

September 2024



Dryland Calendar

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------------|--|---------------------------------------|---------------------------------|--|--|--------|
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| 2 Labour Day | 3 Agility/Balance SVSC 6:00-8:00pm | 4 | Strength SVSC 6:00-8:00pm | 6 | 7 Dryland Testing Argyll Fields 9:00- 11:00 | 8 |
| 9 | Agility/Balance SVSC 6:00-8:00pm | 11 | Strength SVSC 6:00-8:00pm | 13 | Aerobic (Running/Biking) Argyll Fields 9:00-11:00 | 15 |
| 16 | Agility/Balance SVSC 6:00-8:00pm | 18 | Strength SVSC 6:00-8:00pm | 20 | Aerobic (Running/Biking) Argyll Fields 9:00-11:00 | 22 |
| 23 | 24 Agility/Balance SVSC 6:00-8:00pm | 25 | Strength SVSC 6:00-8:00pm | 27 | Aerobic (Running/Biking) Argyll Fields 9:00-11:00 | 29 |
| 30 | | | | | | |



October 2024



Dryland Calendar

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------------|---|-----------|------------------------------------|--|--|--------|
| | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 Agility/Balance Kinsmen 6:00-8:00pm | 9 | Strength Kinsmen 6:00-8:00pm | Snow Valley Racing Silent Auction & Dinner | Aerobic Running/Biking Argyll Fields 9:00-11:00 | 13 |
| 14 Thanksgiving | Agility/Balance Kinsmen 6:00-8:00pm | 16 | Strength Kinsmen 6:00-8:00pm | 18 | Aerobic Running/Biking Argyll Fields 9:00-11:00 | 20 |
| 21 | 22 | 23 | 24 | 25 | SVSC Ski Swap 26 27 | |
| 21 | Agility/Balance Kinsmen 6:00-8:00pm | | Strength Kinsmen 6:00-8:00pm | 123 | Aerobic Running/Biking Argyll Fields 9:00-11:00 | |
| 28 | TESTING! Kinsmen 6:00-8:00pm | 30 | 31 | | | |