



**Let's GO Swim • GO Junior Kingfish Program
Fall 2017 Session • Francois Dupuis Recreational Center**

The following are important dates to be aware of:

September

- 19** First Tuesday practice at Francois Dupuis
- 21** First Thursday practice at Francois Dupuis
- 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

- 5** Last Tuesday practice at Francois Dupuis
- 7** Last Thursday practice at Francois Dupuis
- 9** Let's GO Swim Fun Meet @ uOttawa

Let's GO Swim • GO Junior Kingfish Program
Fall 2017 Practice Schedule • Francois Dupuis Recreational Center

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 FDRC		4:00-4:45 4:45-5:30 FDRC			
25	26	27	28	29	30	1
	4:00-4:45 4:45-5:30 FDRC		4:00-4:45 4:45-5:30 FDRC		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 FDRC		4:00-4:45 4:45-5:30 FDRC		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 FDRC		4:00-4:45 4:45-5:30 FDRC	Withdraw Deadline by 9pm	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 FDRC		4:00-4:45 4:45-5:30 FDRC		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 FDRC		4:00-4:45 4:45-5:30 FDRC		Let's GO Race 6:00-7:15 7:30-8:30 FDRC	
30	31					
	4:00-4:45 4:45-5:30 FDRC					

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

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 FDRC		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 FDRC		4:00-4:45 4:45-5:30 FDRC		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 FDRC		4:00-4:45 4:45-5:30 FDRC		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 FDRC		4:00-4:45 4:45-5:30 FDRC		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 FDRC		4:00-4:45 4:45-5:30 FDRC			

* 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
					Let's GO Race 6:00-7:15 7:30-8:30 FDRC	3
4	5	6	7	8	9	10
Last Week in The Water	4:00-4:45 4:45-5:30 FDRC		4:00-4:45 4:45-5:30 FDRC		Let's GO Swim Fun Meet @ uOttawa	