

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 PACE Character Trait of the Month is CITIZENSHIP	1	2 Strength & Conditioning 6:15-7:15pm	3	4 Swim@Valley YMCA 5-6pm Women's Leadership 6:30-7:30pm	5 Bball 6:00-8:00pm Adult, Women & Varsity	6 9-9:45 Futures 9:45-11:00 Prep Bball 11:00-1:00 A, W, V Paralympic Sport Experience Valley YMCA -2-5:30
7 Daylight Saving Swim @ Valley YMCA 1:30-2:30pm Hockey 4:30-5:30pm	8	9 Strength & Conditioning 6:15-7:15pm Fencing 6:15-7:15pm	10	11 Veterans Day Swim@Valley YMCA 5-6pm Women's Leadership 6:30-7:30pm	12 8am Dept for PDX Tourney	13 Portland Tournament
14 Portland Tournament	15	16 Strength & Conditioning 6:15-7:15pm Boccia 6:15-7:15pm	17	18 Swim@Valley YMCA 5-6pm Women's Leadership 6:30-7:30pm	19 Bball 6:00-8:00pm Adult, Women & Varsity	20 9:00-9:45 Futures Bball 9:45-11:00 Prep Bball 11:00-1:00 A, W, V 1:00pm Outdoor T&F
21 Swim @ Valley YMCA 1:30-2:30pm Hockey 4:30-5:30pm	22	23 Strength & Conditioning 6:15-7:15pm Fencing 6:15-7:15pm	24	25 Happy Thanksgiving!	26 Open Gym 6:00-8:00pm	27 Open Gym 10am-1pm
28 Swim @ Valley YMCA 1:30-2:30pm No Hockey	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 6:00-8:00pm 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 Outdoor T&F
5 Swim @ Valley YMCA 1:30-2:30pm Hockey 4:30-5:30pm	6	October '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 31	Upcoming Dec 10-12 Phoenix Tourney -Varsity & Prep Jan Swim Clinic -TBD Jan Boccia Clinic -TBD		December '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 31	Training Sites 10210 E 9th Ave Enter off of Herald Swim @ Valley YMCA Hockey @ Eagles Ice Arena