2024 SEPTEMBER

Monday

4:30-5:30pm

4:30-5:30pm

4:30-5:30pm

4:30-5:30pm Strength Training Football Weight room

Strength Training

Football Weight room

Strength Training

Strength Training

Football Weight room

Football Weight room

02

09

16

23

30

Tuesday

03

10

17

24

01

Sunday

01

80

15

22

29

Friday	Saturday					
06	07					
13	14					
20	21					
27	28					

04

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September 2024 – CVHS Swim/Dive Schedule 2024-2025					
www.cvswimdive.com		o com	updated 8/15/24		
www.cvswiiiidive.coi		6. COIII	upuatet	1 0/ 1 J/ Z 4	

Wednesday

5:30-6:30pm Strength Training High School Weight

5:30-6:30pm

5:30-6:30pm

5:30-6:30pm

Strength Training

High School Weight

room

room

Strength Training

High School Weight

Strength Training

High School Weight

04

11

18

25

Thursday

05

12

19

26