

May 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div style="font-size: 8px; color: blue;">Weights</div> <div style="font-size: 8px; color: purple;">Volleyball</div> <div style="font-size: 8px; color: red;">Football</div> <div style="font-size: 8px; color: orange;">Basketball</div> <div style="font-size: 8px; color: green;">Cross Country</div> <div style="font-size: 8px; color: black;">Wrestling</div>						
					1	2
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 Girls Weights - 6:45-7:30 AM HS Boys Weights - 7:15-8:00 AM MS Weights (All) - 8:00-9:00 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 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	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 Football Workout - 8 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		
		27	28	29	30	31

NOTES: _____

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June 2025

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