

## WAG - 2018/2019 Calendar - Optional Program

Training Break
Holiday No Training
Regular Training Schedule
Competition
Testing
Special Event
Mock Meet

Jun-18						
S	M	T	W	T	F	S
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3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	21	21	22	23
24	25	26	27	28	29	30

Jul-18						
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Aug-18						
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Sep-18						
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Oct-18						
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Nov-18						
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Dec-18						
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30	31					

Jan-19						
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Feb-19						
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24	25	26	27	28		

Mar-19						
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30	31					

Apr-19						
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28	29	30				

May-19						
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26	27	28	29	30	31	

Jun-19						
S	M	T	W	T	F	S
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23	24	25	26	27	28	29
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Events and Facility Schedule - Optional Program		
Event	Date	Location
First Qualifier	December 14th-16th 2018	Pickering Ontario
OGC Holiday Party	December 21st 2018	5:30 - 8:00 pm Friday evening training moved to 12:00-5:00 pm
Holiday Training Break	December 23rd-24th 2018	No Training - All Groups
Holiday Training Schedule	December 27th-31st 2018	Training Times TBC
Holiday Training Ends	Wednesday January 2nd 2019	Regular Training Times Resume
Physical Abilities Testing #2	Sunday January 13th 2019	12:00-4:00 (Groups A/B/C/D/E/H)
Nutrition Seminar (Option #1)	Saturday January 19th	10:30 am - 12:30 pm (Hintonburg Community Centre)
Nutrition Seminar (Option #1)	Sunday January 20th	1:30 - 3:30 pm (Hintonburg Community Centre)
Mock Meet for Second Qualifier	Sunday January 27th 2019	12:00pm - 4:00pm
Second Qualifier	February 7th-10th 2019	Oshawa Ontario
Family Day Weekend	Sunday February 17th 2019	No Training - All Groups
Family Day	Monday February 18th	Training 3:30-8:30 pm for Melanie's Group Amanda's Group
Third Qualifier	March 1st-3rd 2019	Ottawa Ontario
Gymnix 2019 - Optional Competition	March 7th-10th 2019	Montreal Quebec
Mock Meet for Provincials	Sunday March 24th 2019	12:00pm - 4:00pm
Level 7-10 Provincial Championships	April 5th-7th 2019	Amherstville Ontario
Level 6 Provincial Championships	April 13th-14th 2019	Dorchester Ontario
Easter Weekend Training Break	April 19th-22nd 2019	No Training - All Groups
Eastern Canadian Championships (for qualified athletes Levels 7-10)	May 10th-12th 2019	Prince Edward Island
May Long Weekend	Sunday May 19th 2019	No Training - All Groups
Canadian Championships	May 21st-26th 2019	Ottawa Ontario
Physical Abilities Testing #3	Sunday June 16th 2019	12:00-4:00 (Groups A/B/C/D/E/H)
Season End	Friday June 28th 2019	All Programs