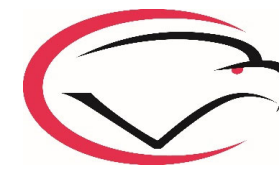


# 2024 JULY



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	01 Lifting with Strength Coach Jason at CV Weightroom <b>11am-12 noon</b>	02	03 Lifting with Strength Coach Jason at CV Weightroom <b>11am-12 noon</b>	04	05	06
07	08 Lifting with Strength Coach Jason at CV Weightroom <b>11am-12 noon</b>	09 CV Swim/Dive Summer Picnic at Adventure Park 6-7pm incomming Freshman through Class of 2024	10 Lifting with Strength Coach Jason at CV Weightroom <b>11am-12 noon</b>	11	12	13
14	15 Lifting with Strength Coach Jason at CV Weightroom <b>11am-12 noon</b>	16	17 Lifting with Strength Coach Jason at CV Weightroom <b>11am-12 noon</b>	18	19	20
21	22 Lifting with Strength Coach Jason at CV Weightroom <b>11am-12 noon</b>	23	24 Lifting with Strength Coach Jason at CV Weightroom <b>11am-12 noon</b>	25	26	27
28	29 Lifting with Strength Coach Jason at CV Weightroom <b>11am-12 noon</b>	30	31 Lifting with Strength Coach Jason at CV Weightroom <b>11am-12 noon</b>	01	02	03

## July 2024– CVHS Swim/Dive Schedule 2024-2025

[www.cvswimdive.com](http://www.cvswimdive.com)

updated 5/1/24