

GO Kingfish

2025-2026 **Tentative** Practice Template

EAST PROGRAM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Bronze East AM						6:00-7:00 FDRC	
PM		4:00-5:30 FDRC		4:00-5:30 FDRC			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Silver East AM		6:00-7:25 BMRC		6:00-7:25 BMRC		7:00-8:30am FDRC	
PM	4:15-6:00 BMRC				6:00-7:30 BMRC		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Gold East AM		6:00-7:25 BMRC	6:00-7:25 Sawmill Creek	6:00-7:25 BMRC		7:00-8:30am FDRC	
PM	4:15-6:00 BMRC				6:00-7:30 BMRC		

Central Program

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Bronze Central AM							
PM	4:00-5:30 Canterbury		4:00-5:30 Canterbury		4:00-5:00 Centerbury		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Silver Central AM			6:00-7:30 Sawmill Creek			10:15-12:00 uOttawa	
PM		4:30-6:00pm Sawmill Creek		4:30-6:00 Sawmill Creek	5:00-6:30 Canterbury		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Gold Central AM			6:00-7:30 Sawmill Creek			10:25-12:00 uOttawa	
PM	4:30-6:00 uOttawa	4:30-6:00 Sawmill Creek		4:30-6:00 Sawmill Creek	5:00-6:30 Canterbury		

Youth	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM		6:00-7:25 Canterbury	5:25-7:00 uOttawa			9:45-11:45am uOttawa	
PM	4:30-6:30 uOttawa	4:30-6:30 uOttawa		4:30-6:30 uOttawa	4:30-6:30 uOttawa		

* Some Designated swimmers may train with a "GP Group" during the week - Coaches will assign those swimmers once season progresses.

GO Perform Three	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
GP3	5:25-7:00 Swim		5:25-7:00 uOttawa Make up practice	5:30-7:00 uOttawa		8:15-9:45 uOttawa 10:00-11:00 Strength	
PM		4:30-6:30 uOttawa	5:00-6:30pm uOttawa		4:30-6:30 uOttawa		

* Some Designated swimmers may train with GP2 during the week - Coaches will assign those swimmers once season progresses.

Go Perform Two	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
GP2	5:25-7:00 uOttawa Make up Practice	5:25-7:00 uOttawa				6:30-8:30 uOttawa	
PM	4:00-4:55 Strength 5:10-6:30pm Swim	4:30-6:30pm uOttawa	4:00-6:30 uOttawa	4:00-4:55 Strength 5:10-6:30pm Swim	4:30-6:30 uOttawa		

* Some Designated swimmers may train with GP1 during the week - Coaches will assign those swimmers once season progresses.

Go Perform One	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
GP1		5:25-7:00 uOttawa		5:25-7:00 uOttawa	5:25-7:00 uOttawa	6:30-10:00am Strenght and Swim uOttawa	
PM	4:00-6:30 uOttawa	4:00-4:55 Strength - uO 5:10-6:30pm uOttawa	4:00-6:30 uOttawa	4:00-6:30 uOttawa	4:00-6:00pm uOttawa Male up practice		

Saturday Strength: Swimmers will be placed into two groups and scheduled accordingly from 6:30-10:00am

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