



DES MOINES CORPORATE *GAMES*

2025 Calendar

Division 5

***NOTE: The Duathlon and Triathlon will take place May 18, 2025**

| June 2025 | | | | | | |
|---------------------------|-----------------------------------|--------------------------------|------------------------|--------------|---------------------------------------|----------------------------|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| | | | | | 30 | 31 Pickleball |
| 1 | 2 <i>Step Challenge Begins</i> | 3 Basketball Men & Women | 4 | 5 | 6 Sand Volleyball | 7 |
| 8 Fitness Walk | 9 Track & Field | 10 | 11 | 12 | 13 | 14 Yoga |
| 15 | 16 Dogdeball - VCC | 17 Ping Pong | 18 | 19 Trivia | 20 | 21 Ultimate Frisbee |
| 22 Disc Golf | 23 | 24 | 25 | 26 | 27 Step Challenge Ends | 28 Cycling Tour Ride |
| 29 | 30 | | | | | |
| July 2025 | | | | | | |
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| | | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 Bags | 12 Cross Country |
| 13 | 14 | 15 | 16 Fitness Class | 17 | 18 Road Race Packet Pick- up | 19 Road Race |
| 20 | 21 Bowling Men & Women | 22 | 23 | 24 | 25 | 26 Golf Coed |
| 27 Golf Men & Women | 28 | 29 | 30 Tug of War | 31 | 1 | |