

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>26</b> <b>PACE</b> Character Trait of the Month is <b>RESPONSIBILITY</b>	<b>27</b>	<b>28</b> Strength & Conditioning 6:15-7:15pm	<b>29</b>	<b>30</b> Swim@Valley YMCA 5-6pm Women's Leadership 6:30-7:30pm	<b>1</b> Bball 6:00-8:00pm Adult, Women & Varsity	<b>2</b> 9:00-9:45 Futures Bball 9:45-11:00 Prep Bball 11:00-1:00 Varsity Women & Adult
<b>3</b> Swim @ Valley YMCA 1:30-2:30pm Hockey 4:30-5:30pm	<b>4</b>	<b>5</b> Strength & Conditioning 6:15-7:15pm	<b>6</b>	<b>7</b> Swim@Valley YMCA 5-6pm Women's Leadership 6:30-7:30pm	<b>8</b> Bball 6:00-8:00pm Adult, Women & Varsity	<b>9</b> No Sports
<b>10</b> Swim @ Valley YMCA 1:30-2:30pm Hockey 4:30-5:30pm	<b>11</b>	<b>12</b> Strength & Conditioning 6:15-7:15pm Fencing Intro 6:15-7:15pm	<b>13</b>	<b>14</b> Swim@Valley YMCA 5-6pm Women's Leadership 6:30-7:30pm	<b>15</b> Bball 6:00-8:00pm Adult, Women & Varsity	<b>16</b> Spokane Showdown Bball Tourney HUB Sports Center
<b>17</b> No Hockey/Swim Spokane Showdown Bball Tourney HUB Sports Center	<b>18</b>	<b>19</b> Strength & Conditioning 6:15-7:15pm Fencing Intro 6:15-7:15pm	<b>20</b>	<b>21</b> Swim@Valley YMCA 5-6pm Women's Leadership 6:30-7:30pm	<b>22</b> Bball 6:00-8:00pm Adult, Women & Varsity	<b>23</b> 9:00-9:45 Futures Bball 9:45-11:00 Prep Bball 11:00-1:00 A, W, V 1:00pm Outdoor T&F
<b>24</b> Swim @ Valley YMCA 1:30-2:30pm Hockey 4:30-5:30pm	<b>25</b>	<b>26</b> Strength & Conditioning 6:15-7:15pm Fencing Intro 6:15-7:15pm	<b>27</b>	<b>28</b> Swim@Valley YMCA 5-6pm No Women's Leadership	<b>29</b> Bball 6:00-8:00pm Adult, Women & Varsity	<b>30</b> 9:00-9:45 Futures Bball 9:45-11:00 Prep Bball 11:00-1:00 A, W, V 1:00pm Outdoor T&F
<b>31</b> Halloween Swim @ Valley YMCA 1:30-2:30pm No Hockey	<b>1</b>	<b>September '21</b> 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	<b>Upcoming</b> Nov 5 Bball Skills Testing Adult, Women & Varsity Nov 12-14 PDX Bball Tourney		<b>November '21</b> 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	<b>Training Sites</b> 10210 E 9th Ave Enter off of Herald Swim @ Valley YMCA Hockey @ Eagles Ice Arena