



# JAG / OW / JOW / JD

## FALL TRAINING SCHEDULE

### 2021-22

#### SCONA POOL (September 7th-18th)

#### JAG

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

#### OW

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
				5:15-5:30pm (ACT)	8:45-9:00am (ACT)	
4:15-4:30pm (ACT)		4:15-4:30pm (ACT)		5:30-6:00pm (DL)	9:00-10:00am (Swim)	
4:30-5:30pm (Swim)		4:30-5:30pm (Swim)		6:00-7:00pm (Swim)	10:00-10:30am (DL)	
Scona Pool		Scona Pool		Scona Pool	Scona Pool	

#### JOW

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
					9:45-10:00am (ACT)	
	5:45-6:00pm (ACT)		4:45-5:00pm (ACT)		10:00-11:00am (Swim)	
	6:00-7:00pm (Swim)		5:00-6:00pm (Swim)		11:00-11:30am (DL)	
	Scona Pool		Scona Pool		Scona Pool	

#### JD

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

**Terwillegar POOL (September 7th-18th)**

**JAG**

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

**OW**

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
				5:15-5:30pm (ACT)	8:45-9:00am (ACT)	
4:15-4:30pm (ACT)		4:15-4:30pm (ACT)		5:30-6:00pm (DL)	9:00-10:00am (Swim)	
4:30-5:30pm (Swim)		4:30-5:30pm (Swim)		6:00-7:00pm (Swim)	10:00-10:30am (DL)	
Scona Pool		Scona Pool		Scona Pool	Scona Pool	

**JOW 1**

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
					9:45-10:00am (ACT)	
	5:45-6:00pm (ACT)		4:45-5:00pm (ACT)		10:00-11:00am (Swim)	
	6:00-7:00pm (Swim)		5:00-6:00pm (Swim)		11:00-11:30am (DL)	
	Scona Pool		Scona Pool		Scona Pool	

**JOW 2**

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

**SCONA POOL (September 20th & Beyond)**

**JAG**

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

**OW**

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	5:15-5:30pm (ACT)			5:15-5:30pm (ACT)	8:45-9:00am (ACT)	
4:15-4:30pm (ACT)	5:30-6:00pm (DL)			5:30-6:00pm (DL)	9:00-10:00am (Swim)	
4:30-5:30pm (Swim)	6:00-7:00pm (Swim)			6:00-7:00pm (Swim)	10:00-10:30am (DL)	
Scona Pool	Scona Pool			Scona Pool	Scona Pool	

**JOW**

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
					9:45-10:00am (ACT)	
	5:45-6:00pm (ACT)		4:45-5:00pm (ACT)		10:00-11:00am (Swim)	
	6:00-7:00pm (Swim)		5:00-6:00pm (Swim)		11:00-11:30am (DL)	
	Scona Pool		Scona Pool		Scona Pool	

**JD**

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
					9:45-10:00am (ACT)	
	5:45-6:00pm (ACT)		4:45-5:00pm (ACT)		10:00-11:00am (Swim)	
	6:00-7:00pm (Swim)		5:00-6:00pm (Swim)		11:00-11:30am (DL)	
	Scona Pool		Scona Pool		Scona Pool	

## TERWILLEGAR POOL (September 20th & Beyond)

### JAG

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

### OW

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
		3:45-4:00pm (ACT)			8:15-8:30am (Arrival)	
3:45-4:00pm (ACT)		4:00-5:00pm (Swim)		3:45-4:00pm (ACT)	8:30-9:00am (DL)	
4:00-5:00pm (Swim)		5:00-5:30pm (DL)		4:00-5:00pm (Swim)	9:00-10:00pm (Swim)	
Terwillegar Pool		Terwillegar Pool		Terwillegar Pool	Kinsmen	

### JOW

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

## FOUNTAIN PARK POOL

### 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		

### OW 1

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		

### OW 2

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		

### 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	

### 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	

## **Legend**

Kinsmen - Kinsmen Sports Centre

Scona Pool - Strathcona High School Pool

Fountain Park Pool - Fountain Park Recreation Centre

Terwillegar Pool - Terwillegar Recreation Centre

DL – Dryland Training

ACT/Arrival - Activation on deck, or Arrival to Training Space

Swim - Swim Training