



JAG - OW - JOW - JD

2024-2025 OSC Schedule - September 9th through April 30th

UNIVERSITY OF ALBERTA

Junior Age Group (JAG)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30am to 5:45am ACT				8:30am to 8:45am ACT	
	5:45am to 7:30am Swim	5:00pm to 5:30pm DL	5:15pm to 5:30pm ACT	5:00pm to 5:30pm DL	8:45am to 10:45am Swim	
	Kinsmen TP SCM	5:30pm to 7:00pm Swim	5:30pm to 7:00pm Swim	5:30pm to 7:00pm Swim	Kinsmen TP SCM/LCM	
		UofA East SCY	UofA West SCM	UofA West SCM		

Olympic Way (OW)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30pm to 6:00pm DL	4:45pm to 5:00pm ACT	5:30pm to 6:00pm DL	5:45pm to 6:00pm ACT		
	6:00pm to 7:00pm Swim	5:00pm to 6:00pm Swim	6:00pm to 7:00pm Swim	6:00pm to 7:00pm Swim		
	UofA West SCM	UofA West SCM	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
	5:45pm to 6:00pm ACT		5:30pm to 6:00pm DL	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 June 25th, 2024

ACT - Activation on deck

DL - Dryland

Swim - Swim Training

UofA West or East

Fountain Park Recreation Centre

Terwillegar Recreation Centre

Clareview Community Recreation Centre

Kinsmen Centre



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TERWILLEGAR RECREATION CENTRE

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		OR	Terwillegar SCM	
5:00pm to 5:30pm DL		5:00pm to 5:30pm DL	5:45pm to 6:00pm ACT	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 SCM		Terwillegar SCM	Terwillegar SCM	Terwillegar SCM		

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		3:45pm to 4:00pm ACT		4:00pm to 5:00pm Swim	Terwillegar SCM	
5:00pm to 5:30pm DL		4:00pm to 5:00pm Swim		5:00pm to 5:30pm DL		
Terwillegar SCM		Terwillegar SCM		Terwillegar SCM		

Junior Olympic Way (JOW)

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
					7:45am to 8:00am ACT	
			3:45pm to 4:00pm ACT		8:00am to 9:00am Swim	
	3:45pm to 4:00pm ACT		4:00pm to 5:00pm Swim		Terwillegar SCM	
	4:00pm to 5:00pm Swim		5:00pm to 5:30pm DL			
	Terwillegar SCM		Terwillegar SCM			

Legend - Updated June 25th, 2024

ACT - Activation on deck

DL - Dryland

Swim - Swim Training

UofA West or East

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FOUNTAIN PARK RECREATION CENTRE

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			
4:00pm to 5:30pm Swim	6:00am to 7:30am Swim		4:00pm to 5:30pm Swim	3:45pm to 4:00pm ACT	7:15am to 7:30am ACT	
5:30pm to 6:00pm DL	Fountain Park SCM		5:30pm to 6:00pm DL	4:00pm to 5:30pm Swim	7:30am to 9:00am Swim	
Fountain Park SCM			Fountain Park SCM	Fountain Park SCM	Fountain Park SCM	

Olympic Way

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

Junior Olympic Way (JOW1)

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
3:45pm to 4:00pm ACT		4:00pm to 4:30pm DL		3:45pm to 4:00pm ACT		
4:00pm to 5:00pm Swim		4:30pm to 5:30pm Swim		4:00pm to 5:00pm Swim		
Fountain Park SCM		Fountain Park SCM		Fountain Park SCM		

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 SCM		Fountain Park SCM		Fountain Park SCM	

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 SCM		Fountain Park SCM		Fountain Park SCM	

Legend - Updated June 25th, 2024

ACT - Activation on deck

DL - Dryland

Swim - Swim Training

UofA West or East

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CLAREVIEW COMMUNITY RECREATION CENTRE

(CLOSED UNTIL OCTOBER 27th, 2024)

(please contact shane@olympianswimclub.com for alternative schedules to start the season)

Junior Olympic Way (JOW)

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:30pm to 5:45pm ACT		5:15pm to 5:45pm DL		5:30pm to 5:45pm ACT		
5:45pm to 6:45pm Swim		5:45pm to 6:45pm Swim		5:45pm to 6:45pm Swim		
Clareview SCM		Clareview SCM		Clareview SCM		

Junior Development (JD)

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:30pm to 5:45pm ACT		5:15pm to 5:45pm DL		5:30pm to 5:45pm ACT		
5:45pm to 6:45pm Swim		5:45pm to 6:45pm Swim		5:45pm to 6:45pm Swim		
Clareview SCM		Clareview SCM		Clareview SCM		

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ACT - Activation on deck

DL - Dryland

Swim - Swim Training

UofA West or East

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