

# WAG - 2018/2019 Calendar - Pre-Aspire Program

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

Jun-18						
S	M	T	W	T	F	S
					1	2
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						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Aug-18						
S	M	T	W	T	F	S
5			1	2	3	4
6	5	6	7	8	9	10
7	12	13	14	15	16	17
8	19	20	21	22	23	24
9	26	27	28	29	30	31

Sep-18						
S	M	T	W	T	F	S
9						1
10	2	3	4	5	6	7
11	9	10	11	12	13	14
12	16	17	18	19	20	21
13	23	24	25	26	27	28
30						

Oct-18						
S	M	T	W	T	F	S
14	1	2	3	4	5	6
15	7	8	9	10	11	12
16	14	15	16	17	18	19
17	21	22	23	24	25	26
18	28	29	30	31		

Nov-18						
S	M	T	W	T	F	S
18				1	2	3
19	4	5	6	7	8	9
20	11	12	13	14	15	16
21	18	19	20	21	22	23
22	25	26	27	28	29	30

Dec-18						
S	M	T	W	T	F	S
						1
23	2	3	4	5	6	7
24	9	10	11	12	13	14
25	16	17	18	19	20	21
26	23	24	25	26	27	28
27	30	31				

Jan-19						
S	M	T	W	T	F	S
27		1	2	3	4	5
28	6	7	8	9	10	11
29	13	14	15	16	17	18
30	20	21	22	23	24	25
31	27	28	29	30	31	

Feb-19						
S	M	T	W	T	F	S
31					1	2
32	3	4	5	6	7	8
33	10	11	12	13	14	15
34	17	18	19	20	21	22
35	24	25	26	27	28	

Mar-19						
S	M	T	W	T	F	S
35					1	2
36	3	4	5	6	7	8
37	10	11	12	13	14	15
38	17	18	19	20	21	22
39	24	25	26	27	28	29
31						

Apr-19						
S	M	T	W	T	F	S
40	1	2	3	4	5	6
41	7	8	9	10	11	12
42	14	15	16	17	18	19
43	21	22	23	24	25	26
44	28	29	30			

May-19						
S	M	T	W	T	F	S
44			1	2	3	4
45	5	6	7	8	9	10
46	12	13	14	15	16	17
47	19	20	21	22	23	24
48	26	27	28	29	30	31

Jun-19						
S	M	T	W	T	F	S
						1
49	2	3	4	5	6	7
50	9	10	11	12	13	14
51	16	17	18	19	20	21
52	23	24	25	26	27	28
30						

Events and Facility Schedule - Pre-Aspire Program		
OGC Holiday Party	December 21st 2018	5:30 - 8:00 pm
Holiday Training Break	December 23rd 2018 - January 1st 2019	No Training - All Groups
Holiday Training Ends	Wednesday January 2nd 2019	Regular Training Times Resume
Physical Abilities Testing #2	Sunday January 13th 2019	12:00-4:00 pm
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)
Showcase	March 1st-3rd 2019	Ottawa Ontario (OGC)
Family Day Weekend	Sunday February 17th	No Training - All Groups
Physical Abilities Testing #3	Sunday June 16th 2019	12:00-4:00 pm
Season End	Friday June 28th 2019	All Programs