

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

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

н	-	m		-	107	v
	~		ш	~		v
•	-	• •	•	•	•	7

- **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

nior Coordinato	or: Audrey Rivest	Email: junior	@gokingfish.ca		gokingfish.ca	
onday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	2 3	4	5	
7	8	g	10	11	12	
		4.00 4.45			Latte CO Date	
st Week Back		4:00-4:45		4.00 4.45	Let's GO Race	
n The Water		4:45-5:30		4:00-4:45	6:00-7:15	
		CANT		CANT	7:15-8:30	
4.4	45	4.0	47	40	FDRC	
14	15	16	5 17	18	19	
		4:00-4:45			Let's GO Race	
		4:45-5:30		4:00-4:45	6:00-7:15	
		CANT		CANT	7:15-8:30	
					FDRC	
21	22	23	3 24	25	26	
		4:00-4:45			Let's GO Race	
		4:45-5:30		4:00-4:45	6:00-7:15	
		CANT		CANT	7:15-8:30	
		CANT		CANT	FDRC	
28	29	30	31		TDIC	
20			31			
		4:00-4:45				
		4:45-5:30				
		4.43-3.30 CANT				
		CAINT				

<sup>\*</sup> Let's GO Race are extra, complimentary sessions and by coach's invitation only

### **February**

February							
Junior Coordinat	or: Audrey Rivest	Email: junior@gokingfish.ca			gokingfish.ca		
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
				1	2	3	
					Let's GO Race	Withdraw	
						Deadline by	
					6:00-7:15	9pm	
					7:15-8:30	3piii	
					FDRC		
4	. 5	6	7	8	9	10	
Spring 2018 Pre-		4:00-4:45			Let's GO Race		
Registration		4:45-5:30		4:00-4:45	6:00-7:15		
Opens		CANT		CANT	7:15-8:30		
					FDRC		
11	. 12	13	14	15	16	17	
			<b>()</b>		Let's GO Race		
		4:00-4:45	Hanny	4:00-4:45	6:00-7:15		
			Нарру				
		4:45-5:30	Valentine's Day	CANT	7:15-8:30		
		CANT			FDRC		
18	19	20	21	22	23	24	
		4:00-4:45			Let's GO Race		
		4:45-5:30		4:00-4:45	6:00-7:15		
		CANT		CANT	7:15-8:30		
					FDRC		
25	26	27	28				
		4:00-4:45					
		4:45-5:30					
		CANT					
		CAN					

<sup>\*</sup> Let's GO Race are extra, complimentary sessions and by coach's invitation only

### March

Junior Coordina	tor: Audrey Rivest	Email: junior	@gokingfish.ca		gokingfish.ca	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
				4:00-4:45 CANT	Let's GO Swim Fun Meet uOttawa	
	4 5	6	5	7 8		
Last Week of Swim Practice		4:00-4:45 4:45-5:30 CANT		4:00-4:45 CANT		