



JAG - OW - JOW - AGD

September 2025 Schedule

UNIVERSITY OF ALBERTA

Junior Age Group (JAG)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30am to 5:45am ACT					7:00am to 8:30am Swim
5:00pm to 5:30pm DL	5:45am to 7:30am Swim		5:00pm to 5:30pm DL	4:45pm to 5:00pm ACT		Kinsmen DIVE SCM
5:30pm to 7:00pm Swim	Kinsmen TP SCM		5:30pm to 7:00pm Swim	5:00pm to 6:30pm Swim		
Kinsmen TP SCM			Kinsmen TP SCM	UofA West SCM		

Olympic Way (OW)

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

Age Group Development (AGD)

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 July 31st, 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

Eastglen Leisure Centre



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September 2025 Schedule

TERWILLEGAR RECREATION CENTRE

(CLOSED FOR MAINTENANCE - AUGUST 25th to NOVEMBER 7th)

Junior Age Group (JAG)

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
					7:00am to 8:30am Swim	7:00am to 8:30am Swim
					Eastglen SCM	8:30am to 9:00am DL
		4:15pm to 4:30pm ACT				Kinsmen DIVE SCM
4:15pm to 4:30pm ACT		4:30pm to 6:00pm Swim		4:15pm to 4:30pm ACT		
4:30pm to 6:00pm Swim		6:00pm to 6:30pm DL		4:30pm to 6:00pm Swim		
Eastglen SCM		Eastglen SCM		Eastglen SCM		

Olympic Way (OW)

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
					10:30am to 10:45am ACT	
4:15pm to 4:30pm ACT				4:15pm to 4:30pm ACT	10:45am to 11:45am Swim	
4:30pm to 5:30pm Swim		4:15pm to 4:30pm ACT		4:30pm to 5:30pm Swim	Kinsmen TP SCM	
5:30pm to 6:00pm DL		4:30pm to 5:30pm Swim		5:30pm to 6:00pm DL		
MacEwan SCM		MacEwan SCM		MacEwan SCM		

Junior Olympic Way (JOW1)

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
					11:15am to 11:45am DL	
			4:45pm to 5:00pm ACT	4:45pm to 5:00pm ACT	11:45am to 12:45pm Swim	
			5:00pm to 6:00pm Swim	5:00pm to 6:00pm Swim	Kinsmen TP SCM	
			UofA East SCY	UofA East SCY		

Junior Olympic Way (JOW2)

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
					12:15am to 12:45am DL	
			4:45pm to 5:00pm ACT	4:45pm to 5:00pm ACT	12:45am to 1:45pm Swim	
			5:00pm to 6:00pm Swim	5:00pm to 6:00pm Swim	Kinsmen TP SCM	
			UofA East SCY	UofA East SCY		

Legend - Updated July 31st, 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

Eastglen Leisure Centre



JAG - OW - JOW - AGD

September 2025 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	3:45pm to 4:00pm ACT	6:45am to 7:00am ACT	
5:30pm to 6:00pm DL	Fountain Park SCM		5:30pm to 6:00pm DL	4:00pm to 5:30pm Swim	7:00am to 8:30am Swim	
Fountain Park SCM			Fountain Park SCM	Fountain Park SCM	Fountain Park SCM	

Olympic Way (OW)

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
4:45pm to 5:00pm ACT				4:45pm to 5:00pm ACT		
5:00pm to 6:00pm Swim		5:15pm to 5:30pm ACT		5:00pm to 6:00pm Swim	6:45am to 7:00am ACT	
6:00pm to 6:30pm DL		5:30pm to 6:30pm Swim		6:00pm to 6:30pm DL	7:00am to 8:00am Swim	
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
	3:45pm to 4:00pm ACT		4:00pm to 4:30pm DL		7:45am to 8:00am ACT	
	4:00pm to 5:00pm Swim		4:30pm to 5:30pm Swim		8:00am to 9:00am Swim	
	Fountain Park SCM		Fountain Park SCM		Fountain Park SCM	

Age Group Development (AGD)

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

Legend - Updated July 31st, 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

Eastglen Leisure Centre



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MacEwan University Pool

Junior Olympic Way (JOW)

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

Age Group Development (AGD)

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

Legend - Updated July 31st, 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

Eastglen Leisure Centre