



**Let's GO Swim • GO Junior Kingfish Program  
Winter 2019 Session • Canterbury Pool**

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

**January**

- 9** First Wednesday Practice at Canterbury Pool
- 11** First Friday Practice at Canterbury Pool
- 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
- 6** Last Wednesday practice at Canterbury Pool
- 8** Last Friday practice at Canterbury Pool

**Let's GO Swim • GO Junior Kingfish Program**  
**Winter 2019 Session Schedule • Canterbury Pool**

**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 CANT		4:00-4:45 CANT	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 CANT		4:00-4:45 CANT	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 CANT		4:00-4:45 CANT	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 CANT				

*\* 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	
					Let's GO Race 6:00-7:15 7:15-8:30 FDRC	<b>Withdraw Deadline by 9pm</b>	
4		5		6		7	
Spring 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 7:15-8:30 FDRC	
11		12		13		14	
		4:00-4:45 4:45-5:30 CANT		 <b>Happy Valentine's Day</b>		Let's GO Race 6:00-7:15 7:15-8:30 FDRC	
18		19		20		21	
		4:00-4:45 4:45-5:30 CANT		4:00-4:45 CANT		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 CANT					

\* 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
				4:00-4:45 CANT	Let's GO Swim Fun Meet uOttawa	
				3		
4		5	6	7	8	
Last Week of Swim Practice		4:00-4:45 4:45-5:30 CANT		4:00-4:45 CANT		