



**Let's GO Swim • GO Junior Kingfish Program  
Winter 2019 Session • Francois Dupuis Recreational Center**

**The following are important dates to be aware of:**

**January**

- 8** First Tuesday practice at Francois Dupuis
- 10** First Thursday practice at Francois Dupuis
- 12** First Let's GO Race Practice at Francois Dupuis

**February**

- 3** Withdraw deadline by 9pm
- 4** Spring 2018 Early Registration Opens for Returning Swimmers

**March**

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

**Let's GO Swim • GO Junior Kingfish Program**  
**Winter 2019 Session Schedule • Francois Dupuis Recreational Center**

**January**

Junior Coordinator: Audrey Rivest		Email: junior@gokingfish.ca			gokingfish.ca	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
7	8	9	10	11	12	13
<b>First Week Back in The Water</b>	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 7:15-8:30 FDRC	
14	15	16	17	18	19	20
	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 7:15-8:30 FDRC	
21	22	23	24	25	26	27
	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 7:15-8:30 FDRC	
28	29	30	31			
	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*

## February

Junior Coordinator: Audrey Rivest		Email: junior@gokingfish.ca		gokingfish.ca		
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
				<b>Withdraw Deadline by 9pm</b>	Let's GO Race 6:00-7:15 7:15-8:30 FDRC	<b>Withdraw Deadline by 9pm</b>
4	5	6	7	8	9	10
Spring 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 7:15-8:30 FDRC	
11	12	13	14	15	16	17
	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 7:15-8:30 FDRC	
18	19	20	21	22	23	24
	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 7:15-8:30 FDRC	
25	26	27	28			
	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

**March**

Junior Coordinator: Audrey Rivest      Email: <a href="mailto:junior@gokingfish.ca">junior@gokingfish.ca</a> <a href="http://gokingfish.ca">gokingfish.ca</a>						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
					Let's GO Swim Fun Meet uOttawa	3
					4	5
					6	7
					8	
<b>Last Week of Swim Practice</b>	4:00-4:45 4:45-5:30 FDRC		4:00-4:45 4:45-5:30 FDRC			