

2025 JANUARY



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	01 No School No Practice Happy New Year	02 AM Workout 5:30-7am AWAY Meet w/Manheim Township 4pm start	03 Swim: 3:30-5:10pm Dive: 4:30-6:15pm Weight Room 5:15-6pm	04 Arrive @ School 6:20am Bus Depart 6:30am New Years Challenge at Bucknell University Start 10am Finish 3pm
05	06 Swim: 3:30-5:45pm Dive: 4-6pm	07 Swim: 3:30-5:45pm Dive: 4:45-6pm	08 Swim: 3:30-5:45pm Dive: 4:45-6:15pm	09 Swim: 3:30-5:45pm Dive: 4:30-6:00pm	10 Swim: 3:30-4:15pm Short Quick Practice SR Locker Decorating No Diving Practice Weight Room 5:15-6pm	11
12	13 Swim: 3:30-5:45pm Dive: 4-6pm	14 AM Workout 5:30-7am HOME Meet w/ Carlisle 4:30pm start Age Group Night	15 Swim: 3:30-5:45pm Dive: 4:45-6:15pm	16 AM Workout 5:30-7am AWAY Meet w/ Gov Mifflin 4:30pm start Bus Departs: 2:15pm	17 No School Swim: 8-10:15am Dive 9-10:30am Weight Room 10:30-11:15	18 AWAY Meet w/ Parkland+Williamsport @ Williamsport Meet Start 10am Bus Depart 6:45am
19	20 No School Swim: 8-10:30am Dive 9-10:30am	21 AM Workout 5:30-7am HOME Meet w/ Central Dauphin 4:30pm start	22 Swim: 3:30-5:45pm Dive: 4:45-6:15pm	23 AM Workout 5:30-7am AWAY Meet w/ Hershey 4:15pm start Bus Departs: 1:40pm	24 Swim: 3:30-5:10pm Dive: 4:45-6:15pm Weight Room 5:15-6pm	25
26	27 Swim: 3:30-5:45pm Dive: 4-6pm	28 AM Workout 5:30-7am AWAY Meet w/ State College 5pm start Bus Departs: 2pm	29 Swim: 3:30-5:45pm Dive: 4:45-6:15pm	30 NO AM Workout HOME Meet w/Cedar Cliff + Trinity 4:30pm start arrive by 3:30pm	31 NO AM Workout AWAY Meet w/North Penn 4pm start Bus Departs: 1pm	01

January 2025– CVHS Swim/Dive Schedule 2024-2025

www.cvswimdive.com

updated 11/19/24