

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																			
<p>PACE Character Trait of the Month is DILIGENCE</p>	No Roller Training	<p>1 Roller 4:00-5:00pm Fencing 5:00-7:00pm Strength & Conditioning 6:15-7:15pm Boccia 6:15-7:15pm</p>	<p>2 Roller 2:30-3:30pm</p>	<p>3 Roller 4-5/5-6pm Swim@Valley YMCA 5-6pm Adult Women's Leadership 6:30-7:30pm</p>	<p>4 Bball 6:00-8:00pm Adult, Women & Varsity</p>	<p>5 <i>HOOPS UNITE Tourney Tri-Cities</i></p>																																																																																			
<p>6 Swim @ Valley YMCA 1:30-2:30pm</p>	<p>7 Roller 4:30-5:30pm</p>	<p>8 Roller 4:00-5:00pm Fencing 5:00-7:00pm Strength & Conditioning 6:15-7:15pm Boccia 6:15-7:15pm</p>	<p>9 Roller 2:30-3:30pm</p>	<p>10 Roller 4-5/5-6pm Swim@Valley YMCA 5-6pm Women's Leadership 6:30-7:30pm</p>	<p>11 Roller 4:00-5:00pm Bball 6:00-8:00pm Adult, Women & Varsity</p>	<p>12 9:00-9:45 Futures Bball 9:45-11:00 Prep Bball 11:00-1:00 A, W, V 1:00pm Indoor T&F</p>																																																																																			
<p>13 Swim @ Valley YMCA 1:30-2:30pm</p>	<p>14 Roller 4:30-5:30pm</p>	<p>15 Roller 4:00-5:00pm Fencing 5:00-7:00pm Strength & Conditioning 6:15-7:15pm Boccia 6:15-7:15pm</p>	<p>16 Roller 2:30-3:30pm</p>	<p>17 Roller 4-5/5-6pm Swim@Valley YMCA 5-6pm Women's Leadership 6:30-7:30pm</p>	<p>18 NO Sports</p>	<p>19 NO BBALL 1:00pm Track</p>																																																																																			
<p>20 Swim @ Valley YMCA 1:30-2:30pm Bball 5:30-7:30pm</p>	<p>21</p>	<p>22 Fencing 5:00-7:00pm Strength & Conditioning 6:15-7:15pm Boccia 6:15-7:15pm</p>	<p>23 Roller 2:30-3:30pm</p>	<p>24 Swim@Valley YMCA 5-6pm Women's Leadership 6:30-7:30pm</p>	<p>25 Bball 6:00-8:00pm Adult, Women & Varsity</p>	<p>26 9:00-9:45 Futures Bball 9:45-11:00 Prep Bball 11:00-1:00 A, W, V 1:00pm Track & Field</p>																																																																																			
<p>27 Swim @ Valley YMCA 1:30-2:30pm</p>	<p>28</p>	<p>29 Fencing 5:00-7:00pm Strength & Conditioning 6:15-7:15pm Boccia 6:15-7:15pm</p>	<p>30 NWBA National Championships</p>	<p>31 NWBA National Championships Adult Women's Leadership 6:30-7:30pm</p>	<p>1 NWBA National Championships NO Sports</p>	<p>2 NWBA Nat'l Champs NO BBALL 11:00am Track & Field</p>																																																																																			
<p>3 Swim @ Valley YMCA 1:30-2:30pm</p>	<p>4 Bloomsday Push TBA</p>	<p>February 2022</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>1</td><td>2</td><td>3</td><td>4</td><td>5</td> </tr> <tr> <td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td> </tr> <tr> <td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td> </tr> <tr> <td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td> </tr> <tr> <td>27</td><td>28</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						<p>Upcoming Bloomsday Training April -Junior Bloomsday Apr 28-May 1 -BLOOMSDAY weekend!</p>	<p>April 2022</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 10210 E 9th Ave Enter off of Herald Swim @ Valley YMCA</p>
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