

May 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Weights Volleyball Football Basketball Cross Country Wrestling						
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
	Memorial Day	HS Girls Weights - 6:45-7:30 AM HS Boys Weights - 7:15-8:00 AM MS Weights (All) - 8:00-9:00 AM HS-B Basketball 8:30-9:30 AM MS-B Basketball 9:30-10:30 AM HS-G Basketball 10:30-11:30 AM MS-G Basketball 11:30-12:30 PM	HS Girls Weights - 6:45-7:30 AM HS Boys Weights - 7:15-8:00 AM MS Weights (All) - 8:00-9:00 AM HS Football Workout - 8 AM	HS Girls Weights - 6:45-7:30 AM HS Boys Weights - 7:15-8:00 AM MS Weights (All) - 8:00-9:00 AM HS-B Basketball 8:30-9:30 AM MS-B Basketball 9:30-10:30 AM HS-G Basketball 10:30-11:30 AM MS-G Basketball 11:30-12:30 PM	HS Girls Weights - 6:45-7:30 AM HS Boys Weights - 7:15-8:00 AM MS Weights (All) - 8:00-9:00 AM	
25	26	27	28	29	30	31

NOTES:

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June 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	HS Girls Weights - 6:45-7:30 AM HS Boys Weights - 7:15-8:00 AM MS Weights (All) - 8:00-9:00 AM HS Football Workout - 8 AM MS VB Open Gyms 9-10AM HS VB Open Gyms 10-11AM Run Club 7-9:15 AM	HS Girls Weights - 6:45-7:30 AM HS Boys Weights - 7:15-8:00 AM MS Weights (All) - 8:00-9:00 AM HS-B Basketball 8:30-9:30 AM MS-B Basketball 9:30-10:30 AM HS-G Basketball 10:30-11:30 AM MS-G Basketball 11:30-12:30 PM Run Club 7-9:15 AM	HS Girls Weights - 6:45-7:30 AM HS Boys Weights - 7:15-8:00 AM MS Weights (All) - 8:00-9:00 AM HS Football Workout - 8 AM Wrestling-G 6:30-7:30PM MS VB Open Gyms 9-10AM HS VB Open Gyms 10-11AM Run Club 7-9:15 AM	HS Girls Weights - 6:45-7:30 AM HS Boys Weights - 7:15-8:00 AM MS Weights (All) - 8:00-9:00 AM Wrestling-B 8-9:00AM Run Club 7-9:15 AM		
1	2	3	4	5	6	7
	HS Girls Weights - 6:45-7:30 AM HS Boys Weights - 7:15-8:00 AM MS Weights (All) - 8:00-9:00 AM HS Football Workout - 8 AM MS VB Open Gyms 9-10AM HS VB Open Gyms 10-11AM Run Club 7-9:15 AM	HS Girls Weights - 6:45-7:30 AM HS Boys Weights - 7:15-8:00 AM MS Weights (All) - 8:00-9:00 AM HS-B Basketball 8:30-9:30 AM MS-B Basketball 9:30-10:30 AM HS-G Basketball 10:30-11:30 AM MS-G Basketball 11:30-12:30 PM Run Club 7-9:15 AM	HS Girls Weights - 6:45-7:30 AM HS Boys Weights - 7:15-8:00 AM MS Weights (All) - 8:00-9:00 AM HS Football Workout - 8 AM Wrestling-G 6:30-7:30PM MS VB Open Gyms 9-10AM HS VB Open Gyms 10-11AM Run Club 7-9:15 AM	HS Girls Weights - 6:45-7:30 AM HS Boys Weights - 7:15-8:00 AM MS Weights (All) - 8:00-9:00 AM HS-B Basketball 8:30-9:30 AM MS-B Basketball 9:30-10:30 AM HS-G Basketball 10:30-11:30 AM MS-G Basketball 11:30-12:30 PM Wrestling-B 8-9:00AM Run Club 7-9:15 AM		
8	9	10	11	12	13	14
	HS Girls Weights - 6:45-7:30 AM HS Boys Weights - 7:15-8:00 AM MS Weights (All) - 8:00-9:00 AM HS Football Workout - 8 AM MS VB Open Gyms 9-10AM HS VB Open Gyms 10-11AM Run Club 7-9:15 AM	HS Girls Weights - 6:45-7:30 AM HS Boys Weights - 7:15-8:00 AM MS Weights (All) - 8:00-9:00 AM HS-B Basketball 8:30-9:30 AM MS-B Basketball 9:30-10:30 AM HS-G Basketball 10:30-11:30 AM MS-G Basketball 11:30-12:30 PM Run Club 7-9:15 AM	HS Girls Weights - 6:45-7:30 AM HS Boys Weights - 7:15-8:00 AM MS Weights (All) - 8:00-9:00 AM HS Football Workout - 8 AM Wrestling-G 6:30-7:30PM MS VB Open Gyms 9-10AM HS VB Open Gyms 10-11AM Run Club 7-9:15 AM	HS Girls Weights - 6:45-7:30 AM HS Boys Weights - 7:15-8:00 AM MS Weights (All) - 8:00-9:00 AM HS-B Basketball 8:30-9:30 AM MS-B Basketball 9:30-10:30 AM HS-G Basketball 10:30-11:30 AM MS-G Basketball 11:30-12:30 PM Wrestling-B 8-9:00AM Run Club 7-9:15 AM		
15	16	17	18	19	20	21
	HS Girls Weights - 6:45-7:30 AM HS Boys Weights - 7:15-8:00 AM MS Weights (All) - 8:00-9:00 AM HS Football Workout - 8 AM MS VB Open Gyms 9-10AM HS VB Open Gyms 10-11AM Run Club 7-9:15 AM	HS Girls Weights - 6:45-7:30 AM HS Boys Weights - 7:15-8:00 AM MS Weights (All) - 8:00-9:00 AM HS-B Basketball 8:30-9:30 AM MS-B Basketball 9:30-10:30 AM HS-G Basketball 10:30-11:30 AM MS-G Basketball 11:30-12:30 PM Run Club 7-9:15 AM	HS Girls Weights - 6:45-7:30 AM HS Boys Weights - 7:15-8:00 AM MS Weights (All) - 8:00-9:00 AM HS Football Workout - 8 AM Wrestling-G 6:30-7:30PM MS VB Open Gyms 9-10AM HS VB Open Gyms 10-11AM Run Club 7-9:15 AM	HS Girls Weights - 6:45-7:30 AM HS Boys Weights - 7:15-8:00 AM MS Weights (All) - 8:00-9:00 AM HS-B Basketball 8:30-9:30 AM MS-B Basketball 9:30-10:30 AM HS-G Basketball 10:30-11:30 AM MS-G Basketball 11:30-12:30 PM Wrestling-B 8-9:00AM Run Club 7-9:15 AM		
22	23	24	25	26	27	28
	HS Girls Weights - 6:45-7:30 AM HS Boys Weights - 7:15-8:00 AM MS Weights (All) - 8:00-9:00 AM HS Football Workout - 8 AM Run Club 7-9:15 AM					
29	30					

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July 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		HS Girls Weights - 6:45-7:30 AM HS Boys Weights - 7:15-8:00 AM MS Weights (All) - 8:00-9:00 AM HS-B Basketball 8:30-9:30 AM MS-B Basketball 9:30-10:30 AM HS-G Basketball 10:30-11:30 AM MS-G Basketball 11:30-12:30 PM Run Club /-9:15 AM	HS Girls Weights - 6:45-7:30 AM HS Boys Weights - 7:15-8:00 AM MS Weights (All) - 8:00-9:00 AM HS Football Workout - 8 AM Wrestling-G 6:30-7:30PM MS VB Open Gyms 9-10AM HS VB Open Gyms 10-11AM Run Club /-9:15 AM	HS Girls Weights - 6:45-7:30 AM HS Boys Weights - 7:15-8:00 AM MS Weights (All) - 8:00-9:00 AM HS-B Basketball 8:30-9:30 AM MS-B Basketball 9:30-10:30 AM HS-G Basketball 10:30-11:30 AM MS-G Basketball 11:30-12:30 PM Wrestling-B 8-9:00AM Run Club /-9:15 AM	4th of July NO ACTIVITES	
		1	2	3	4	5
6	HS Girls Weights - 6:45-7:30 AM HS Boys Weights - 7:15-8:00 AM MS Weights (All) - 8:00-9:00 AM HS Football Workout - 8 AM MS VB Open Gyms 9-10AM HS VB Open Gyms 10-11AM Run Club /-9:15 AM	HS Girls Weights - 6:45-7:30 AM HS Boys Weights - 7:15-8:00 AM MS Weights (All) - 8:00-9:00 AM HS-B Basketball 8:30-9:30 AM MS-B Basketball 9:30-10:30 AM HS-G Basketball 10:30-11:30 AM MS-G Basketball 11:30-12:30 PM Run Club /-9:15 AM	HS Girls Weights - 6:45-7:30 AM HS Boys Weights - 7:15-8:00 AM MS Weights (All) - 8:00-9:00 AM HS Football Workout - 8 AM Wrestling-G 6:30-7:30PM MS VB Open Gyms 9-10AM HS VB Open Gyms 10-11AM Run Club /-9:15 AM	HS Girls Weights - 6:45-7:30 AM HS Boys Weights - 7:15-8:00 AM MS Weights (All) - 8:00-9:00 AM HS-B Basketball 8:30-9:30 AM MS-B Basketball 9:30-10:30 AM HS-G Basketball 10:30-11:30 AM MS-G Basketball 11:30-12:30 PM Wrestling-B 8-9:00AM Run Club /-9:15 AM	Run Club /-9:15 AM	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
			Dead Week			
27	28	29	30	31		

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August 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Dead Week			
					1	2
	MS Weights (All) - 8:00-9:00 AM	MS Weights (All) - 8:00-9:00 AM	MS Weights (All) - 8:00-9:00 AM	MS Weights (All) - 8:00-9:00 AM		
3	4	5	6	7	8	9
	MS Weights (All) - 8:00-9:00 AM	MS Weights (All) - 8:00-9:00 AM	MS Weights (All) - 8:00-9:00 AM	MS Weights (All) - 8:00-9:00 AM		
10	11	12	13	14	15	16
	MS Weights (All) - 8:00-9:00 AM	MS Weights (All) - 8:00-9:00 AM	MS Weights (All) - 8:00-9:00 AM	MS Weights (All) - 8:00-9:00 AM		
17	18	19	20	21	22	23
	First Day of School Picture Day					
24	25	26	27	28	29	30

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