



Senior Blue  
December

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

December	
7-8-9	Gatineau Invite - Gatineau sports center (850 La Gappe Boulevard)
10	Day off No swimming
15	Secret Santa
22-26	No swimming
25	Merry Christmas - No swimming
27-31	At école secondaire de l'île
De l'île	255 Rue Saint Rédempteur, Gatineau, QC J8X 2T4

# GO Kingfish

## Senior Blue: December

Lead Coach: Alex Lorrain		Email: <a href="mailto:seniorblue@gokingfish.ca">seniorblue@gokingfish.ca</a>			Website: <a href="http://gokingfish.ca">gokingfish.ca</a>	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					6:30-8:30 AM U Ottawa	
5:25 - 7:00 AM U Ottawa Swim	4:00-5:30 U Ottawa	5:25 - 7:00 AM U Ottawa	4:00-5:30 U Ottawa	Gatineau Invite Gatineau sports center 	Gatineau Invite Gatineau sports center 	Gatineau Invite Gatineau sports center 
Day Off No swimming	4:00-6:30 U Ottawa	5:25 - 7:00 AM U Ottawa	4:00-6:30 U Ottawa	4:00-6:30 U Ottawa	8:30-11:30 AM U Ottawa	
5:25 - 7:00 AM U Ottawa	4:00-6:30 U Ottawa	5:25 - 7:00 AM U Ottawa	4:00-6:30 U Ottawa	4:00-6:30 U Ottawa		
			10-12 am swim De l'île	9:30-10 Dry land 10-12 am swim De l'île	10-12 am De l'île	9:30-10 Dry land 10-12 am swim De l'île
10-12 am De l'île		OFF No swimming	5:30-7:30 U Ottawa Rejection GO PP 4:00-6:30 U Ottawa	4:00-6:30 U Ottawa	8:30-11:30 AM U Ottawa	