



To: GO Kingfish Families – BMRC
From: Audrey Rivest and Jason Allen – GO Kingfish Swim Club
Topic: Bob MacQuarrie Recreational Complex – Open January 2019
Date: January 03, 2019

Dear GO Kingfish Members @ BMRC,

First, thank you for your patience and understanding during the closing of the Bob MacQuarrie Recreational Complex (BMRC) which has affected our normal programming. GO Kingfish has worked diligently within our staff and the City of Ottawa on providing an alternate fall scheduling and permitting our swimmers to continue their training.

We would now like to take the time to remind you that as of January 07, 2019 we will be resuming our normal practice scheduling for our BMRC Bronze/Silver and Gold Competitive Groups. Please see below for an outlook on our weekly practice schedule for the remainder of the competitive season.

BMRC BRONZE/SILVER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM		6:00-7:30AM BMRC		6:00-7:30AM BMRC		10:30-12:00PM uOttawa	
PM	4:30-6:00PM BMRC				6:00-7:30PM BMRC		

BMRC GOLD

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM		6:00-7:30AM BMRC		6:00-7:30AM BMRC		10:30-12:00PM uOttawa	
PM	4:15-6:00PM BMRC		4:15-6:00PM uOttawa		6:00-7:30AM BMRC		

Please contact us if you have any questions.

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