



# GO Kingfish

## GO Perform Practice Schedule December

The following are important dates to be aware of for December:

### December

1	Lets Go Swim Junior Swim Meet
4	No Practice - AM
7 to 9	 Gatineau Invite
10	Practice for OJI --- No Practice for Gatineau only swimmers
11	No AM for anyone
14 to 16	 Ontario Junior International
18	Secret Santa Dinner Tonight - Royal Oak on Laurier
21	Last practice at uOttawa: Take equipment home today
24-26	Merry Christmas & Happy Holidays
27-31	Christmas Training
January 01	Happy New Years : 2019
January 03	Back to uOttawa

### Locations for Christmas Training:

<a href="#">Gatineau Sportif</a>	850 Boul de la Gappe, Gatineau QC J8T 7T7
<a href="#">Titan Performance</a>	813 Shefford Rd, Gloucester, ON K1J 8H9
<a href="#">Ecole Secondaire De l'Île</a>	255 rue Saint-Redempteur Gatineau J8X 2T4
<a href="#">Nepean Sportsplex</a>	1701 Woodruffe Ottawa, ON K2G 1W2



## GO Perform: December

Lead Coach: Jason Allen		Email: Senior@gokingfish.ca			Website: gokingfish.ca	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					6:30-8:30am uOttawa -Swim 8:30-9:30am Dry	
3	4	5	6	7	8	9
<b>NO Practice Today unexpected Pool Maintenance</b>	AM- Off  4:00-7:00pm uOttawa	4:00-6:00pm uOttawa	5:30-7:00am uOttawa			
10	11	12	13	14	15	16
No Practice	AM-Off  4:00-6:00pm uOttawa	4:00-6:00pm uOttawa	5:25-7:10am uOttawa  4:00-6:00pm uOttawa	5:25-7:00am uOttawa   Jr. International	7:00-10:30am uOttawa   Jr. International	 Jr. International
17	18	19	20	21	22	23
4:00-7:00pm Ottawa	5:25-7:10am uOttawa  <b>Secret Santa Dinner</b> 4-7:00pm uOttawa	4:00-6:00pm uOttawa	5:25-7:10am uOttawa  4:00-6:00pm uOttawa	5:25-7:00am uOttawa	9:30-11:30am <a href="#">Nepean Sportsplex</a>	9:30-11:30am <a href="#">Nepean Sportsplex</a>
24	25	26	27	28	29	30
7:30-9:00am <a href="#">Titan Performance</a> Strength	 <b>Merry Christmas Happy Holidays</b>	No Practice	8:00-11:00am <b>De l'île:</b>	8:00-11:00am <b>De l'île:</b>	9:30-11:30am <a href="#">Nepean Sportsplex</a>	7:30-9:30am <a href="#">Nepean Sportsplex</a>
31	1	2	3	4	5	6
8:00-11:00am <a href="#">Gatineau Sportif</a>		No Practice	5:30-7:00am uOttawa-strength  4:00-6:00pm uOttawa	5:25-7:30am uOttawa	7:00-10:30am uOttawa	