# May 2026

ParaSport SPOKANE

June '26

| 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 | | | | |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| 26<br>**PACE**<br>Character Trait of the Month is<br>**COURAGE** | 27 | 28<br>**S&C**<br>***6:15-7:30pm*** | 29 | 30<br>Swim@Valley YMCA<br>5:30-6:30pm | 1<br>**No BBALL**<br>Bloomsday Course Push | 2<br>Future Bloomies<br>**No BBALL** |
| 3<br>**BLOOMSDAY!!**<br>Swim @ Valley YMCA<br>1:30-2:30pm | 4 | 5<br>**S&C**<br>***6:15-7:30pm*** | 6 | 7<br>Swim@Valley YMCA<br>5:30-6:30pm | 8<br>**No BBALL** | 9<br>9:00-9:45 Futures<br>10:00-11:00 Prep/JR<br>11:00-1:00 Jr & Adult<br>2pm-Track & Field at EVHS |
| 10 Mother's Day<br>Swim @ Valley YMCA<br>1:30-2:30pm | 11 | 12<br>**S&C**<br>***6:15-7:30pm*** | 13 | 14<br>Swim@Valley YMCA<br>5:30-6:30pm | 15<br>6:00-8:00pm<br>Bball -Hoopfest | 16 Armed Forces Day<br>**No BBALL**<br>9:30-11:00 Adults T&F<br>11-12:30 Jrs T&F<br>at EVHS |
| 17<br>Swim @ Valley YMCA<br>1:30-2:30pm | 18 | 19<br>**S&C**<br>***6:15-7:30pm*** | 20 | 21<br>Swim@Valley YMCA<br>5:30-6:30pm | 22<br>**No BBALL** | 23<br>**NO FUTURES**<br>10:00-11:00 Prep/JR<br>11:00-1:00 Jr & Adult<br>2pm-Track & Field at EVHS |
| 24<br>Swim @ Valley YMCA<br>1:30-2:30pm | 25 Memorial Day | 26<br>**S&C**<br>***6:15-7:30pm*** | 27 | 28<br>Swim@Valley YMCA<br>5:30-6:30pm | 29<br>6:00-8:00pm<br>Bball -Hoopfest | 30<br>9:00-9:45 Futures<br>10:00-11:00 Prep/JR<br>11:00-1:00 Jr & Adult<br>2pm-Track & Field at EVHS |
| 31<br>Swim @ Valley YMCA<br>1:30-2:30pm | 1 | **Upcoming** **SFCC Twilight Meets Wednesdays @SFCC**<br>**June 13 -USATF Association Meet @ West Valley HS**<br>**June 14 - Pine Cone Track and Field Classic @ Whitworth**<br>**June 27/28 HOOPFEST!!**<br>**July 11-15 Move United Nationals -Grand Rapids, MI**<br>**July 23-26 USATF Nationals - New York, NY** | | | PSS Calendar Webpage | **Training Sites**<br>PSS HQ<br>6011 N Chase Rd,<br>Newman Lake, 99025 |