

ParaSport SPOKANE JANUARY 2023 ParaSport SPOKANE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																			
1 New Year's Day	2	3 Roller 4:00pm Strength & Conditioning 6:15-7:15pm	4	5 Swim@Valley YMCA 5-6pm Roller 4:00pm	6 Fencing 4pm 6:00-8:00pm Adult, Women, Varsity & Military BBall	7 9:00-9:45 Futures 9:45-11:00 Prep Bball 11:00-1:00 A, W, V & M																																																																																			
8 Swim @ Valley YMCA 1:30-2:30pm Hockey 4:30-5:30pm	9	10 Roller 4:00pm Strength & Conditioning 6:15-7:15pm	11	12 Swim@Valley YMCA 5-6pm Roller 4:00pm	13 Fencing 4pm 6:00-8:00pm Adult, Women, Varsity & Military BBall	14 9:00-9:45 Futures 9:45-11:00 Prep Bball 11:00-1:00 A, W, V & M																																																																																			
15 Swim @ Valley YMCA 1:30-2:30pm Hockey 4:30-5:30pm	16	17 Roller 4:00pm Strength & Conditioning 6:15-7:15pm	18	19 Swim@Valley YMCA 5-6pm Roller 4:00pm	20 Fencing 4pm 6:00-8:00pm Adult, Women, Varsity & Military BBall	21 9:00-9:45 Futures 9:45-11:00 Prep Bball 11:00-1:00 A, W, V & M																																																																																			
22 Swim @ Valley YMCA 1:30-2:30pm Hockey 4:30-5:30pm	23	24 Roller 4:00pm Strength & Conditioning 6:15-7:15pm	25	26 Swim@Valley YMCA 5-6pm Roller 4:00pm	27 Fencing 4pm 6:00-8:00pm Adult, Women, Varsity & Military BBall	28  Pairing with ParaSport Auction Fundraiser																																																																																			
29 Swim @ Valley YMCA 1:30-2:30pm Hockey 4:30-5:30pm	30	31 Roller 4:00pm Strength & Conditioning 6:15-7:15pm	1	2 Swim@Valley YMCA 5-6pm Roller 5:00-6:30pm	3 Fencing 4pm 6:00-8:00pm Adult, Women, Varsity & Military BBall	4 Possible AZ Tourney																																																																																			
PACE Character Trait of the Month is FAIRNESS		December 2022 <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>Sa</td></tr> <tr><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</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	Upcoming Jan 28 Pairing with ParaSport Fundraiser! Feb 3-5 Phoenix Tournament Feb 10-12 Utah Tournament Feb 18-19 Tacoma Tournament	February 2023 <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>Sa</td></tr> <tr><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</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					Training Sites 10210 E 9th Ave Enter off of Herald Swim @ Valley YMCA Hockey @ Eagles Ice Arena
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