

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 PACE Character Trait of the Month is RESPECT	30	31 Strength & Conditioning 6:15-7:15pm	1	2 Swim@Valley YMCA 5-6pm Women's Leadership 6:30-7:30pm	3 NO Sports	4 NO Sports
Tokyo 2020 Paralympic Games						
5 NO Swim	6 Labor Day Team Returns from Tokyo	7 Strength & Conditioning 6:15-7:15pm	8	9 NO Swim Women's Leadership 6:30-7:30pm	10 6:00-8:00pm BBALL for ALL	11 10-12pm BBALL for ALL
12 Tokyo Marathon & Closing Ceremonies	13	14 Strength & Conditioning 6:15-7:15pm	15	16 Swim@Valley YMCA 5-6pm Women's Leadership 6:30-7:30pm	17 NO Sports	18 NO Sports
19 Swim @ Valley YMCA 1:30-2:30pm	20	21 Strength & Conditioning 6:15-7:15pm	22 Whitworth Community Building Day	23 Swim@Valley YMCA 5-6pm Women's Leadership 6:30-7:30pm	24 NO Sports	25 NHL/Sled Hockey Event TBD
26 NO Swim	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	4	August '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 Oct 16 & 17 Spokane Showdown -WCBB Tourney		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	Training Sites 10210 E 9th Ave Enter off of Herald Swim @ Valley YMCA Hockey @ Eagles Ice Arena