

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																										
PACE Character Trait of the Month is GENEROSITY	1	2 Outdoor Strength & Conditioning 6:00-7:00pm	3 Fencing 6:00-7:00pm	4 Independence Day Happy 4th!	5	6 No Sports																																																																																										
	7 Swim @ Valley YMCA 1:30-2:30pm	8 Fencing 5:00pm	9 CANCELED Strength & Conditioning 6:00-7:00pm	10	11 Swim@Valley YMCA 5-6pm First Group Departs Move United Nationals	12 Second Group Departs Move United Nationals	13 No Sports Move United Nationals																																																																																									
14 Move United Nationals	15 Move United Nationals	16 NO S&C Move United Nationals	17 US Para T&F Trials Move United Nationals	18 US Para T&F Trials Move United Nationals	19 US Para T&F Trials Move United Nationals	20 No Sports US Para T&F Trials																																																																																										
21 US Para T&F Trials	22 Fencing 5:00pm	23 Strength & Conditioning 6:00-7:00pm	24	25 Swim@Valley YMCA 5-6pm	26	27 No Sports																																																																																										
Need Help Packing office -Call Teresa for Details																																																																																																
28	29 Fencing 5:00pm	30 Strength & Conditioning 6:00-7:00pm	31 Last Day at VCS																																																																																													
		June 2024 <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></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></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							Upcoming Aug 28-Sept 8 Paris Paralympic Games Sept Hi5K Fun Run for ParaSport Oct 19-20 Spokane Showdown	August 2024 <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	Training Sites 10210 E 9th Ave Enter off of Herald Swim @ Valley YMCA UNTIL JULY 31
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