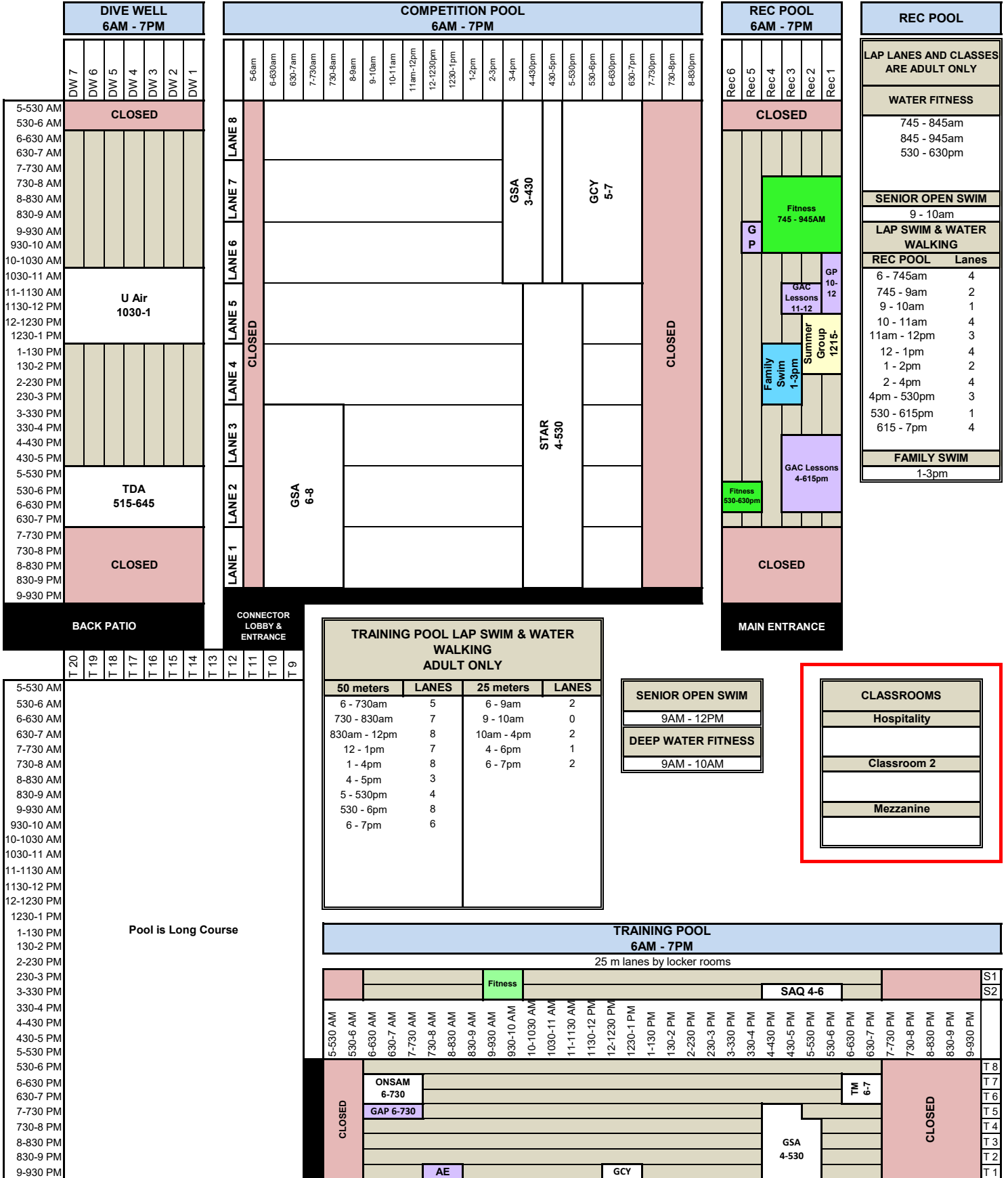


GAC LANE SCHEDULE

Monday, July 20, 2026



| GAC LANE SCHEDULE                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |  |  |  |  |  |  |  |  |  |  |  |  |  |  | Tuesday, July 21, 2026                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |  |  |  |  |  |  |  |  |  |  |  |  |  |  |                                                                                                                                                                                                                                                                                                                                                                                                                                               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| <div><div>DIVE WELL<br/>6AM - 7PM</div><div><div>DW 7</div><div>DW 6</div><div>DW 5</div><div>DW 4</div><div>DW 3</div><div>DW 2</div><div>DW 1</div></div><div><div>5-530 AM</div><div>530-6 AM</div><div>6-630 AM</div><div>630-7 AM</div><div>7-730 AM</div><div>730-8 AM</div><div>8-830 AM</div><div>830-9 AM</div><div>9-930 AM</div><div>930-10 AM</div><div>10-1030 AM</div><div>1030-11 AM</div><div>11-1130 AM</div><div>1130-12 PM</div><div>12-1230 PM</div><div>1230-1 PM</div><div>1-130 PM</div><div>130-2 PM</div><div>2-230 PM</div><div>230-3 PM</div><div>3-330 PM</div><div>330-4 PM</div><div>4-430 PM</div><div>430-5 PM</div><div>5-530 PM</div><div>530-6 PM</div><div>6-630 PM</div><div>630-7 PM</div><div>7-730 PM</div><div>730-8 PM</div><div>8-830 PM</div><div>830-9 PM</div><div>9-930 PM</div></div><div><div>BACK PATIO</div></div></div>                                                                                                                                                                                   |  |  |  |  |  |  |  |  |  |  |  |  |  |  | <div><div>COMPETITION POOL<br/>6AM - 7PM</div><div><div>5-6am</div><div>6-630am</div><div>630-7am</div><div>7-730am</div><div>730-8am</div><div>8-8am</div><div>9-10am</div><div>10-11am</div><div>11am-12pm</div><div>12-1230pm</div><div>1230-1pm</div><div>1-2pm</div><div>2-3pm</div><div>3-4pm</div><div>4-430pm</div><div>430-5pm</div><div>5-530pm</div><div>530-6pm</div><div>6-630pm</div><div>630-7pm</div><div>7-730pm</div><div>730-8pm</div><div>8-830pm</div></div><div><div>LANE 8</div><div>LANE 7</div><div>LANE 6</div><div>LANE 5</div><div>LANE 4</div><div>LANE 3</div><div>LANE 2</div><div>LANE 1</div></div><div><div>CLOSED</div><div>CLOSED</div><div>CLOSED</div><div>CLOSED</div><div>CLOSED</div><div>CLOSED</div><div>CLOSED</div><div>CLOSED</div></div><div><div>GSA 6-8</div><div>GSA 4-530</div></div></div>                                             |  |  |  |  |  |  |  |  |  |  |  |  |  |  | <div><div>REC POOL<br/>6AM - 7PM</div><div><div>Rec 6</div><div>Rec 5</div><div>Rec 4</div><div>Rec 3</div><div>Rec 2</div><div>Rec 1</div></div><div><div>CLOSED</div><div>Veterans 6 - 7am</div><div>Fitness 745 - 930AM</div><div>GAC Lessons 815am-12pm</div><div>Family Swim 1-3pm</div><div>GAC Lessons 315-730pm</div><div>TASA 6-7pm</div><div>Fitness 530 -7pm</div><div>CLOSED</div></div><div><div>MAIN ENTRANCE</div></div></div> |  |  |  |  |  |  |  |  |  |  |  |  |  |  | <div><div>REC POOL</div><div>LAP LANES AND CLASSES ARE ADULT ONLY</div><div>WATER FITNESS</div><div>745 - 830am</div><div>830 - 930am</div><div>530 - 615pm</div><div>615-7pm</div><div>SENIOR OPEN SWIM</div><div>9 - 10am</div><div>LAP SWIM &amp; WATER WALKING</div><div>REC POOL</div><div>Lanes</div><div>6 - 7am</div><div>2</div><div>7 - 745am</div><div>4</div><div>745 - 9:30am</div><div>2</div><div>930am - 12pm</div><div>3</div><div>12 - 3:15pm</div><div>4</div><div>315-430pm</div><div>3</div><div>430 - 530pm</div><div>2</div><div>530 - 7pm</div><div>1</div><div>FAMILY SWIM</div><div>1-3pm</div></div> |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <div><div>T 20</div><div>T 19</div><div>T 18</div><div>T 17</div><div>T 16</div><div>T 15</div><div>T 14</div><div>T 13</div><div>T 12</div><div>T 11</div><div>T 10</div><div>T 9</div></div> <div><div>5-530 AM</div><div>530-6 AM</div><div>6-630 AM</div><div>630-7 AM</div><div>7-730 AM</div><div>730-8 AM</div><div>8-830 AM</div><div>830-9 AM</div><div>9-930 AM</div><div>930-10 AM</div><div>10-1030 AM</div><div>1030-11 AM</div><div>11-1130 AM</div><div>1130-12 PM</div><div>12-1230 PM</div><div>1230-1 PM</div><div>1-130 PM</div><div>130-2 PM</div><div>2-230 PM</div><div>230-3 PM</div><div>3-330 PM</div><div>330-4 PM</div><div>4-430 PM</div><div>430-5 PM</div><div>5-530 PM</div><div>530-6 PM</div><div>6-630 PM</div><div>630-7 PM</div><div>7-730 PM</div><div>730-8 PM</div><div>8-830 PM</div><div>830-9 PM</div><div>9-930 PM</div></div> <div><div>Pool is Long Course</div></div>                                                                                                                                           |  |  |  |  |  |  |  |  |  |  |  |  |  |  | <div><div>TRAINING POOL LAP SWIM &amp; WATER WALKING ADULT ONLY</div><div><div>50 meters</div><div>LANES</div><div>25 meters</div><div>LANES</div></div><div><div>6 - 730am</div><div>5</div><div>6 - 9am</div><div>2</div></div><div><div>730 - 8am</div><div>6</div><div>9 - 10am</div><div>0</div></div><div><div>8am - 12pm</div><div>8</div><div>10am - 4pm</div><div>2</div></div><div><div>12 - 1pm</div><div>7</div><div>4 - 6pm</div><div>1</div></div><div><div>1 - 4pm</div><div>8</div><div>6 - 7pm</div><div>2</div></div><div><div>4 - 6pm</div><div>7</div><div></div><div></div></div><div><div>6 - 7pm</div><div>6</div><div></div><div></div></div></div> <div><div>SENIOR OPEN SWIM</div><div>9AM - 12PM</div><div>DEEP WATER FITNESS</div><div>9AM - 10AM</div></div> <div><div>CLASSROOMS</div><div>Hospitality</div><div>Classroom 2</div><div>Mezzanine</div></div> |  |  |  |  |  |  |  |  |  |  |  |  |  |  |                                                                                                                                                                                                                                                                                                                                                                                                                                               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <div><div>TRAINING POOL<br/>6AM - 7PM</div><div>25 m lanes by locker rooms</div><div><div>5-530 AM</div><div>530-6 AM</div><div>6-630 AM</div><div>630-7 AM</div><div>7-730 AM</div><div>730-8 AM</div><div>8-830 AM</div><div>830-9 AM</div><div>9-930 AM</div><div>930-10 AM</div><div>1030-11 AM</div><div>11-1130 AM</div><div>1130-12 PM</div><div>12-1230 PM</div><div>1230-1 PM</div><div>1-130 PM</div><div>130-2 PM</div><div>2-230 PM</div><div>230-3 PM</div><div>3-330 PM</div><div>330-4 PM</div><div>4-430 PM</div><div>430-5 PM</div><div>5-530 PM</div><div>530-6 PM</div><div>6-630 PM</div><div>630-7 PM</div><div>7-730 PM</div><div>730-8 PM</div><div>8-830 PM</div><div>830-9 PM</div><div>9-930 PM</div></div><div><div>CLOSED</div><div>SAQ 630-8</div><div>ONSAM 6-730</div><div>SAQ 4-6</div><div>TM</div><div>GAP</div><div>AF</div><div>Waves</div><div>A.Adv</div></div></div> <td colspan="15"><div><div>T 8</div><div>T 7</div><div>T 6</div><div>T 5</div><div>T 4</div><div>T 3</div><div>T 2</div><div>T 1</div></div></td> |  |  |  |  |  |  |  |  |  |  |  |  |  |  | <div><div>T 8</div><div>T 7</div><div>T 6</div><div>T 5</div><div>T 4</div><div>T 3</div><div>T 2</div><div>T 1</div></div>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |  |  |  |  |  |  |  |  |  |  |  |  |  |  |                                                                                                                                                                                                                                                                                                                                                                                                                                               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

## GAC LANE SCHEDULE

**Wednesday, July 22, 2026**

**DIVE WELL 6AM - 7PM**

**COMPETITION POOL 6AM - 7PM**

**REC POOL 6AM - 7PM**

**BACK PATIO**

**CONNECTOR LOBBY & ENTRANCE**

**MAIN ENTRANCE**

**TRAINING POOL 6AM - 7PM**

**POOL IS LONG COURSE**

**POOL CLASS LIST**

| Time        | Pool      | Class | Lanes |
|-------------|-----------|-------|-------|
| 6 - 730am   | 50 meters | 4     | 2     |
| 730 - 830am | 25 meters | 1     | 1     |
| 830 - 10am  | 25 meters | 2     | 2     |
| 10 - 1pm    | 25 meters | 7     | 7     |
| 1 - 4pm     | 25 meters | 8     | 8     |
| 4 - 530pm   | 25 meters | 3     | 3     |
| 530 - 7pm   | 25 meters | 8     | 8     |

**TRAINING POOL 6AM - 7PM**

25 m lanes by locker rooms

**SAQ 630-8**

**ONSAM 6-730**

**GAP**

**AE**

**SPARK 10-12**

**GCY**

**SAQ 4-6**

**GSA 4-530**

**CLASSROOMS**

**Hospitality**

**Classroom 2**

**Mezzanine**

**UNIVERSITY OF ALBERTA AQUATICS CENTRE FLOOR PLAN**

**POOL AREAS:**

- COMPETITION POOL 6AM - 7PM:** Includes lanes for various times (5-6am to 8-9pm) and activities like GSA 6-8, GSA 4-5, and GSA 4-530.
- REC POOL 6AM - 7PM:** Includes lanes for various times (Rec 6 to Rec 1) and activities like Fitness 530-7pm, Family Swim 1-3pm, and GAC Lessons 315-730pm.
- TRAINING POOL 6AM - 7PM:** Includes lanes for various times (5-530 AM to 9-930 PM) and activities like ONSAM 6-730 and TM 6-7.
- TRAINING POOL LAP SWIM & WATER WALKING ADULT ONLY:** Includes lanes for various times (50 meters and 25 meters) and activities like SENIOR OPEN SWIM and DEEP WATER FITNESS.

**OTHER AREAS:**

- DIVE WELL 6AM - 7PM:** Includes lanes for various times (DW 7 to DW 1).
- BACK PATIO:** Located near the main pool.
- CONNECTOR LOBBY & ENTRANCE:** Located near the main pool.
- MAIN ENTRANCE:** Located near the recreation pool.
- CLASSROOMS:** Includes Hospitality, Classroom 2, and Mezzanine.

**LEGEND:**

- LANES:** LANE 1 to LANE 8.
- ACTIVITIES:** GSA 6-8, GSA 4-5, GSA 4-530, Fitness 530-7pm, Family Swim 1-3pm, GAC Lessons 315-730pm, ONSAM 6-730, TM 6-7, AF, Waves, A.Adv, GAP.

DW 7

DW 6

DW 5

DW 4

DW 3

DW 2

DW 1

5-530 AM

530-6 AM

6-630 AM

630-7 AM

7-730 AM

730-8 AM

8-830 AM

830-9 AM

9-930 AM

930-10 AM

10-1030 AM

1030-11 AM

11-1130 AM

1130-12 PM

12-1230 PM

1230-1 PM

1-130 PM

130-2 PM

2-230 PM

230-3 PM

3-330 PM

330-4 PM

4-430 PM

430-5 PM

5-530 PM

530-6 PM

6-630 PM

630-7 PM

7-730 PM

730-8 PM

8-830 PM

830-9 PM

9-930 PM

CLOSED

UNC 1-330

CLOSED

BACK PATIO

5-530 AM

530-6 AM

6-630 AM

630-7 AM

7-730 AM

730-8 AM

8-830 AM

830-9 AM

9-930 AM

930-10 AM

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Pool is Long Course

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The floor plan is divided into several main sections:

- DIVE WELL 7AM - 5PM:** Located at the top left, containing lanes DW 7 through DW 1.
- COMPETITION POOL 7AM - 5PM:** A large central pool with lanes LANE 1 through LANE 8. It includes a "GSA 7-9" area and a "CLOSED" section.
- REC POOL 7AM - 3PM:** Located at the top right, containing lanes Rec 6 through Rec 1. It includes a "CLOSED" section and a "GAC Lessons 815am -1pm" area.
- REC POOL:** Located on the far right, containing lanes 915 - 10am and 10 -1045am. It includes a "SENIOR OPEN SWIM" area and a "LAP SWIM & WATER WALKING" area.
- BACK PATIO:** Located at the bottom left, containing lanes T 20 through T 9.
- CONNECTOR LOBBY & ENTRANCE:** Located at the bottom center, containing lanes T 12 through T 9.
- TRAINING POOL LAP SWIM & WATER WALKING ADULT ONLY:** A large rectangular pool in the center, containing lanes 50 meters, LANES, 25 meters, and LANES.
- TRAINING POOL 7AM - 5PM:** A large rectangular pool at the bottom, containing lanes 25 m lanes by locker rooms and a "SAQ 9-12" area.
- SENIOR OPEN SWIM:** A rectangular pool on the right side, containing lanes 7 - 11am, 11 - 1230pm, 1230 - 2pm, 2 - 3pm, and 3 - 5pm.
- DEEP WATER FITNESS:** A rectangular pool on the right side, containing lanes 7 - 9am, 9am - 12pm, and 12 - 5pm.
- CLASSROOMS:** A rectangular area on the right side, containing lanes Hospitality, Classroom 2, and Mezzanine.

Other areas include "DIVE WELL 7AM - 5PM", "COMPETITION POOL 7AM - 5PM", "REC POOL 7AM - 3PM", "REC POOL", "BACK PATIO", "CONNECTOR LOBBY & ENTRANCE", "TRAINING POOL LAP SWIM & WATER WALKING ADULT ONLY", "TRAINING POOL 7AM - 5PM", "SENIOR OPEN SWIM", "DEEP WATER FITNESS", and "CLASSROOMS".

The floor plan is divided into several main sections:

- Top Section:**
  - DIVE WELL 10AM - 5PM:** A vertical strip on the far left with lanes DW 7 to DW 1.
  - COMPETITION POOL 10AM - 5PM:** A large central area with 16 lanes (LANE 1 to LANE 16). Lanes 1-8 are marked "CLOSED". Lanes 9-16 are open.
  - REC POOL 10PM - 5PM:** A vertical strip on the far right with lanes Rec 6 to Rec 1. Lanes Rec 6-4 are marked "CLOSED". Lanes Rec 3-1 are open.
- Left Section:**
  - BACK PATIO:** A large area on the left side.
  - CONNECTOR LOBBY & ENTRANCE:** A small area between the Back Patio and the Competition Pool.
  - TRAINING POOL LAP SWIM & WATER WALKING ADULT ONLY:** A large area on the left side, adjacent to the Back Patio.
- Right Section:**
  - MAIN ENTRANCE:** A large area on the right side.
  - CLASSROOMS:** A small area on the right side, containing Hospitality, Classroom 2, and Mezzanine.
- Bottom Section:**
  - TRAINING POOL 10AM - 5PM:** A large area at the bottom, containing 25 m lanes by locker rooms.
  - POOL IS LONG COURSE:** A large area at the bottom, containing 25 m lanes by locker rooms.

Additional details include a "SENIOR OPEN SWIM" area, a "DEEP WATER FITNESS" area, and a "FAMILY SWIM" area.