



JAG / OW / JOW / AGD

2025-2026 February to March Schedule

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

Olympic Way (OW)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		3:45pm to 4:00pm ACT				
	5:15pm to 5:30pm ACT	4:00pm to 5:00pm Swim	5:45pm to 6:00pm ACT	5:30pm to 6:00pm DL		
	5:30pm to 7:00pm Swim	Peter Hemingway LCM	6:00pm to 7:00pm Swim	6:00pm to 7:00pm Swim		
	Kinsmen TP SCM	OR	UofA East SCY	UofA East SCY		
		5:00pm to 6:00pm				
		UofA West SCM				

Junior Olympic Way (JOW)

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	3:45pm to 4:00pm ACT					
	4:00pm to 5:00pm Swim					
	5:00pm to 5:30pm DL					
	Peter Hemingway LCM					
	OR					
	4:30pm to 5:00pm DL		4:45pm to 5:00pm ACT	4:45pm to 5:00pm ACT		
	5:00pm to 6:00pm		5:00pm to 6:00pm Swim	5:00pm to 6:00pm Swim		
	UofA West SCM		UofA East SCY	UofA East SCY		

Age Group Development (AGD)

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	5:30pm to 6:00pm DL		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 September 8th, 2025

ACT - Activation on deck

DL - Dryland

Swim - Swim Training

Kinsmen Sports Centre

University of Alberta Aquatic Centre (West & East Pools)

MacEwan Centre for Sport and Wellness

Fountain Park Recreation Centre

Terwillegar Recreation Centre

Peter Hemingway Aquatic Centre



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2025-2026 February to March Schedule

BOOSTER JUICE RECREATION CENTRE

Junior Age Group (JAG)

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
						7:00am to 7:15am ACT
5:00pm to 5:30pm ACT		5:15pm to 5:30pm ACT	5:30pm to 6:00pm DL	4:45pm to 5:00pm ACT		7:15am to 9:15am Swim
5:30pm to 7:00pm Swim		5:30pm to 7:00pm Swim	6:00pm to 7:30pm Swim	5:00pm to 6:30pm Swim		Kinsmen DSM LCM
BJRC SCM		BJRC SCM	BJRC SCM	Kinsmen DSM LCM		

Olympic Way (OW)

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
						7:15am to 7:30am ACT
		3:45pm to 4:00pm ACT				7:30am to 9:00am Swim
		4:00pm to 5:00pm Swim				BJRC SCM
4:15pm to 4:30pm ACT		Peter Hemingway LCM		3:45pm to 4:00pm ACT		
4:30pm to 5:30pm Swim		OR		4:00pm to 5:00pm Swim		
5:30pm to 6:00pm DL		4:30pm to 5:30pm Swim		5:00pm to 5:30pm DL		
BJRC SCM		BJRC SCM		BJRC SCM		

Junior Olympic Way (JOW1)

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
					6:45am to 7:00am ACT	
	3:45pm to 4:00pm ACT				7:00am to 8:00am Swim	
	4:00pm to 5:00pm Swim				BJRC SCM	
	5:00pm to 5:30pm DL					
	Peter Hemingway LCM		3:45pm to 4:00pm ACT			
	OR		4:00pm to 5:00pm Swim			
	4:00pm to 5:00pm Swim		5:00pm to 5:30pm DL			
	BJRC SCM		BJRC SCM			

Junior Olympic Way (JOW2)

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	
	4:00pm to 5:00pm Swim				BJRC SCM	
	5:00pm to 5:30pm DL	3:45pm to 4:00pm ACT	4:45pm to 5:00pm ACT			
	Peter Hemingway LCM	4:00pm to 5:00pm Swim	5:00pm to 6:00pm Swim			
	ADDITIONAL Workout	BJRC SCM	BJRC SCM			

Legend - Updated September 8th, 2025

ACT - Activation on deck

DL - Dryland

Swim - Swim Training

Kinsmen Sports Centre

University of Alberta Aquatic Centre (West & East Pools)

MacEwan Centre for Sport and Wellness

Fountain Park Recreation Centre

Terwillegar Recreation Centre

Peter Hemingway Aquatic Centre



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2025-2026 February to March Schedule

FOUNTAIN PARK RECREATION CENTRE

Junior Age Group (JAG)

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	5:45am to 6:00am ACT				6:45am to 7:00am ACT	
3:45pm to 4:00pm ACT	6:00am to 7:30am Swim		3:45pm to 4:00pm ACT		7:00am to 8:30am Swim	
4:00pm to 5:30pm Swim	Fountain Park SCM		4:00pm to 5:30pm Swim	4:45pm to 5:00pm ACT	Fountain Park SCM	
5:30pm to 6:00pm DL			5:30pm to 6:00pm DL	5:00pm to 6:30pm Swim		
Fountain Park SCM			Fountain Park SCM	Kinsmen DSM LCM		

Olympic Way (OW)

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
					6:45am to 7:00am ACT	
		3:45pm to 4:00pm ACT			7:00am to 8:00am Swim	
		4:00pm to 5:00pm Swim			Fountain Park SCM	
4:45pm to 5:00pm ACT		Peter Hemingway LCM		4:45pm to 5:00pm ACT		
5:00pm to 6:00pm Swim		OR		5:00pm to 6:00pm Swim		
6:00pm to 6:30pm DL		5:30pm to 6:30pm Swim		6:00pm to 6:30pm DL		
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 5:00pm Swim					
3:45pm to 4:00pm ACT	5:00pm to 5:30pm DL	4:00pm to 4:30pm DL		3:45pm to 4:00pm ACT		
4:00pm to 5:00pm Swim	Peter Hemingway LCM	4:30pm to 5:30pm Swim		4:00pm to 5:00pm Swim		
Fountain Park SCM	ADDITIONAL Workout	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				8:00am to 9:00am Swim	
	4:00pm to 5:00pm Swim				Fountain Park SCM	
	5:00pm to 5:30pm DL					
	Peter Hemingway LCM					
	OR		4:00pm to 4:30pm DL			
	4:00pm to 5:00pm Swim		4:30pm to 5:30pm Swim			
	Fountain Park SCM		Fountain Park SCM			

Age Group Development (AGD)

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

Legend - Updated September 8th, 2025

ACT - Activation on deck

DL - Dryland

Swim - Swim Training

Kinsmen Sports Centre

University of Alberta Aquatic Centre (West & East Pools)

MacEwan Centre for Sport and Wellness

Fountain Park Recreation Centre

Terwillegar Recreation Centre

Peter Hemingway Aquatic Centre



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2025-2026 February to March Schedule

MACEWAN UNIVERSITY

Junior Olympic Way (JOW)

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	3:45pm to 4:00pm ACT					
	4:00pm to 5:00pm Swim					
5:15pm to 5:30pm ACT	Peter Hemingway LCM	5:15pm to 5:30pm ACT		5:00pm to 5:30pm DL		
5:30pm to 6:30pm Swim	5:00pm to 5:30pm DL	5:30pm to 6:30pm Swim		5:30pm to 6:30pm Swim		
MacEwan SCM	ADDITIONAL Workout	MacEwan SCM		MacEwan SCM		

Age Group Development (AGD)

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	5:30pm to 6:00pm DL					
5:15pm to 5:30pm ACT	6:00pm to 7:00pm Swim	5:15pm to 5:30pm ACT		5:15pm to 5:30pm ACT		
5:30pm to 6:30pm Swim	UofA West SCM	5:30pm to 6:30pm Swim		5:30pm to 6:30pm Swim		
MacEwan SCM	ADDITIONAL Workout	MacEwan SCM		MacEwan SCM		

Legend - Updated September 8th, 2025

ACT - Activation on deck
DL - Dryland
Swim - Swim Training

Kinsmen Sports Centre
University of Alberta Aquatic Centre (West & East Pools)
MacEwan Centre for Sport and Wellness
Fountain Park Recreation Centre
Terwillegar Recreation Centre
Peter Hemingway Aquatic Centre