



JAG / OW / JOW / JD

Winter/Spring Schedule 2022

SCONA POOL

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

JAG

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
				4:45-5:00pm (ACT)	6:45-7:00am (ACT)	
4:45-5:00pm (ACT)		4:45-5:00pm (ACT)	5:15-5:30pm (ACT)	5:00-6:00pm (Swim)	7:00-9:00am (Swim)	
5:00-5:30pm (DL)		5:00-5:30pm (DL)	5:30-6:00pm (DL)	5:45-6:00pm (ACT)	Terwillegar Pool	
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)		3:45-4:00pm (ACT)	6:45-7:00am (ACT)	
3:45-4:00pm (ACT)		4:00-5:00pm (Swim)		4:00-5:00pm (Swim)	7:00-8:00am (Swim)	
4:00-5:00pm (Swim)		5:00-5:30pm (DL)		5:00-5:30pm (DL)	Terwillegar Pool	
Terwillegar Pool		Terwillegar Pool		Terwillegar Pool		

JOW

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

FOUNTAIN PARK POOL (Last Day of this Schedule: May 14th)

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	

Fountain Park @ Mixed Locations (First Day of this Schedule: May 16th)

JAG

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
4:15-4:30pm (ACT)		4:15-4:30pm (ACT)	5:45-6:00am (ACT)	4:15-4:30pm (ACT)	8:45-9:00am (ACT)	
4:30-6:00pm (Swim)		4:30-6:00pm (Swim)	6:00-7:30am (Swim)	4:30-6:00pm (Swim)	9:00-10:45am (Swim)	
					Kinsmen T.P	
Grant MacEwan		Grant MacEwan	Grant MacEwan	Grant MacEwan		

OW 1

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
4:45-5:00pm (ACT)	4:15-4:30pm (ACT)		4:15-4:30pm (ACT)		5:45-6:00am (ACT)	
5:00-6:00pm (Swim)	4:30-5:30pm (Swim)		4:30-5:30pm (Swim)		6:00-7:00am (Swim)	
					Grant MacEwan	
UofA EAST Pool	Grant MacEwan		Grant MacEwan			

OW 2

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:45-6:00pm (ACT)	4:15-4:30pm (ACT)		4:15-4:30pm (ACT)		6:45-7:00am (ACT)	
6:00-7:00pm (Swim)	4:30-5:30pm (Swim)		4:30-5:30pm (Swim)		7:00-8:00am (Swim)	
					Grant MacEwan	
UofA EAST Pool	Grant MacEwan		Grant MacEwan			

JOW

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
4:45-5:00pm (ACT)				4:15-4:30pm (ACT)	6:45-7:00am (ACT)	
5:00-6:00pm (Swim)				4:30-5:30pm (Swim)	7:00-8:00am (Swim)	
					Grant MacEwan	
UofA EAST Pool				Grant MacEwan		

JD

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:45-6:00pm (ACT)		4:15-4:30pm (ACT)			5:45-6:00am (ACT)	
6:00-7:00pm (Swim)		4:30-5:30pm (Swim)			6:00-7:00am (Swim)	
					Grant MacEwan	
UofA EAST Pool		Grant MacEwan				

Legend

Kinsmen - Kinsmen Sports Centre

Scona Pool - Strathcona High School Pool

Fountain Park Pool - Fountain Park Recreation Centre

Terwillegar Pool - Terwillegar Recreation Centre

Grant MacEwan - MacEwan University Pool

DL – Dryland Training

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

Swim - Swim Training