5:45pm to 6:00pm ACT  |     |     |
|     | 6:00pm to 7:00pm Swim |     | 6:00pm to 7:00pm Swim | 6:00pm to 7:00pm Swim |     |     |
|     | UofA West SCM         |     | UofA EAST SCY         | UofA EAST SCY         |     |     |

### Legend - Updated December 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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2023-2024 OSC Schedule - January 8th to April 30th

### TERWILLEGAR POOL

#### Junior Age Group (JAG)

| Mon                   | Tues | Wed                   | Thurs                 | Fri                   | Sat                    | Sun |
|-----------------------|------|-----------------------|-----------------------|-----------------------|------------------------|-----|
|                       |      |                       |                       | 4:45pm to 5:00pm ACT  | 8:45am to 9:00am ACT   |     |
|                       |      |                       |                       | 5:00pm to 6:00pm Swim | 9:00am to 10:45am Swim |     |
| 4:45pm to 5:00pm ACT  |      | 4:45pm to 5:00pm ACT  | 5:15pm to 5:30pm ACT  | OR                    | Kinsmen TP LCM         |     |
| 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 December 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  |                       | 8:45am to 9:00am 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  | 9:00am to 10:45am Swim |     |
| 5:30pm to 6:00pm DL   | Fountain Park Pool    |     | 5:30pm to 6:00pm DL   | 4:00pm to 5:30pm Swim | Kinsmen TP LCM         |     |
| Fountain Park Pool    |                       |     | Fountain Park Pool    | Fountain Park Pool    |                        |     |

### Olympic Way

| 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    |                       |     |

### Junior Olympic Way (JOW1)

| Mon                   | Tues | Wed                   | Thurs | Fri                   | Sat | Sun |
|-----------------------|------|-----------------------|-------|-----------------------|-----|-----|
|                       |      |                       |       |                       |     |     |
| 5:45pm to 6:00pm ACT  |      | 5:30pm to 6:00pm DL   |       | 5:15pm to 5:30pm ACT  |     |     |
| 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    |     |     |

### Junior Olympic Way (JOW2)

| 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 December 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