

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																				
<p>PACE Character Trait of the Month is GENEROSITY</p>	Track 4-5pm	Fencing 4:00-6:00pm Track 5-6pm Strength & Conditioning	Track 4-5pm	Cheney -All-Comer Meet Fencing 4:00-6:00pm Swim@Valley YMCA 5-6pm	1 Fencing 4:00pm Track 5pm	2 10:00am Track & Field																																																																																				
3 Swim @ Valley YMCA 1:30-2:30pm	4 Independence Day	5 Track 4-5pm Strength & Conditioning 6:15-7:15pm	6 4-6 pm Run / Walk Roll-a-thon & Pizza Party	7 July 7 -Cheney All-Comer Swim@Valley YMCA 5-6pm	8 Fencing 4:00pm Track 4-5pm	9 9:00-9:45 Futures 10:00am Track & Field																																																																																				
10 Swim @ Valley YMCA 1:30-2:30pm	11 Track 4-5pm	12 Track 5-6pm Strength & Conditioning 6:15-7:15pm	13 Track 4-5pm	14 Track 4-5pm Swim@Valley YMCA 5-6pm	15 Fencing 4:00pm Track 5pm	16 Track meet cancelled 10:00am Track & Field Junior Nationals																																																																																				
17 Junior Nationals	18 Junior Nationals	19 Fencing Cancelled Strength & Conditioning 6:15-7:15pm Junior Nationals	20 Junior Nationals	21 Junior Nationals No Swim	22 Junior Nationals No Fencing	23 Return from Jr. Nat's																																																																																				
24 No Swim	25	26 No Gym Access	27	28 Track 5-6pm Swim@Valley YMCA 5-6pm	29 Fencing 4:00pm	30																																																																																				
31 Swim @ Valley YMCA 1:30-2:30pm		<p>June 2022</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></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>29</td><td>30</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		<p>August 2022</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				Training Sites 10210 E 9th Ave Enter off of Herald Swim @ Valley YMCA
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