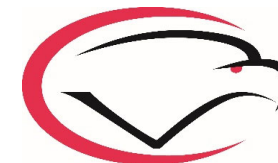


2024 OCTOBER



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	01	02 5:30-6:30pm Strength Training High School Weight room	03	04	05
06	07 4:30-5:30pm Strength Training Football Weight room	08	09 5:30-6:30pm Strength Training High School Weight room	10	11	12
13	14 4:30-5:30pm Strength Training Football Weight room	15	16 5:30-6:30pm Strength Training High School Weight room	17	18	19
20	21 4:30-5:30pm Strength Training Football Weight room	22	23 5:30-6:30pm Strength Training High School Weight room	24	25	26
27	28 4:30-5:30pm Strength Training Football Weight room	29	30 5:30-6:30pm Strength Training High School Weight room	31	01	02

October 2024 – CVHS Swim/Dive Schedule 2024-2025

www.cvswimdive.com updated 8/15/24