



September 2009



Dryland Calendar 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5 Dryland Begins Testing 9:00-12:00 (Kinsmen Lower Track)	6
7	8 Agility/Balance SVSC 6:00-8:00pm	9 Registration	10 Strength SVSC 6:00-8:00pm Registration	11 Registration	12 Aerobic (Running/Biking) Kinsmen Parking Lot 10:00-12:00	13
14	15 Agility/Balance SVSC 6:00-8:00pm	16	17 Strength SVSC 6:00-8:00pm	18	19 Aerobic (Running/Biking) Kinsmen Parking Lot 10:00-12:00	20
21	22 Agility/Balance SVSC 6:00-8:00pm	23	24 Strength SVSC 6:00-8:00pm	25	26 Aerobic (Running/Biking) Kinsmen Parking Lot 10:00-12:00	27
28	29 Agility/Balance SVSC 6:00-8:00pm	30				



October 2009



Dryland Calendar 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 Strength/Weight Kinsmen 5:00-7:00pm	2	3 Aerobic (Running/Biking) Kinsmen Parking Lot 10:00-12:00	4
5	6 Agility/Balance/ Weights Kinsmen 5:00-7:00pm	7	8 Strength/Weight Kinsmen 5:00-7:00pm	9	10 Aerobic (Running/Biking) Kinsmen Parking Lot 10:00-12:00 Weights 1-3:00pm	11
12	13 Agility/Balance/ Weights Kinsmen 5:00-7:00pm	14	15 Strength/Weight Kinsmen 5:00-7:00pm	16	17 Aerobic (Running/Biking) Kinsmen Parking Lot 10:00-12:00 Weights 1-3:00pm	18
					Ski Swap SVSC	
19	20 Agility/Balance/ Weights Kinsmen 5:00-7:00pm	21	22 Strength/Weight Kinsmen 5:00-7:00pm	23	24 Aerobic (Running/Biking) Kinsmen Parking Lot 10:00-12:00	25
26	27 Agility/Balance/ Weights Kinsmen 5:00-7:00pm	28	29 Strength/Weight Kinsmen 5:00-7:00pm	30 <u>Silent Auction</u>	31 Testing Kinsmen Track 9:00-12:00pm	