

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------------------------------------------------------------------|-----------|----------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|
| 28 PACE Character Trait of the Month is CARING | 29 | 30 Strength & Conditioning 6:15-7:15pm Boccia 6:15-7:15pm | 1 | 2 Swim@Valley YMCA 5-6pm Women's Leadership 6:30-7:30pm | 3 Bball Scrimmage 5:30-9pm Adult, Women & Varsity | 4 9:00-9:45 Futures Bball 9:45-11:00 Prep Bball 11:00-1:00 A, W, V 1:00pm Indoor T&F |
| 5 Swim @ Valley YMCA 1:30-2:30pm Hockey 4:30-5:30pm | 6 | 7 Strength & Conditioning 6:15-7:15pm Fencing 6:15-7:15pm | 8 | 9 Swim@Valley YMCA 5-6pm Women's Leadership 6:30-7:30pm | 10 PHX Prep & Varsity Tourney Bball 6:00-8:00pm Adult, Women & Varsity | 11 PHX Prep & Varsity Tourney No Bball First Meet @ the PODIUM |
| 12 Swim @ Valley YMCA 1:30-2:30pm Hockey 4:30-5:30pm | 13 | 14 Strength & Conditioning 6:15-7:15pm Boccia 6:15-7:15pm | 15 | 16 Swim@Valley YMCA 5-6pm No Women's Leadership | 17 Bball 6:00-8:00pm Adult, Women & Varsity | 18 9-9:45 Futures Christmas Party 10-11:00 Bball for All 11-12:30 Christmas Party 4 all 1:00pm Indoor T&F |
| 19 Swim @ Valley YMCA 1:30-2:30pm Hockey 4:30-5:30pm | 20 | 21 Strength & Conditioning 6:15-7:15pm | 22 | 23 Women's Leadership 6:30-7:30pm | 24 Christmas Eve No Sports | 25 Christmas Day No Sports |
| 26 No Sports | 27 | 28 Strength & Conditioning 6:15-7:15pm | 29 | 30 Swim@Valley YMCA 5-6pm Women's Leadership 6:30-7:30pm | 31 New Year's Eve No Sports | 1 Open Gym 11:00am-1:00pm |
| 2 No Swim Hockey 4:30-5:30pm | 3 | November '21 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 Jan 29 - Sled Hockey Demo @ Spokane Chiefs Feb 5th - Pairing with ParaSport Fundraiser Feb 18-20 - WCC Varsity & D2 Tourney Mar 30-Apr 3 - NWBA Nationals -Wichita | | January '22 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 Hockey @ Eagles Ice Arena |