

November

2022

November Run Down: Swim returns this month albeit at an earlier time and in a different pool. We will have access to the therapy pool from 2-3 on Thursday afternoons. Soccer continues through the 22nd but will not be held on the 8th as Unified has a spin class at Colby College. The first groups of Lift United will have their last sessions on the 2nd and 3rd. Their workout books will be ready for pick up on the 4th at noon. New groups will begin on the 7th and 11th, with the Monday group being in the afternoon. Lift United II groups will be initially open to members who did not participate in the first group. If space does not fill up, it will be opened to athletes from the first groups. The Lift United group on Thursday the 24th will be moved to Friday the 25th as Thanksgiving is observed. New sign ups can be found below in the notes section. This schedule is subject to cancellations, additions, and other necessary changes. If changes are made, Unified partners and athletes will be notified ASAP.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Soccer @ Wrigley, 5:00p- 7:00p	2 Lift United I @ AYCC, 4:00p- 6:00p	3 Swim @ therapy pool, 2-3p Lift United I @ AYCC, 4:00p-6:00p	4 Lift United I – workout book pick up, anytime between 12p-4p	5
6	7 Lift United II @ AYCC 12:00p- 2:00p	8 Spin Class @ Colby Athletic Complex, 5p-6p, NO SOCCER	9	10 Swim @ therapy pool, 2-3p Lift United II @ AYCC, 4:00p- 6:00p	11	12
13	14 Lift United II @ AYCC 12:00p- 2:00p	15 Soccer @ Wrigley, 5:00p- 7:00p	16	17 Swim @ therapy pool, 2-3p Lift United II @ AYCC, 4:00p- 6:00p	18	19
20	21 Lift United II @ AYCC 12:00p- 2:00p	22 Soccer – LAST SESSION @ Wrigley, 5:00p- 7:00p	23	24 THANKSGIVING, Center closed	25 Lift United II @ AYCC, 4:00p-6:00p	26
27	28 Lift United II @ AYCC 12:00p- 2:00p	29	30	DECEMBER 1 Lift United II @ AYCC, 4:00p- 6:00p	DECEMBER 2 Lift United II – workout book pick up, anytime between 12p-4p	

Notes:

- **Lift United II** will be open to athletes who did not have a chance to join the first group. If spots are not filled up by November 7, I'll extend the sign up invitation to athletes in the current Lift United groups. Athletes who have not yet been part of Lift United can sign up here: [Unified Champions Club: Lift United II \(signupgenius.com\)](https://signupgenius.com/Unified-Champions-Club/Lift-United-II) If you have difficulty signing up, let me know and I can sign you up on my end.
- **Soccer** continues all month long. There will be no soccer on November 8th due to another activity that needed to be scheduled on the same day and time. It will get cold so wear layers and bring your water!
- **Spin Class** at Colby College will take place November 8th at 5:00pm-6:00pm. Join us as a Colby instructor leads us through an hour-long stationary bike ride. Good exercise, music, and fun to be had! Make sure to wear clothes you can move in and your water to stay hydrated. There is space for 25 Unified athletes and partners. You can sign up here: [Unified Champions Club: Colby Spin Class \(signupgenius.com\)](https://signupgenius.com/Unified-Champions-Club/Colby-Spin-Class)
- **Swim** is back this month in the AYCC therapy pool. The available time was 2:00p-3:00p on Thursdays. I apologize if that is too early for some, but I took the time that was open. I hope to see you all there.