

GO Kingfish

2018/2019 Tentative Practice Schedules

Bronze/Silver	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM		6:00-7:25 BMRC		6:00-7:25 BMRC		10:30-12:00 uOttawa	
PM	4:30-6:00 BMRC				6:00-7:30pm BMRC		
BMRC Closing September- December							
Bronze/Silver	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM			6:00-7:30 Sawmill Creek		6:00-7:30 Sawmill Creek	uOttawa	10:30-12:00 uOttawa
Pm		4:00-5:30 FDRC		4:00-5:30 FDRC			
B/S Canterbury	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM		6:00-7:25 Canterbury				10:30-12:00 uOttawa	
PM	4:00-5:30 Canterbury		4:30-6:00 uOttawa		5:00-6:30 Canterbury		
B/S Sawmill	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM			6:00-7:25 Sawmill			10:30-12:00 uOttawa	
PM	4:00-5:30 uOttawa	4:30-6:00 Sawmill		4:30-6:00 Sawmill			
Gold Central	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM		6:00-7:30 Canterbury		5:45-7:15 uOttawa		10:30-12:00 uOttawa	
PM	4:15-6:00 uOttawa		4:15-6:00 uOttawa		4:15-6:00 uOttawa		

Gold East		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM			6:00-7:25 BMRC		6:00-7:25 BMRC		10:30-12:00 uOttawa	
PM		4:15-6:00 BMRC		4:15-6:00 uOttawa		6:00-7:30pm BMRC		
BMRC Pool Closing: September - December								
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM			5:45-7:15 uOttawa			6:00-7:30 Sawmill		
PM		5:30-7:00 uOttawa		4:15-6:00 uOttawa			10:30-12:00 uOttawa	10:30-12:00 uOttawa

Youth		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM				5:25-7:00 uOttawa	5:25-7:00 uOttawa		9:00-12:00 uOttawa	
PM		4:00-6:00 uOttawa	4:00-6:00 uOttawa		4:00-6:00 uOttawa	4:00-6:30 uOttawa		
Distance oriented swimmers may have an altered schedule including Tuesday am - coaches discretion								

Senior Blue		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM		5:25-7:00 uOttawa		5:25-7:00 uOttawa			8:30-11:30 uOttawa	
PM			4:00-6:30 uOttawa		4:00-6:30 uOttawa	4:00-6:30 uOttawa		
Friday am is a make up practice if requested with GO Perform -Distance oriented swimmers may have an altered schedule - Coaches discretion								

Senior Kingfish		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM		5:25-7:00 uOttawa	5:25-7:00 uOttawa	5:25-7:00 uOttawa Strength			7:00-10:30 uOttawa Strength & Swim	
PM			4:00-6:30 uOttawa		4:00-6:30 uOttawa	4:00-6:30 uOttawa		
Friday am is a make up practice-once per month if requested with GO Perform -Distance oriented swimmers may have an altered schedule -Coaches discretion								

Go Perform		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM			5:25-7:10 uOttawa		5:25-7:10am uOttawa	5:25-7:00am uOttawa	7:00-10:30 uOttawa Strength & Swim	
PM		4:00-7:00 uOttawa	4:00-7:00 uOttawa Swim & Strength	4:00-6:00 uOttawa	4:00-6:00 uOttawa			

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