

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