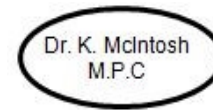




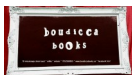
December 2015



Orillia Channel Cats Schedule

Please take the time to consider our sponsors when making your purchases in the 2015-2016 Channel Cats season!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Silver 6-7:30 am Bronze Duathlon 4-5 pm Gold 3:50-5:00 pm land 5-5:30 pm	2 Gold 5:50-7:30 am Bronze 5-6 pm Channel Kittens 6-6:30 pm Jr Novice 6-7 pm Gold 6-8 pm (land until 6:30) Sr Novice Duathlon 7-8 pm	3 Silver 6:30-7:30 am Gold 3:50-5:00 pm YOGA 5-5:30 pm Silver Duathlon 4-5 pm YOGA 5-5:30 pm Sr Novice 7-8 pm	4 Gold 5:50-7:30 (dryland until 6:45) then pool Bronze Silver, Gold Time Trial 3:50-5 pm Gold 5-5:30 pm	5 Sr Novice, Bronze/Silver 6:30-8:00 am
6 CATS 5 Lives Pentathlon YMCA Orillia Br, Sil, Gold Session 1 ends Dec 9th Jr Novice and Channel Kittens	7 Gold 5:50-7:30 am Silver 5-6 pm Channel Kittens 6-6:30 pm Jr Novice 6-7 pm Bronze/Sr Novice 7-8 pm	8 Silver 6-7:30 am Bronze 4-5 pm Gold 3:50-5:00 pm no land	9 Gold 5:50-7:30 am Bronze 5-6 pm Last practice Channel Kittens 6-6:30 pm Jr Novice 6-7 pm Gold 6-8 pm (land until 6:30) Sr Novice 7-8 pm	10 Silver 6:30-7:30 am ON Winter Prov Mere away Gold 3:50-5:00 pm YOGA 5-5:30 pm Silver 4-5 pm YOGA 5-5:30 pm Sr Novice 7-8 pm	11 Gold NO AM ON Winter Prov Mere away Bronze Silver, Gold Time Trial 3:50-5 pm Gold 5-5:30 pm	12 Sr Novice, Bronze/Silver 6:30-8:00 am ON Winter Prov Mere away
13 ON Winter Prov Mere away	14 Gold 5:50-7:30 am Silver 5-6 pm Bronze/Sr Novice 7-8 pm	15 Silver 6-7:30 am Bronze 4-5 pm Gold 3:50-5:00 pm land 5-5:30 pm	16 Gold 5:50-7:30 am Bronze 5-6 pm Gold 6-8 pm (land until 6:30) Sr Novice 7-8 pm	17 Silver 6:30-7:30 am Gold 3:50-5:00 pm YOGA 5-5:30 pm Silver 4-5 pm YOGA 5-5:30 pm Sr Novice 7-8 pm	18 Gold 5:50-7:30 (dryland until 6:45) then pool Bronze Silver, Gold Time Trial 3:50-5 pm Gold 5-5:30 pm	19 Sr Novice, Bronze/Silver 6:30-8:00 am
20 We added in a workout for Silver swimmers on Wed pm this week!	21 Gold 5:50-7:30 am Silver 5-6 pm Bronze/Sr Novice 7-8 pm	22 Silver 6-7:30 am Bronze 4-5 pm Gold 3:50-5:00 pm land 5-5:30 pm	23 Gold 5:50-7:30 am Bronze 5-6 pm Silver 6-7 pm Gold 6-8 pm Sr Novice 7-8 pm Last practices before Christmas	24 No practices am or pm	25 Merry Christmas!	26 No practices
27 Gold only practices this week, regular schedule begins Jan 2	28 GOLD 5:50-7:30 am GOLD 6-8 pm	29 GOLD 6-7:30 am GOLD 4-5:30 pm	30 GOLD 5:50-7:30 am GOLD 6-8 pm	31 No practices	Jan 1 Happy New Year!	2 Sr Novice, Bronze/Silver 6:30-8:00 am



Thank you Sponsors!