

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																				
<p>PACE Character Trait of the Month is GRATITUDE</p>				1	2	3																																																																																				
4	5	<p>6 Strength & Conditioning 6:00-7:00pm</p>	<p>7 Meet the Paralympians 5:30pm Whitworth, Dornsife Bldg</p>	<p>8 Swim@Valley YMCA 5-6pm</p>	9	10																																																																																				
<p>11 Swim @ Valley YMCA 1:30-2:30pm</p>	12	<p>13 Strength & Conditioning 6:00-7:00pm</p>	14	<p>15 Swim@Valley YMCA 5-6pm</p>	16	17																																																																																				
<p>18 Swim @ Valley YMCA 1:30-2:30pm</p>	19	<p>20 Paralympians Depart</p> <p>S&C Time & Location TBD</p>	21	<p>22 Swim@Valley YMCA 5-6pm</p>	23	24																																																																																				
<p>25 Swim @ Valley YMCA 1:30-2:30pm</p>	26	<p>27</p> <p>S&C Time & Location TBD</p>	<p>28</p> <p>PARIS 2024</p> <p>Opening Ceremonies!</p>	<p>29 Swim@Valley YMCA 5-6pm</p>	30	31																																																																																				
<p>See our website for Lauren, Taylor and Lindi's Paris Paralympic Competition Schedule</p>		<p>July 2024</p> <table border="1"> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>Th</th><th>F</th><th>Sa</th></tr> <tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td></tr> </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 Aug 28-Sept 8 Paris Paralympic Games Oct 19-20 Spokane Showdown</p>		<p>September 2024</p> <table border="1"> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>Th</th><th>F</th><th>Sa</th></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> <tr><td>29</td><td>30</td><td></td><td></td><td></td><td></td><td></td></tr> </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>
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