



JAG - OW - JOW - AGD

2025-2026 February to April 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 Hemmingway 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		4:45pm to 5:00pm ACT	4:45pm to 5:00pm ACT		
	Peter Hemmingway LCM		5:00pm to 6:00pm Swim	5:00pm to 6:00pm Swim		
	OR		UofA East SCY	UofA East SCY		
	5:00pm to 6:00pm					
	UofA West SCM					

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
UofA West or East
MacEwan Pool
Fountain Park Recreation Centre
Terwillegar Recreation Centre
Peter Hemmingway Aquatic Centre



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2025-2026 February to April Schedule

BOOSTER JUICE RECREATION CENTRE

Junior Age Group (JAG)

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

Olympic Way (OW)

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

Junior Olympic Way (JOW1)

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

Junior Olympic Way (JOW2)

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	3:45pm to 4:00pm ACT				7:45am to 8:00am ACT	
	4:00pm to 5:00pm Swim	3:45pm to 4:00pm ACT	4:45pm to 5:00pm ACT		8:00am to 9:00am Swim	
	Peter Hemmingway LCM	4:00pm to 5:00pm Swim	5:00pm to 6:00pm Swim		BJRC SCM	
	ADDITIONAL Workout	BJRC SCM	BJRC SCM			

Legend - Updated September 8th, 2025

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

Kinsmen Sports Centre
UofA West or East
MacEwan Pool
Fountain Park Recreation Centre
Terwillegar Recreation Centre
Peter Hemmingway Aquatic Centre



JAG - OW - JOW - AGD

2025-2026 February to April Schedule

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

Olympic Way (OW)

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

Junior Olympic Way (JOW1)

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

Junior Olympic Way (JOW2)

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

Age Group Development (AGD)

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

Legend - Updated September 8th, 2025

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

Kinsmen Sports Centre
UofA West or East
MacEwan Pool
Fountain Park Recreation Centre
Terwillegar Recreation Centre
Peter Hemmingway Aquatic Centre



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MacEwan University Pool

Junior Olympic Way (JOW)

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

Age Group Development (AGD)

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

Legend - Updated September 8th, 2025

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

Kinsmen Sports Centre
UofA West or East
MacEwan Pool
Fountain Park Recreation Centre
Terwillegar Recreation Centre
Peter Hemmingway Aquatic Centre