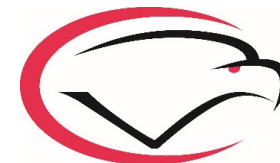


# 2024 SEPTEMBER



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

**September 2024 – CVHS Swim/Dive Schedule 2024-2025**

**www.cvswimdive.com updated 8/15/24**