

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																											
<p>PACE Character Trait of the Month is GRATITUDE</p>	Track 6pm	<p>1</p> <p>Strength & Conditioning 6:15-7:15pm</p>	<p>2</p> <p>Fish Lake Trail Push TBD</p>	<p>3</p> <p>Swim@Valley YMCA 5-6pm Track 6pm</p>	<p>4</p> <p>Fish Lake Trail Push-AM</p>	<p>5</p>																																																																																											
<p>6</p> <p>Swim @ Valley YMCA 1:30-2:30pm</p>	Track 6pm	<p>8</p> <p>Strength & Conditioning 6:15-7:15pm</p>	<p>9</p>	<p>10</p> <p>Swim@Valley YMCA 5-6pm Track 6pm</p>	<p>11</p>	<p>12</p>																																																																																											
<p>13</p> <p>Swim @ Valley YMCA 1:30-2:30pm</p>	<p>14</p> <p>Fish Lake Trail Push-AM Track 6pm</p>	<p>15</p> <p>Strength & Conditioning 6:15-7:15pm</p>	<p>16</p>	<p>17</p> <p>Swim@Valley YMCA 5-6pm</p>	<p>18</p> <p>Fish Lake Trail Push-AM</p>	<p>19</p>																																																																																											
<p>20</p> <p>Swim @ Valley YMCA 1:30-2:30pm</p>	Track 6pm	<p>22</p> <p>Strength & Conditioning 6:15-7:15pm</p>	<p>23</p>	<p>24</p> <p>Swim@Valley YMCA 5-6pm Track 6pm</p>	<p>25</p>	<p>26</p>																																																																																											
<p>27</p> <p>No Swim</p>	<p>28</p>	<p>29</p> <p>Strength & Conditioning 6:15-7:15pm</p>	<p>30</p>	<p>31</p> <p>Swim@Valley YMCA 5-6pm</p>	<p>1</p>	<p>2</p>																																																																																											
<p>3</p> <p>No Swim</p>	<p>3</p> <p>Labor Day</p>	<p>July 2023</p> <table border="1"> <thead> <tr> <th>S</th><th>M</th><th>T</th><th>W</th><th>Th</th><th>F</th><th>Sa</th></tr> </thead> <tbody> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr> <tr><td>30</td><td>31</td><td></td><td></td><td></td><td></td><td></td></tr> </tbody> </table>	S	M	T	W	Th	F	Sa							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						<p>Upcoming</p> <p>Sept 9 Hi5k -Fun Run for everyone!</p> <p>Sept 16 -Levitate Amputee Running Clinic</p> <p>Sept 22,23 BBall Starts</p> <p>Oct 21-22 Spokane Showdown</p> <p>Jan 27 Pairing with ParaSport</p>		<p>September 2023</p> <table border="1"> <thead> <tr> <th>S</th><th>M</th><th>T</th><th>W</th><th>Th</th><th>F</th><th>Sa</th></tr> </thead> <tbody> <tr><td></td><td></td><td></td><td></td><td></td><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> <tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr> </tbody> </table>	S	M	T	W	Th	F	Sa						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	<p>Training Sites</p> <p>10210 E 9th Ave Enter off of Herald Swim @ Valley YMCA Hockey @ Eagles Ice Arena</p>
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