



CATHOLIC HIGH SCHOOL SUMMER AT CHS

CATHOLICHIGH.ORG/SUMMERATCHS

MEET TEACHERS AND CLASSMATES

LEARN YOUR WAY AROUND CAMPUS

INCREASE YOUR SKILL SET

Strength and Speed:

Required for current CHS JV and varsity athletes, and incoming 8th and 9th grade athletes.

Academics and Enrichment:

- 3D Modeling & 3D printing*
- ACT Preparation*
- Algebra I Preparation
- Fun Science*
- Jiu Jitsu*
- Introduction to Aviation*
- Learning to Code to Solve Engineering Problems*
- Lego Camp*
- Pre AP Preparation
- Robot Muscle to your Inventive Ideas*
- Service Week
- Strategies for Success in High School

*courses open to girls



STUDY, LEARN, PLAY, SERVE, AND GROW THIS SUMMER AT CHS!

CHS Summer Strength and Speed Schedule

Summer 2026

Course Code	Program	Level	Start Date	End Date	Days	Start Time	End Time	Fee
1001	Basketball	JV, Varsity	Monday, June 1, 2026	Thursday, June 25, 2026	M Tu W Th	9:00 a.m.	11:00 a.m.	\$275
1002	Bowling	All Levels	Tuesday, June 2, 2026	Thursday, July 16, 2026	Tu Th	7:00 a.m.	8:00 a.m.	\$150
1003	Cheerleading	All Levels	Tuesday, June 2, 2026	Thursday, July 16, 2026	Tu Th	7:00 a.m.	8:00 a.m.	\$150
1004	Cross Country^	All Levels	Monday, June 1, 2026	Thursday, July 16, 2026	M Tu W Th	6:00 a.m.	8:30 a.m.	\$300
1005	Football	JV, Varsity	Monday, June 1, 2026	Thursday, July 16, 2026	M Tu W Th	7:15 a.m.	10:00 a.m.	\$350
1006	Golf	All Levels	Tuesday, June 2, 2026	Thursday, July 16, 2026	Tu Th	7:00 a.m.	8:00 a.m.	\$150
1007	Lacrosse	All Levels	Tuesday, June 2, 2026	Thursday, July 16, 2026	Tu W Th	10:00 a.m.	12:00 p.m.	\$225
1008	Powerlifting	All Levels	Monday, June 1, 2026	Wednesday, July 15, 2026	M W	6:00 a.m.	7:00 a.m.	\$150
1009	Soccer	JV, Varsity	Monday, June 1, 2026	Wednesday, July 15, 2026	M Tu W	5:00 p.m.	7:00 p.m.	\$225
1010	Swimming"	All Levels	Tuesday, June 2, 2026	Friday, July 24, 2026	M Tu W Th F	5:45 a.m.	8:00 a.m.	\$400
1011	Tennis	All Levels	Tuesday, June 2, 2026	Thursday, July 16, 2026	Tu Th	3:00 p.m.	4:00 p.m.	\$150
1012	Track & Field	All Levels	Monday, June 1, 2026	Thursday, July 16, 2026	M Tu W Th	8:00 a.m.	10:00 a.m.	\$275
1013	Volleyball	All Levels	Tuesday, June 2, 2026	Thursday, July 16, 2026	Tu Th	7:00 a.m.	8:00 a.m.	\$150
1014	Wrestling	All Levels	Monday, June 1, 2026	Thursday, July 16, 2026	M Tu W Th	10:00 a.m.	12:00 p.m.	\$275
1015	Freshman Baseball*	8th/9th	Monday, June 1, 2026	Thursday, June 25, 2026	M Tu W Th	12:00 p.m.	1:00 p.m.	\$150
1016	Freshman Basketball	8th/9th	Monday, June 1, 2026	Thursday, June 25, 2026	M Tu W Th	8:30 a.m.	10:00 a.m.	\$200
1017	Freshman Football	8th/9th	Monday, June 1, 2026	Thursday, July 16, 2026	M Tu W Th	7:00 a.m.	9:00 a.m.	\$275
1018	Freshman Soccer	8th/9th	Monday, June 1, 2026	Wednesday, July 15, 2026	M Tu W	5:00 p.m.	7:00 p.m.	\$225

Notes	
Cross Country^	Cross Country will end at 8:00 a.m. on Tuesdays
Swimming"	Swimming schedule M, W, F at Tara Pool from 5:45-7:30 a.m.; T,TH at CHS Hatch Weightroom from 7:00-8:00 a.m.
Freshman Baseball*	Any athletes trying out for Freshmen Baseball must participate in Strength & Speed and the Metro League

