



# TCRC JAG / OW / JOW

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

## Terwillegar Pool Closure

### 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 5:45pm DL			8:00am to 8:15am ACT	
	4:45pm to 5:00pm ACT	5:45pm to 6:00pm ACT	4:45pm to 5:00pm ACT		8:15am to 9:30am Swim	
	5:00pm to 6:00pm Swim	6:00pm to 7:00pm Swim	5:00pm to 6:00pm Swim		9:30am to 10:00am DL	
	MacEwan Pool	UofA EAST SCY	MacEwan Pool		MacEwan Pool	

### Junior Olympic Way (JOW)

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
		4:45pm to 5:00pm ACT				
4:45pm to 5:00pm ACT		5:00pm to 6:00pm		4:45pm to 5:00pm ACT		
5:00pm to 6:00pm		6:00pm to 6:30pm DL		5:00pm to 6:00pm		
MacEwan Pool		MacEwan Pool		MacEwan Pool		

### Legend - September 6th, 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

MacEwan Pool - MacEwan University Pool