



**Let's GO Swim • GO Junior Kingfish Program
Fall 2017 Session • Canterbury Pool**

The following are important dates to be aware of:

September

- 20** First Wednesday practice at Canterbury Pool
- 22** First Friday practice at Canterbury Pool
- 30** First Let's GO Race Practice at Francois Dupuis

October

- 13** Withdraw deadline by 9pm

November

- 20** Winter 2018 Early Registration Opens for Returning Swimmers

December

- 6** Last Wednesday Practice at Canterbury Pool
- 8** Last Friday Practice at Canterbury Pool
- 9** Let's GO Swim Fun Meet @ uOttawa

**Let's GO Swim • GO Junior Kingfish Program
Fall 2017 Practice Schedule • Canterbury Pool**

September

Junior Coordinator: Audrey Rivest		Email: junior@gokingfish.ca			gokingfish.ca	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
						3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
First Week Back in The Water		4:00-4:45 4:45-5:30 CANT		4:00-4:45 CANT		
25	26	27	28	29	30	1
		4:00-4:45 4:45-5:30 CANT		4:00-4:45 CANT	Let's GO Race 6:00-7:15 7:30-8:30 FDRC	

** Let's GO Race are extra, complimentary sessions and by coach's invitation only*

October

Junior Coordinator: Audrey Rivest		Email: junior@gokingfish.ca			gokingfish.ca	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2	3	4	5	6	7	8
		4:00-4:45 4:45-5:30 CANT		4:00-4:45 CANT	Let's GO Race 6:00-7:15 7:30-8:30 FDRC	
9	10	11	12	13	14	15
		4:00-4:45 4:45-5:30 CANT		Withdrawal Deadline by 9pm 4:00-4:45 CANT	Let's GO Race 6:00-7:15 7:30-8:30 FDRC	
16	17	18	19	20	21	22
		4:00-4:45 4:45-5:30 CANT		4:00-4:45 CANT	Let's GO Race 6:00-7:15 7:30-8:30 FDRC	
23	24	25	26	27	28	29
		4:00-4:45 4:45-5:30 CANT		4:00-4:45 CANT	Let's GO Race 6:00-7:15 7:30-8:30 FDRC	
30	31					

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November

Junior Coordinator: Audrey Rivest		Email: junior@gokingfish.ca			gokingfish.ca	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
		4:00-4:45 4:45-5:30 CANT		4:00-4:45 CANT	Let's GO Race 6:00-7:15 7:30-8:30 FDRC	
6	7	8	9	10	11	12
		4:00-4:45 4:45-5:30 CANT		4:00-4:45 CANT	Let's GO Race 6:00-7:15 7:30-8:30 FDRC	
13	14	15	16	17	18	19
		4:00-4:45 4:45-5:30 CANT		4:00-4:45 CANT	Let's GO Race 6:00-7:15 7:30-8:30 FDRC	
20	21	22	23	24	25	26
Winter 2018 Pre-Registration Opens		4:00-4:45 4:45-5:30 CANT		4:00-4:45 CANT	Let's GO Race 6:00-7:15 7:30-8:30 FDRC	
27	28	29	30			
		4:00-4:45 4:45-5:30 CANT				

* Let's GO Race are extra, complimentary sessions and by coach's invitation only

December

Junior Coordinator: Audrey Rivest		Email: junior@gokingfish.ca		gokingfish.ca		
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
				4:00-4:45 CANT	Let's GO Race 6:00-7:15 7:30-8:30 FDRC	
4	5	6	7	8	9	10
Last Week in The Water		4:00-4:45 4:45-5:30 CANT		4:00-4:45 CANT	Let's GO Swim Fun Meet @ uOttawa	