

# GO Kingfish

## 2015/2016 Tentative Practice Schedules

| B/S Orleans | Monday            | Tuesday           | Wednesday | Thursday          | Friday              | Saturday               | Sunday |
|-------------|-------------------|-------------------|-----------|-------------------|---------------------|------------------------|--------|
| AM          |                   | 6:00-7:25<br>BMRC |           | 6:00-7:25<br>BMRC |                     | 10:30-12:00<br>uOttawa |        |
| PM          | 4:30-6:00<br>BMRC |                   |           |                   | 6:00-7:30pm<br>BMRC |                        |        |

| B/S Canterbury | Monday                  | Tuesday                 | Wednesday            | Thursday | Friday                  | Saturday               | Sunday |
|----------------|-------------------------|-------------------------|----------------------|----------|-------------------------|------------------------|--------|
| AM             |                         | 6:00-7:25<br>Canterbury |                      |          |                         | 10:30-12:00<br>uOttawa |        |
| PM             | 4:00-5:30<br>Canterbury |                         | 4:30-6:00<br>uOttawa |          | 4:00-5:30<br>Canterbury |                        |        |

| B/S Sawmill | Monday                  | Tuesday              | Wednesday            | Thursday             | Friday | Saturday               | Sunday |
|-------------|-------------------------|----------------------|----------------------|----------------------|--------|------------------------|--------|
| AM          |                         |                      | 6:00-7:30<br>Sawmill |                      |        | 10:30-12:00<br>uOttawa |        |
| PM          | 4:00-5:30<br>Canterbury | 4:30-6:00<br>Sawmill |                      | 4:30-6:00<br>Sawmill |        |                        |        |

| Gold Central | Monday               | Tuesday                 | Wednesday            | Thursday             | Friday               | Saturday               | Sunday |
|--------------|----------------------|-------------------------|----------------------|----------------------|----------------------|------------------------|--------|
| AM           |                      | 6:00-7:25<br>Canterbury |                      |                      |                      | 10:30-12:00<br>uOttawa |        |
| PM           | 4:15-6:00<br>uOttawa |                         | 4:15-6:00<br>uOttawa | 4:15-6:00<br>uOttawa | 4:15-6:00<br>uOttawa |                        |        |

| Gold East | Monday            | Tuesday           | Wednesday            | Thursday          | Friday              | Saturday               | Sunday |
|-----------|-------------------|-------------------|----------------------|-------------------|---------------------|------------------------|--------|
| AM        |                   | 6:00-7:25<br>BMRC |                      | 6:00-7:25<br>BMRC |                     | 10:30-12:00<br>uOttawa |        |
| PM        | 4:15-6:00<br>BMRC |                   | 4:15-6:00<br>uOttawa |                   | 6:00-7:30pm<br>BMRC |                        |        |

| Youth | Monday               | Tuesday              | Wednesday            | Thursday             | Friday               | Saturday              | Sunday |
|-------|----------------------|----------------------|----------------------|----------------------|----------------------|-----------------------|--------|
| AM    |                      | 5:25-7:00<br>uOttawa |                      | 5:25-7:00<br>uOttawa |                      | 8:30-11:00<br>uOttawa |        |
| PM    | 4:00-6:00<br>uOttawa | 4:00-6:00<br>uOttawa | 4:00-6:00<br>uOttawa | 4:00-6:00<br>uOttawa | 4:00-6:00<br>uOttawa |                       |        |

| Senior Orange | Monday | Tuesday              | Wednesday            | Thursday             | Friday               | Saturday                 | Sunday |
|---------------|--------|----------------------|----------------------|----------------------|----------------------|--------------------------|--------|
| AM            |        |                      | 5:25-7:00<br>uOttawa |                      | 5:25-7:00<br>uOttawa | 10:30-12:00am<br>uOttawa |        |
| PM            |        | 4:00-6:00<br>uOttawa | 4:00-6:00<br>uottawa | 4:00-6:00<br>uOttawa |                      |                          |        |

| Senior Blue | Monday               | Tuesday                          | Wednesday            | Thursday             | Friday               | Saturday                                 | Sunday |
|-------------|----------------------|----------------------------------|----------------------|----------------------|----------------------|--|--------|
| AM          |                      | 5:25-7:00<br>uOttawa<br>Strength | 5:25-7:00<br>uOttawa | 5:25-7:00<br>uOttawa |                      | 8:30-11:30<br>uOttawa<br>Strenght & Swim |        |
| PM          | 4:00-6:00<br>uOttawa | 4:00-6:00<br>uOttawa             |                      | 4:00-6:00<br>uOttawa | 4:00-6:00<br>uOttawa |  |        |

| Senior Kingfish | Monday               | Tuesday              | Wednesday                        | Thursday             | Friday               | Saturday                                 | Sunday |
|-----------------|----------------------|----------------------|----------------------------------|----------------------|----------------------|--|--------|
| AM              |                      | 5:25-7:00<br>uOttawa | 5:25-7:00<br>uOttawa<br>Strength | 5:25-7:00<br>uOttawa | 5:25-7:00<br>uOttawa | 7:00-10:30<br>uOttawa<br>Strength & Swim |        |
| PM              | 4:00-6:00<br>uOttawa | 4:00-6:00<br>uOttawa |                                  | 4:00-6:00<br>uOttawa | 4:00-6:00<br>uOttawa |  |        |