			September 2023			
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NOTES/EXPLANATION:		TRY-IT-OUT PROGRAM	OFFERING ~		1	2
For pool slots (SROP/DVHS): 1) if you were at dryland (dry) that day, then you MAY attend the "with" or "without" sessions 2) If you did NOT attend dryland that day, you MUST attend	DIVER'S NAME: PROG LEVEL (circle one): 1, 2, 4, 6, 8, 10, 12, 15 M1, M2, M3, M4, M5, M6 INCLUDED HOURS: "ExtraHours" (if any): DIVER'S TEAM (if any, circle): DT, RT, ZT, NT, S&E, M	DRYLAND sessions are the e- Coach's discretion (for compl ALL DIVERS ~ each LEVEL has spe SESSIONS as listed that corespond TEAM DIVERS ~ each team (Dev1-2 session configurations for length o CIRCLE whole sessions that are eq- Fees tab of our website for details.	otions are the earlier (30-, 60-, o arlier (30- or 60-minute) sessio letion as scheduled) during any ecific timeslot restrictions and inclusi d to your Level. You may not write-in t, Region, Zone, National, S&E, and M of session(s) per slot/week. When sul jual to your program listing. Please r ram includes, please email us: admin	ns. / session. Jons. Please <u>CIRCLE</u> ONLY WHOLE your own session times. asters) have specific/prescribed omitting your calendar requests, ONLY eview the right-hand column on the	CLOSED FOR HOLIDAY	CLOSED FOR HOLIDAY
3	4	5	6	7 POSS girls WP ~ LATE START (tba)	8	9
CLOSED FOR HOLIDAY		SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p SRDL 90 ~ 4-530p	SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p SRDL 90 ~ 4-530p	SRDL 30 ~ 8-830a, 830-9a SRDL 60 ~ 8-9a, 830-930a SRDL 90 ~ 8-930a
NOTE: PRIVATE DRYLAND SESSIONS ARE AVAILABLE EVERY DAY BY APPOINTMENT (7-DAYS/WEEK) Email ~ admin@CALdiving.org	CLOSED FOR HOLIDAY	SROP 30 ~ 7-730p, 730-8p SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/dry)	SROP 30 ~ 7-730p, 730-8p SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 7-30-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/dry)	SROP 30 ~ 7-730p, 730-8p SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 7-830p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/dry)	SROP 30 ~ 7-730p, 730-8p SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 78-30p (w/dry) SROP 90 ~ 7-830p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/dry)	SROP 30 ~ 11-1130a, 1130a-12p SROP 60 ~ 1030-1130a (w/o dry) SROP 60 ~ 11a-12p (w/dry) SROP 90 ~ 1030a-12p (w/o dry) SROP 90 ~ 11a-1230p, 1130a-1p (w/dry) SROP 2hr ~ 1030-1230p (w/o dry) SROP 2hr ~ 11a-1p (w/dry)
10	11	12	13	14 POSS girls WP ~ LATE START (tba)	15	16
	SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p SROP 30 ~ 7-730p, 730-8p SROP 60 ~ 630-730p (w/o dry) SROP 90 ~ 7-8p (w/dry) SROP 90 ~ 7-80-9p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 630-830p (w/o dry)	SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p SROP 30 ~ 7-730p, 730-8p SROP 60 ~ 630-730p (w/o dry) SROP 90 ~ 7-8p (w/dry) SROP 90 ~ 7-820p (w/dry) SROP 90 ~ 7-830p (w/dry) SROP 91 ~ 630-830p (w/o dry) SROP 2hr ~ 630-830p (w/o dry)	SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p SROP 30 ~ 7-730p, 730-8p SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry)	SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p SROP 30 ~ 7-730p, 730-8p SROP 60 ~ 630-730p (w/o dry) SROP 90 ~ 7-85p (w/o dry) SROP 90 ~ 7-830p (w/ory) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 670-830p (w/ory)	SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 2hr ~ 4-6p SROP 30 ~ 7-730p, 730-8p SROP 60 ~ 630-730p (w/o dry) SROP 90 ~ 7-89 (w/dry) SROP 90 ~ 7-830p (w/ory) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry)	SRDL 30 - 8-830a, 830-9a SRDL 60 - 8-9a, 830-930a SRDL 90 - 8-930a, 830-10a SRDL 2hr - 8-10a, 830-1030a SROP 30 - 11-1130a, 1130a-12p SROP 60 - 1030-1130a (w/o dry) SROP 60 - 11a-12p (w/dry) SROP 90 - 1030a-12p (w/o dry) SROP 90 - 11a-1230p, 1130a-1p (w/dry) SROP 2hr - 1030-1230p (w/o dry) SROP 2hr - 11a-1p (w/dry)
		THIS IS PA	GE-1 OF SEPTE (01-16sept23)			

			September 2023			
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NOTES/EXPLANATION:		TRY-IT-OUT PROGRAM	OFFERING ~			
With (w/) and Without (w/o) DRYLAND (dry):	DIVER'S NAME:	DRYLAND sessions are the ea	otions are the earlier (30-, 60-, or arlier (30- or 60-minute) session etion as scheduled) during any	ns.		
For pool slots (SROP/DVHS): 1) if you were at dryland (dry) that day, then you MAY attend the "with" or "without" sessions 2) If you did NOT attend dryland that day, you MUST attend without (w/o) sessions.	INCLUDED HOURS:	ALL DIVERS ~ each LEVEL has spe SESSIONS as listed that corespond TEAM DIVERS ~ each team (Dev1-2 session configurations for length o CIRCLE whole sessions that are eq Fees tab of our website for details. If you are not sure what your progr	3 PAGE-2 OF MBER, 2023 30sept23)			
17 MIWOK TOWER 1130-2pm	18	19	20	21 POSS girls WP ~ LATE START (tba)	22	23
CIRCLE THIS SESSION AND ~ Send a text to Coach Eric (925-586-0169)	SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p SROP 30 ~ 7-730p, 730-8p SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 7-830p (w/o dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/dry)	SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p SROP 30 ~ 7-730p, 730-8p SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 630-8p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/dry)	SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p SROP 30 ~ 7-730p, 730-8p SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 630-8p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 630-830p (w/o dry)	SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p SROP 30 ~ 7-730p, 730-8p SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 630-8p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 630-830p (w/o dry)	SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 2hr ~ 4-6p SROP 30 ~ 7-730p, 730-8p SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 630-8p (w/o dry) SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 7-830p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 630-830p (w/o dry)	SRDL 30 ~ 8-830a, 830-9a SRDL 60 ~ 8-9a, 830-930a SRDL 90 ~ 8-930a, 830-10a SRDL 2hr ~ 8-10a, 830-1030a SROP 30 ~ 11-1130a, 1130a-12p SROP 60 ~ 1030-1130a (w/o dry) SROP 60 ~ 110-12p (w/dry) SROP 90 ~ 030a-12p (w/o dry) SROP 90 ~ 113-1230p, 1130a-1p (w/dry) SROP 2hr ~ 1030-1230p (w/o dry) SROP 2hr ~ 111-1p (w/dry)
24	25 SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p SROP 30 ~ 7-730p, 730-8p SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 7-830p (w/o dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 7-80p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/dry)	26 SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p SROP 30 ~ 7-730p, 730-8p SROP 60 ~ 630-730p (w/o dry) SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 730-9p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 630-830p (w/o dry)	27 SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p SROP 30 ~ 7-730p, 730-8p SROP 60 ~ 630-730p (w/o dry) SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 730-9p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 91 ~ 630-830p (w/o dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/dry)	28 POSS girls WP - LATE START (tha) SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p SROP 30 ~ 7-730p, 730-8p SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 730-9p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 630-830p (w/o dry)	29 SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 2hr ~ 4-6p SROP 30 ~ 7-730p, 730-8p SROP 60 ~ 630-730p (w/o dry) SROP 90 ~ 7-8p (w/dry) SROP 90 ~ 7-830p (w/o dry) SROP 90 ~ 7-830p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 630-830p (w/o dry)	30 SRDL 30 ~ 8-830a, 830-9a SRDL 60 ~ 8-9a, 830-930a SRDL 90 ~ 8-930a, 830-10a SRDL 2hr ~ 8-10a SROP 30 ~ 11-1130a, 1130a-12p SROP 60 ~ 1030-1130a (w/o dry) SROP 90 ~ 1030a-12p (w/dry) SROP 90 ~ 1030a-12p (w/o dry) SROP 90 ~ 11a-1230p, 1130a-1p (w/dry) SROP 2hr ~ 1030-1230p (w/o dry) SROP 2hr ~ 11a-1p (w/dry)

			October 2023			
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
NOTES/EXPLANATION:						
NOTES/EXPLANATION.	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p				
For pool slots (SROP/DVHS):	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p				
1) if you were at dryland (dry)	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p				
that day, then you MAY attend the	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p	REGULAR PRACTICE			
'with" or "without" sessions						CANCELLED
	SROP 30 ~ 7-730p, 730-8p (water)	SROP 30 ~ 7-730p, 730-8p (water)				
2) If you did NOT attend dryland	SROP 60 ~ 630-730p (w/o dry)	SROP 60 ~ 630-730p (w/o dry)	DIVING MEET			
hat day, you MUST attend	SROP 60 ~ 7-8p (w/dry)	SROP 60 ~ 7-8p (w/dry)	STOCKTON, CA			
vithout (w/o) sessions.	SROP 90 ~ 630-8p (w/o dry)	SROP 90 ~ 630-8p (w/o dry)	**(ALL LEVELS INVITED)**			
	SROP 90 ~ 7-830p (w/dry)	SROP 90 ~ 7-830p (w/dry)				
	SROP 90 ~ 730-9p (w/dry)	SROP 90 ~ 730-9p (w/dry)				
	SROP 2hr ~ 630-830p (w/o dry)	SROP 2hr ~ 630-830p (w/o dry)				
	SROP 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 7-9p (w/dry)				
8	9	10	11	12	13	14
	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p	SRDL 30 ~ 8-830a, 10-1030a, 11-1130a			
DIVER'S NAME:	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 8-9a, 9-10a, 10-11a			
	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p	SRDL 90 ~ 8-930a, 9-1030a, 10-1130a			
	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p	SRDL 2hr ~ 8-10a, 830-1030a, 930-1130a			
PROG LEVEL (circle one):					·	
1, 2, 4, 6, 8, 10, 12, 15	SROP 30 ~ 7-730p, 730-8p (water)	SROP 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 12-1230p, 1230-1p			
M1, M2, M3, M4, M5, M6	SROP 60 ~ 630-730p (w/o dry)	SROP 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 1130a-1230p (w/o dry)			
	SROP 60 ~ 7-8p (w/dry)	SROP 60 ~ 7-8p (w/dry)	DVHS 60 ~ 12-1p (w/dry)			
NCLUDED HOURS:	SROP 90 ~ 630-8p (w/o dry)	SROP 90 ~ 630-8p (w/o dry)	DVHS 90 ~ 1130a-1p, 12-130p (w/o dry)			
	SROP 90 ~ 7-830p (w/dry)	SROP 90 ~ 7-830p (w/dry)	DVHS 90 ~ 11a-1230p, 1130a-1p (w/dry)			
ExtraHours" (if any):	SROP 90 ~ 730-9p (w/dry)	SROP 90 ~ 730-9p (w/dry)	DVHS 2hr ~ 1130a-130p (w/o dry)			
· 2/ ——	SROP 2hr ~ 630-830p (w/o dry)	SROP 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 12-2p (w/dry)			
DIVER'S TEAM (if any, circle):	SROP 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 7-9p (w/dry)				
DT, RT, ZT, NT, S&E, M				1, 2,		
, , , , , , , , , , , , , , , , , , , ,			Notes:	TRY-IT-OUT PROGRAM	OFFEDING -	
				TRT-IT-COTT ROOKAW	OFF ERRING *	
				Tour it Out (TIOIs) MATER a		.00:
				· · · · · ·	ptions are the earlier (30-, 60-, or earlier (30- or 60-minute) sessior	•
					eletion as scheduled) during any	
				22 ZZZZZZZZZZZZZZZZZZZZZZZZZZZZZZZZZZZ	and the second s	
	Th:_ :-	Dogo 4 for 6	Jotobo-			
	i nis is	s Page-1 for C	JCtober			
		(01-14oct23)		ALL DIVERS ~ each LEVEL has an	ecific timeslot restrictions and inclusion	one Place CIPCLE ONLY WHOLE
		(01-1406123)			d to your Level. You may not write-in	
						asters) have specific/prescribed session your calendar requests, ONLY CIRCLE whol
						hand column on the Fees tab of our website
				for details.	rom includes inless and the second	DCAL diving are
				ir you are not sure what your prog	ram includes, please email us: admin@	vCALaiVing.org

			October 2023				
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
15 MIWOK TOWER 1130-2pm	16	17	18	19	20	21	
CIRCLE THIS SESSION AND ~ Send a text to Coach Eric (925-586-0169) Fees \$30 or by Team	SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 2hr ~ 4-6p	SRDL 30 ~ 8-830a, 10-1030a, 11-1130a SRDL 60 ~ 8-9a, 9-10a, 10-11a SRDL 90 ~ 8-930a, 9-1030a, 10-1130a SRDL 2hr ~ 8-10a, 830-1030a, 930-1130a	
	SROP 30 ~ 7-730p, 730-8p (water) SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/dry)	SROP 30 ~ 7-730p, 730-8p (water) SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/dry)	SROP 30 ~ 7-730p, 730-8p (water) SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 67-9p (w/dry)	SROP 30 ~ 7-730p, 730-8p (water) SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/dry)	SROP 30 ~ 7-730p, 730-8p (water) SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/dry)	DVHS 30 ~ 12-1230p, 1230-1p DVHS 60 ~ 1130a-1230p (w/o dry) DVHS 60 ~ 12-1p (w/dry) DVHS 90 ~ 1130a-1p, 12-130p (w/o dry) DVHS 90 ~ 11a-1230p, 1130a-1p (w/dry) DVHS 2hr ~ 1130a-130p (w/o dry) DVHS 2hr ~ 12-2p (w/dry)	
22	23	24	25	26	27	28 NO SAN RAMON WATER (DVHS OR SROP) SRDL 30 ~ 8-830a, 830-9a, 9-930a	
DIVER'S NAME:	SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p	SRDL 60 ~ 8-9a, 9-10a SRDL 90 ~ 8-930a, 830-10a SRDL 2hr ~ 8-10a	
PROG LEVEL (circle one): 1, 2, 4, 6, 8, 10, 12, 15 M1, M2, M3, M4, M5, M6	SRDL 2hr ~ 4-6p, 430-630p, 5-7p SROP 30 ~ 7-730p, 730-8p (water) SROP 60 ~ 630-730p (w/o dry)	SRDL 2hr ~ 4-6p, 430-630p, 5-7p SROP 30 ~ 7-730p, 730-8p (water) SROP 60 ~ 630-730p (w/o dry)	SRDL 2hr ~ 4-6p, 430-630p, 5-7p SROP 30 ~ 7-730p, 730-8p (water) SROP 60 ~ 630-730p (w/o dry)	SRDL 2hr ~ 4-6p, 430-630p, 5-7p SROP 30 ~ 7-730p, 730-8p (water) SROP 60 ~ 630-730p (w/o dry)	SRDL 2hr ~ 4-6p SROP 30 ~ 7-730p, 730-8p (water) SROP 60 ~ 630-730p (w/o dry)	SPECIAL TOWER DATE ~ FREE ATTENDANCE AT MIWOK IS INCLUDED FOR ALL LEVELS AS FOLLOWS: Levels: 1, 2, and all M ~ 90min options	
INCLUDED HOURS:	SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 730-9p (w/dry)	SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 7-80-9p (w/dry)	SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 730-9p (w/dry)	SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 730-9p (w/dry)	SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 730-9p (w/dry)	Levels: 4 and 6 ~ 90min OR 2hr options Levels: 8-15 ~ all options (up to 3hr) MIWOK 90 ~ 1130p, 1p MIWOK 90 ~ 1230a-2p	
DIVER'S TEAM (if any, circle): DT, RT, ZT, NT, S&E, M	SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/dry)	MIWOK 2hr ~ 1130-130p MIWOK 2hr ~ 1230-230p MIWOK 3hr ~ 1130a-3p	
29 MIWOK TOWER 1130-2pm CIRCLE THIS SESSION AND ~ Send a text to Coach Eric (925-586-0169) Fees \$30 or by Team	30 SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p	31 SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p	NOTES/EXPLANATION: For pool slots (SROP/DVHS): 1) if you were at dryland (dry) that day, then you MAX attend the	TRY-IT-OUT PROGRAM OFFERING ~ Try-it-Out (TIO's) ~ WATER options are the earlier (30-, 60-, or 90-minute) sessions. DRYLAND sessions are the earlier (30- or 60-minute) sessions. Coach's discretion (for completion as scheduled) during any session.			
THIS IS PAGE-2 FOR OCTOBER (15-31oct23)	SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 730-9p (w/dry)	SROP 30 ~ 7-730p, 730-8p (water) SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 90 ~ 730-9p (w/dry)	that day, then you MAY attend the "with" or "without" sessions 2) If you did NOT attend dryland that day, you MUST attend without (w/o) sessions.	ALL DIVERS ~ each LEVEL has spe SESSIONS as listed that corespond TEAM DIVERS ~ each team (Dev1-2, configurations for length of session	to your Level. You may not write-in g Region, Zone, National, S&E, and Ma (s) per slot/week. When submitting y	ons. Please <u>CIRCLE</u> ONLY WHOLE your own session times. asters) have specific/prescribed session your calendar requests, ONLY CIRCLE whole hand column on the Fees tab of our website	
(15-31oct23)	SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/dry)	SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/dry)		for details.	gram listing. Please review the right- im includes, please email us: <u>admin@</u>		

			November 2023			
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
DIVER'S NAME: PROG LEVEL (circle one): 1, 2, 4, 6, 8, 10, 12, 15 M1, M2, M3, M4, M5, M6 INCLUDED HOURS: "ExtraHours" (if any): DIVER'S TEAM (if any, circle):	NOTES/EXPLANATION: For pool slots (SROP/DVHS): 1) if you were at dryland (dry) that day, then you MAY attend the "with" or "without" sessions 2) If you did NOT attend dryland that day, you MUST attend sessions marked (w/o).	TRY-IT-OUT (TIO) PROGRAM OFFERING Try-it-Out (TIO's) ~ WATER	1 SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p SROP 30 ~ 7-730p, 730-8p (water)	Thursday 2 SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p SROP 30 ~ 7-730p, 730-8p (water) SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 91 ~ 630-830p (w/o dry)	SignUp - See GoogleDoc 03nov23 To SignUp	Saturday 4 SRDL 30 ~ 8-830a, 10-1030a, 11-1130a SRDL 60 ~ 8-9a, 9-10a, 10-11a SRDL 90 ~ 8-930a, 9-1030a, 10-1130a SRDL 2hr ~ 8-10a, 830-1030a, 930-1130a DVHS 30 ~ 12-1230p, 1230-1p DVHS 60 ~ 1130a-1230p (w/o dry) DVHS 60 ~ 12-1p (w/dry) DVHS 90 ~ 11a0a-1p, 12-130p (w/o dry) DVHS 90 ~ 11a-1230p, 1130a-1p (w/dry) DVHS 2hr ~ 1130a-130p (w/o dry)
DT, RT, ZT, NT, S&E, M			SROP 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 7-9p (w/dry)		5 VI 5 2 III ~ 12-25 (W/UI y)
5 Veteran's Day Weekend	6 SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p SROP 30 ~ 7-730p, 730-8p (water) SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/dry)	7 SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p SROP 30 ~ 7-730p, 730-8p (water) SROP 60 ~ 630-730p (w/o dry) SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/dry)	8 SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p SROP 30 ~ 7-730p, 730-8p (water) SROP 60 ~ 630-730p (w/o dry) SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 679p (w/dry)	9 SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p SROP 30 ~ 7-730p, 730-8p (water) SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 730-9p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 67-9p (w/dry)	ALL DAY DRYLAND SignUp - See GoogleDoc 10nov23 POOL CLOSED FOR THE HOLIDAY	ALL DAY DRYLAND SignUp - See GoogleDoc 11nov24 POOL CLOSED FOR THE HOLIDAY
	THIS IS FOR NOV (01-11r	/EMBER			inclusions. Please CIRCLE ON corespond to your Level. You times or request more time that TEAM DIVERS ~ each team (Do and Masters) have specific/pre length of session(s) per slot/w requests, ONLY CIRCLE whole program listing. Please review tab of our website.	is specific timeslot restrictions and ILY WHOLE SESSIONS as listed tha may not write-in your own session

			November 2023			
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12	13	14	15	16	17	18
DIVER'S NAME:	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p	SRDL 30 ~ 8-830a, 10-1030a, 11-1130a
	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 8-9a, 9-10a, 10-11a
PROG LEVEL (circle one):	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p	SRDL 90 ~ 8-930a, 9-1030a, 10-1130a
1, 2, 4, 6, 8, 10, 12, 15	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p	SRDL 2hr ~ 8-10a, 830-1030a, 930-1130a
M1, M2, M3, M4, M5, M6						
	SROP 30 ~ 7-730p, 730-8p (water)	SROP 30 ~ 7-730p, 730-8p (water)	SROP 30 ~ 7-730p, 730-8p (water)	SROP 30 ~ 7-730p, 730-8p (water)	SROP 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 12-1230p, 1230-1p
INCLUDED HOURS.	SROP 60 ~ 630-730p (w/o dry)	SROP 60 ~ 630-730p (w/o dry)	SROP 60 ~ 630-730p (w/o dry)	SROP 60 ~ 630-730p (w/o dry)	SROP 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 1130a-1230p (w/o dry)
INCLUDED HOURS:	SROP 60 ~ 7-8p (w/dry)	SROP 60 ~ 7-8p (w/dry)	SROP 60 ~ 7-8p (w/dry)	SROP 60 ~ 7-8p (w/dry)	SROP 60 ~ 7-8p (w/dry)	DVHS 60 ~ 12-1p (w/dry)
"Extrallaura" (if any);	SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 7-830p (w/dry)	SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 7-830p (w/dry)	SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 7-830p (w/dry)	SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 7-830p (w/dry)	SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 7-830p (w/dry)	DVHS 90 ~ 1130a-1p, 12-130p (w/o dry)
"ExtraHours" (if any):	SROP 90 ~ 7-650p (w/dry)	SROP 90 ~ 7-650p (w/dry)	SROP 90 ~ 7-830P (w/dry)	SROP 90 ~ 7-630p (w/dry) SROP 90 ~ 730-9p (w/dry)	SROP 90 ~ 7-630p (w/dry) SROP 90 ~ 730-9p (w/dry)	DVHS 90 ~ 11a-1230p, 1130a-1p (w/dry) DVHS 2hr ~ 1130a-130p (w/o dry)
DIVER'S TEAM (if any, circle):	SROP 2hr ~ 630-830p (w/o dry)	SROP 2hr ~ 630-830p (w/o dry)	SROP 2hr ~ 630-830p (w/o dry)	SROP 2hr ~ 630-830p (w/o dry)	SROP 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 12-2p (w/dry)
DT, RT, ZT, NT, S&E, M	SROP 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 7-9p (w/dry)	DVH3 2III ~ 12-2p (w/ury)
D1, 10, 21, 101, Out, III	one. In a rop (mary)	one in a p (mary)	one. In a p (mary)	55. 2/11 - 1 op (11/013)	one. In a op (mary)	
19 MIWOK TOWER 1130-2pm	20	21	22	23	24	25
CIRCLE THIS SESSION						
AND	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	0.00=======		0.00=======	01 0000 000
Send a text to Coach Eric (925-586-0169)	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	CLOSED FOR	CLOSED FOR	CLOSED FOR	CLOSED FOR
Fees \$30 per diver	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	THANKSGIVING	THANKSGIVING	THANKSGIVING	THANKSGIVING
	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	HOLIDAY	HOLIDAY	HOLIDAY	HOLIDAY
NOTES/EXPLANATION:			HOLIDAT	HOLIDAT	HOLIDAT	HOLIDAT
NOTES/EXPLANATION.	SROP 30 ~ 7-730p, 730-8p (water)	SROP 30 ~ 7-730p, 730-8p (water)				
For pool slots (SROP/DVHS):	SROP 60 ~ 630-730p (w/o dry)	SROP 60 ~ 630-730p (w/o dry)	TL	HIS IS PAGE	- -2	
1) if you were at dryland (dry)	SROP 60 ~ 7-8p (w/dry)	SROP 60 ~ 7-8p (w/dry)	11	IIS IS FAGI		
that day, then you MAY attend the	SROP 90 ~ 630-8p (w/o dry)	SROP 90 ~ 630-8p (w/o dry)	FΩ	R NOVEME	RFR	
"with" or "without" sessions	SROP 90 ~ 7-830p (w/dry)	SROP 90 ~ 7-830p (w/dry)	10	IV IAO A FIAIF	LIX	
2) If you did NOT attend dayland	SROP 90 ~ 730-9p (w/dry)	SROP 90 ~ 730-9p (w/dry)		13-30nov23	8)	
2) If you did NOT attend dryland that day, you MUST attend		SROP 2hr ~ 630-830p (w/o dry)	'	10-00110420	")	
sessions marked (w/o).	SROP 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 7-9p (w/dry)				
26	Okay a/o 01nov, may change due to the move. Mark your choices as if today's schedule is normal.	28 Okay a/o 01nov, may change due to the move. Mark your choices as if today's schedule is normal.	the move. Mark your choices as if today's schedule is normal.	the move. Mark your choices as if today's schedule is normal.	Levels, Cale	ndar Notes:
TRY-IT-OUT (TIO)	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p		
PROGRAM OFFERING	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p		as specific timeslot restrictions and
	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p		NLY WHOLE SESSIONS as listed that
	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p		may not write-in your own session
Try-it-Out (TIO's) ~ WATER	SDOD 20 7 720n 720 0n (water)	SROP 30 ~ 7-730p, 730-8p (water)	SROP 30 ~ 7-730p, 730-8p (water)	SBOB 20 7 720n 720 8n /	times or request more time that	an anoued.
options are the earlier (30-, 60-	SROP 30 ~ 7-730p, 730-8p (water) SROP 60 ~ 630-730p (w/o dry)	SROP 30 ~ 7-730p, 730-8p (water) SROP 60 ~ 630-730p (w/o dry)	SROP 30 ~ 7-730p, 730-8p (water) SROP 60 ~ 630-730p (w/o dry)	SROP 30 ~ 7-730p, 730-8p (water) SROP 60 ~ 630-730p (w/o dry)	TEAM DIVERS ~ each team (De	ev1-3, Region, Zone, National, S&E,
, or 90-minute) sessions.	SROP 60 ~ 7-8p (w/dry)	SROP 60 ~ 7-8p (w/dry)	SROP 60 ~ 7-8p (w/dry)	SROP 60 ~ 630-730p (w/o ary)		escribed session configurations for
DRYLAND sessions are the	SROP 90 ~ 630-8p (w/o dry)	SROP 90 ~ 630-8p (w/o dry)	SROP 90 ~ 630-8p (w/o dry)	SROP 90 ~ 630-8p (w/o dry)	. , , .	eek. When submitting your calendar
earlier (30- or 60-minute)	SROP 90 ~ 030-6p (w/d uly) SROP 90 ~ 7-830p (w/dry)	SROP 90 ~ 7-830p (w/dry)	SROP 90 ~ 7-830p (w/dry)	SROP 90 ~ 7-830p (w/dry)	•	e sessions that are equal to your with the right-hand column on the Fees
Sessions. Coach's discretion (for completion as	SROP 90 ~ 730-9p (w/dry)	SROP 90 ~ 730-9p (w/dry)	SROP 90 ~ 730-9p (w/dry)	SROP 90 ~ 730-9p (w/dry)	tab of our website.	vine right-hand column on the Fees
scheduled) during any session.	SROP 2hr ~ 630-830p (w/o dry)	SROP 2hr ~ 630-830p (w/o dry)	SROP 2hr ~ 630-830p (w/o dry)	SROP 2hr ~ 630-830p (w/o dry)		program includes, please email us:
	SROP 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 7-9p (w/dry)	admin@CALdiving.org	
	- p ()	-1-7				
		I .	I			

Sunday	Monday	Tuesday	December 2023 Wednesday	Thursday	Friday	Saturday
Sunday	Monday	Tuesday	·	•	Friday	
			Levels, Cale	ndar Notes:	1	2
WEDIO MANE	NOTES/EXPLANATION:	TRY-IT-OUT (TIO)			ODDI 00 4 400 5 500 0	
VER'S NAME:		PROGRAM OFFERING			SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p, 5-6p	SRDL 30 ~ 8-830a, 10-1030a, 11-1130a
				ALL DIVERS ~ each LEVEL has specific timeslot restrictions and		SRDL 60 ~ 8-9a, 9-10a, 10-11a
ROG LEVEL (circle one):				NLY WHOLE SESSIONS as listed	SRDL 90 ~ 4-530p, 430-6p	SRDL 90 ~ 8-930a, 9-1030a, 10-1130a
, 2, 4, 6, 8, 10, 12, 15				You may not write-in your own	SRDL 2hr ~ 4-6p	SRDL 2hr ~ 8-10a, 830-1030a, 930-1130a
M1, M2, M3, M4, M5, M6	For pool slots (SROP/DVHS):	Try-it-Out (TIO's) ~ WATER	session times or request more	time than allotted.		
	1) if you were at dryland (dry)	options are the earlier (30-,	TEAM DIVERS ~ cach team (D	ev1-3, Region, Zone, National, S&E,	SROP 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 12-1230p, 1230-1p
	that day, then you MAY attend the "with" or "without" sessions	60-, or 90-minute) sessions.	`	escribed session configurations for	SROP 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 1130a-1230p (w/o dry)
CLUDED HOURS:	the with of without sessions	DRYLAND sessions are the	length of session(s) per slot/w		SROP 60 ~ 7-8p (w/dry)	DVHS 60 ~ 12-1p (w/dry)
	2) If you did NOT attend	earlier (30- or 60-minute)		CLE whole sessions that are equal	SROP 90 ~ 630-8p (w/o dry)	DVHS 90 ~ 1130a-1p, 12-130p (w/o dry)
extraHours" (if any):	dryland that day, you MUST	sessions.		e review the right-hand column on	SROP 90 ~ 7-830p (w/dry)	DVHS 90 ~ 11a-1230p, 1130a-1p (w/dry)
	attend sessions marked (w/o).	Coach's discretion (for completion as	the Fees tab of our website.	•	SROP 90 ~ 730-9p (w/dry)	DVHS 2hr ~ 1130a-130p (w/o dry)
VER'S TEAM (if any, circle):	, ,	scheduled) during any session.		program includes, please email us:	SROP 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 12-2p (w/dry)
OT, RT, ZT, NT, S&E, M			admin@CALdiving.org		SROP 2hr ~ 7-9p (w/dry)	
	4	5	6	7	8	9
						ALL DAY DRYLAND
	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p	
	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	
THIS IS PAGE-1	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p	
	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p	
FOR DECEMBER	SKDL 2III ~ 4-0p, 430-030p, 3-7 p	ыкы zm ~ 4-ор, 430-030р, 3-гр	3KDE 2III ~ 4-0p, 430-030p, 3-7p	3KDE 2III ~ 4-0p, 430-030p, 3-7p	3KBE 2III ~ 4-0p	0 0 1 5
01-16Dec23	SBOB 20 7 720n 720 9n (water)	SBOB 20 7 720n 720 9n (water)	SBOB 20 7 720n 720 8n (water)	SPOR 20 7 720n 720 9n (water)	SBOB 20 7 720n 720 9n (water)	See GoogleDo
01-10Dec23	SROP 30 ~ 7-730p, 730-8p (water)	SROP 30 ~ 7-730p, 730-8p (water)	SROP 30 ~ 7-730p, 730-8p (water)	SROP 30 ~ 7-730p, 730-8p (water)	SROP 30 ~ 7-730p, 730-8p (water)	09nov23
	SROP 60 ~ 630-730p (w/o dry)	SROP 60 ~ 630-730p (w/o dry)	SROP 60 ~ 630-730p (w/o dry)	SROP 60 ~ 630-730p (w/o dry)	SROP 60 ~ 630-730p (w/o dry)	09110723
	SROP 60 ~ 7-8p (w/dry)	SROP 60 ~ 7-8p (w/dry)	SROP 60 ~ 7-8p (w/dry)	SROP 60 ~ 7-8p (w/dry)	SROP 60 ~ 7-8p (w/dry)	to SignUp
	SROP 90 ~ 630-8p (w/o dry)	SROP 90 ~ 630-8p (w/o dry)	SROP 90 ~ 630-8p (w/o dry)	SROP 90 ~ 630-8p (w/o dry)	SROP 90 ~ 630-8p (w/o dry)	to digitop
	SROP 90 ~ 7-830p (w/dry)	SROP 90 ~ 7-830p (w/dry)	SROP 90 ~ 7-830p (w/dry)	SROP 90 ~ 7-830p (w/dry)	SROP 90 ~ 7-830p (w/dry)	
	SROP 90 ~ 730-9p (w/dry)	SROP 90 ~ 730-9p (w/dry)	SROP 90 ~ 730-9p (w/dry)	SROP 90 ~ 730-9p (w/dry)	SROP 90 ~ 730-9p (w/dry)	
	SROP 2hr ~ 630-830p (w/o dry)	SROP 2hr ~ 630-830p (w/o dry)	SROP 2hr ~ 630-830p (w/o dry)	SROP 2hr ~ 630-830p (w/o dry)	SROP 2hr ~ 630-830p (w/o dry)	
	SROP 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 7-9p (w/dry)	
MIWOK TOWER 11am-130pm	11	12	13	14	15	16
CIRCLE THIS SESSION AND ~	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p	SRDL 30 ~ 8-830a, 10-1030a, 11-1130a
Send a text to Coach Eric	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 8-9a, 9-10a, 10-11a
(925-586-0169)	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p	SRDL 90 ~ 8-930a, 9-1030a, 10-1130a
Fees \$30 or by Team	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p	SRDL 2hr ~ 8-10a, 830-1030a, 930-1130
	DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 12-1230p, 1230-1p
	DVHS 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 1130a-1230p (w/o dry)
	DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 12-1p (w/dry)
	DVHS 90 ~ 630-8p (w/o dry)	DVHS 90 ~ 630-8p (w/o dry)	DVHS 90 ~ 630-8p (w/o dry)	DVHS 90 ~ 630-8p (w/o dry)	DVHS 90 ~ 630-8p (w/o dry)	DVHS 90 ~ 1130a-1p, 12-130p (w/o dry)
	DVHS 90 ~ 7-830p (w/dry)	DVHS 90 ~ 7-830p (w/dry)	DVHS 90 ~ 7-830p (w/dry)	DVHS 90 ~ 7-830p (w/dry)	DVHS 90 ~ 7-830p (w/dry)	DVHS 90 ~ 11a-1230p, 1130a-1p (w/dry)
	DVHS 90 ~ 730-9p (w/dry)	DVHS 90 ~ 730-9p (w/dry)	DVHS 90 ~ 730-9p (w/dry)	DVHS 90 ~ 730-9p (w/dry)	DVHS 90 ~ 730-9p (w/dry)	DVHS 2hr ~ 1130a-130p (w/o dry)
	DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)	DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)	DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)	DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)	DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)	DVHS 2hr ~ 12-2p (w/dry)

Sunday	Monday	Tuesday	December 2023 Wednesday	Thursday	Friday	Saturday
Sunday	wonday	Tuesday	•	*	Friday	Saturday
DIVER'S NAME: PROG LEVEL (circle one): 1, 2, 4, 6, 8, 10, 12, 15 M1, M2, M3, M4, M5, M6 INCLUDED HOURS: "ExtraHours" (if any): DIVER'S TEAM (if any, circle): DT, RT, ZT, NT, S&E, M	NOTES/EXPLANATION: For pool slots (SROP/DVHS): 1) if you were at dryland (dry) that day, then you MAY attend the "with" or "without" sessions 2) If you did NOT attend dryland that day, you MUST attend sessions marked (w/o).	TRY-IT-OUT (TIO) PROGRAM OFFERING Try-it-Out (TIO's) ~ WATER options are the earlier (30-, 60-, or 90-minute) sessions. DRYLAND sessions are the earlier (30- or 60-minute) sessions. Coach's discretion (for completion as scheduled) during any session.	inclusions. Please CIRCLE ONL that corespond to your Level. Y session times or request more to TEAM DIVERS ~ each team (Devand Masters) have specific/pres length of session(s) per slot/wecalendar requests, ONLY CIRCL to your program listing. Please the Fees tab of our website.	specific timeslot restrictions and Y WHOLE SESSIONS as listed 'ou may not write-in your own ime than allotted. '1-3, Region, Zone, National, S&E, cribed session configurations for	FOR DE 17-3	S PAGE-2 ECEMBER 1 Dec23
DI, KI, ZI, NI, JOKE, W						
17	18 SRDL 30 - 4-430p, 5-530p, 6-630p SRDL 60 - 4-5p, 5-6p SRDL 90 - 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p DVHS 30 - 7-730p, 730-8p (water) DVHS 60 - 630-730p (w/o dry) DVHS 90 - 630-8p (w/o dry) DVHS 90 - 7-830p (w/dry) DVHS 90 - 730-9p (w/dry) DVHS 90 - 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 67-9p (w/dry)	19 SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry) DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry)	20 SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry)	CLOSED HAPPY HOLIDAYS	CLOSED HAPPY HOLIDAYS	CLOSED HAPPY HOLIDAYS
24	25	26	27	28	29	30
CLOSED HAPPY HOLIDAYS	CLOSED HAPPY HOLIDAYS	CLOSED HAPPY HOLIDAYS	CLOSED HAPPY HOLIDAYS	CLOSED HAPPY HOLIDAYS	CLOSED HAPPY HOLIDAYS	CLOSED HAPPY HOLIDAYS
CLOSED HAPPY HOLIDAYS	Notes:	Happy New Yea Sessions will be ~ See You in t	egin again on We	ednesday, 03jan2	4. Enjoy the bre	ak.

			January 2024			
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 NO PRACTICE TODAY	2 NO PRACTICE TODAY	3	4	5	6
WEDIO MANE		TRY-IT-OUT (TIO)	ODDI 00 4 400 5 500 0 000	ODDI 00 4 400 5 500 0 000	ODDI 00 4 400 5 500	
IVER'S NAME:		PROGRAM OFFERING	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p	SRDL 30 ~ 8-830a, 10-1030a, 11-1130a
			SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 8-9a, 9-10a, 10-11a
ROG LEVEL (circle one):		WATER ~ options are	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p	SRDL 90 ~ 8-930a, 9-1030a, 10-1130a
1, 2, 4, 6, 8, 10, 12, 15		offered as the earlier	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p	SRDL 2hr ~ 8-10a, 830-1030a, 930-113
M1, M2, M3, M4, M5, M6	LIADDY NEW	session(s):				
	HAPPY NEW	(30-, 60-, or 90-minute)	DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 12-1230p, 1230-1p
IOLUBED HOURS	YEAR!	DDVI AND	DVHS 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 1130a-1230p (w/o dry)
ICLUDED HOURS:	I EAN:	DRYLAND ~ options are the	DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry)	DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 12-1p (w/dry)
		earlier session(s):		DVHS 90 ~ 630-8p (w/o dry)	DVHS 90 ~ 630-8p (w/o dry)	DVHS 90 ~ 1130a-1p (w/o dry)
ExtraHours" (if any):		(30- or 60-minute)	DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry)	DVHS 90 ~ 7-830p (w/dry)	DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry)	DVHS 90 ~ 12-130p, 1230-2p (w/dry) DVHS 2hr ~ 1130a-130p (w/o dry)
VEDIC TEAM (if one circle).		Coach's discretion (regarding		DVHS 90 ~ 730-9p (w/dry)	* * * **	
IVER'S TEAM (if any, circle): DT. RT. ZT. NT. S&E. M		completion of any TIO program as	DVHS 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 12-2p (w/dry)
I, KI, ZI, NI, S&E, W		scheduled) during any session.	DVHS 2hr ~ 7-9p (w/dry)	DVHS 2hr ~ 7-9p (w/dry)	DVHS 2hr ~ 7-9p (w/dry)	
	8	9	10	11	12	13
OTES/EXPLANATION:	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p	SRDL 30 ~ 8-830a, 10-1030a, 11-1130a
	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 8-9a, 9-10a, 10-11a
or pool slots ~ SROP/DVHS	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p	SRDL 90 ~ 8-930a, 9-1030a, 10-1130a
	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p	SRDL 2hr ~ 8-10a, 830-1030a, 930-113
if you were at dryland (dry)	ONDE 2111 - 4 OP, 400 000P, 0 1P	ONDE 2111 = 4 op, 400 000p, 5-1p	окъс 211 - 4 ор, 400 обор, 6 гр	ONDE 2111 - 4 OP, 400 000P, 5 7P	SKBL ZIII = 4-Sp	
nat day, then you MAY attend	DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 12-1230p, 1230-1p
ne "with" (w/) or "without"	DVHS 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 1130a-1230p (w/o dry)
v/o) sessions	DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 12-1p (w/dry)
	DVHS 90 ~ 630-8p (w/o dry)	DVHS 90 ~ 630-8p (w/o dry)	DVHS 90 ~ 630-8p (w/o dry)	DVHS 90 ~ 630-8p (w/o dry)	DVHS 90 ~ 630-8p (w/o dry)	DVHS 90 ~ 1130a-1p (w/o dry)
If you did NOT attend	DVHS 90 ~ 7-830p (w/dry)	DVHS 90 ~ 7-830p (w/dry)	DVHS 90 ~ 7-830p (w/dry)	DVHS 90 ~ 7-830p (w/dry)	DVHS 90 ~ 7-830p (w/dry)	DVHS 90 ~ 12-130p, 1230-2p (w/dry)
ryland the same day as you	DVHS 90 ~ 730-9p (w/dry)	DVHS 90 ~ 730-9p (w/dry)	DVHS 90 ~ 730-9p (w/dry)	DVHS 90 ~ 730-9p (w/dry)	DVHS 90 ~ 730-9p (w/dry)	DVHS 2hr ~ 1130a-130p (w/o dry)
vant to attend a water sssion,	DVHS 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 12-2p (w/dry)
ou MUST attend sessions	DVHS 2hr ~ 7-9p (w/dry)	DVHS 2hr ~ 7-9p (w/dry)	DVHS 2hr ~ 7-9p (w/dry)	DVHS 2hr ~ 7-9p (w/dry)	DVHS 2hr ~ 7-9p (w/dry)	. `
narked (w/o).						
⁴ Levels and Calendar Notes:	15	16	17	18	19	20
LL DIVERS ~ each LEVEL has						
pecific timeslot restrictions and clusions. Please CIRCLE ONLY WHOLE	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p	SRDL 30 ~ 8-830a, 10-1030a, 11-1130a
ESSIONS as listed that corespond to	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 8-9a, 9-10a, 10-11a
our Level. You may not write-in your vn session times or request more time	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p	SRDL 90 ~ 8-930a, 9-1030a, 10-1130a
an allotted.	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p	SRDL 2hr ~ 8-10a, 830-1030a, 930-113
EAM DIVERS ~ each team (Dev1-3,						
egion, Zone, National, S&E, and asters) have specific/prescribed session	DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 12-1230p, 1230-1p
onfigurations for length of session(s) er slot/week. When submitting your	DVHS 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 1130a-1230p (w/o dry)
lendar requests, ONLY CIRCLE whole	DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 12-1p (w/dry)
ssions that are equal to your program ting. Please review the right-hand	DVHS 90 ~ 630-8p (w/o dry)	DVHS 90 ~ 630-8p (w/o dry)	DVHS 90 ~ 630-8p (w/o dry)	DVHS 90 ~ 630-8p (w/o dry)	DVHS 90 ~ 630-8p (w/o dry)	DVHS 90 ~ 1130a-1p (w/o dry)
lumn on the Fees tab of our website.	DVHS 90 ~ 7-830p (w/dry)	DVHS 90 ~ 7-830p (w/dry)	DVHS 90 ~ 7-830p (w/dry)	DVHS 90 ~ 7-830p (w/dry)	DVHS 90 ~ 7-830p (w/dry)	DVHS 90 ~ 12-130p, 1230-2p (w/dry)
	DVHS 90 ~ 730-9p (w/dry)	DVHS 90 ~ 730-9p (w/dry)	DVHS 90 ~ 730-9p (w/dry)	DVHS 90 ~ 730-9p (w/dry)	DVHS 90 ~ 730-9p (w/dry)	DVHS 2hr ~ 1130a-130p (w/o dry)
If you are not sure what your	DVHS 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 12-2p (w/dry)
rogram includes, please email	DVHS 2hr ~ 7-9p (w/dry)	DVHS 2hr ~ 7-9p (w/dry)	DVHS 2hr ~ 7-9p (w/dry)	DVHS 2hr ~ 7-9p (w/dry)	DVHS 2hr ~ 7-9p (w/dry)	
us: admin@CALdiving.org						

			January 2024			
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	NOTES/EXPLANATION:					
DIVER'S NAME:	NOTEO/EXI EMINATION:					
	For modulate a SDOD/DV/US					
PROG LEVEL (circle one):	For pool slots ~ SROP/DVHS					
1, 2, 4, 6, 8, 10, 12, 15	1) if you were at dryland (dry)			HIS IS PAG	L-2	
M1, M2, M3, M4, M5, M6	that day, then you MAY attend	<mark>l</mark>				
	the "with" (w/) or "without"		_	OR JANUA	RY	
NCLUDED HOURS:	(w/o) sessions		_			
100 to 10	0) If			21-31jan2	4	
ExtraHours" (if any):	2) If you did NOT attend				-	
, , , , , , , , , , , , , , , , , , ,	dryland the same day as you want to attend a water sssion,					
IVER'S TEAM (if any, circle):	vou MUST attend sessions					
DT, RT, ZT, NT, S&E, M	marked (w/o).					
	, ,					
MIWOK TOWER 1130-2pm	22	23	24	25	26	27
CIRCLE THIS SESSION	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p	SRDL 30 ~ 8-830a, 10-1030a, 11-1130a
AND	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 8-9a, 9-10a, 10-11a
Send a text to Coach Eric (925-586-0169)	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p	SRDL 90 ~ 8-930a, 9-1030a, 10-1130a
Fees \$30 per diver	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p	SRDL 2hr ~ 8-10a, 830-1030a, 930-1130a
i doc too be: alle:	DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 12-1230p, 1230-1p
	DVHS 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 1130a-1230p (w/o dry)
If you have not been to a Tower	DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 12-1p (w/dry)
session, you should reach out to	DVHS 90 ~ 630-8p (w/o dry)	DVHS 90 ~ 630-8p (w/o dry)	DVHS 90 ~ 630-8p (w/o dry)	DVHS 90 ~ 630-8p (w/o dry)	DVHS 90 ~ 630-8p (w/o dry)	DVHS 90 ~ 1130a-1p (w/o dry)
Coach Eric (925-586-0169) via	DVHS 90 ~ 7-830p (w/dry)	DVHS 90 ~ 7-830p (w/dry)	DVHS 90 ~ 7-830p (w/dry)	DVHS 90 ~ 7-830p (w/dry)	DVHS 90 ~ 7-830p (w/dry)	DVHS 90 ~ 12-130p, 1230-2p (w/dry)
text to discuss what a Tower session involves and if it might	DVHS 90 ~ 730-9p (w/dry)	DVHS 90 ~ 730-9p (w/dry)	DVHS 90 ~ 730-9p (w/dry)	DVHS 90 ~ 730-9p (w/dry)	DVHS 90 ~ 730-9p (w/dry)	DVHS 2hr ~ 1130a-130p (w/o dry)
be good for you or your diver.	DVHS 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 12-2p (w/dry)
no good for you or your diron	DVHS 2hr ~ 7-9p (w/dry)	DVHS 2hr ~ 7-9p (w/dry)	DVHS 2hr ~ 7-9p (w/dry)	DVHS 2hr ~ 7-9p (w/dry)	DVHS 2hr ~ 7-9p (w/dry)	
28	29	30	31	Levels and (Calendar Note	S:
	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p		J. 311 Mai 11010	<u> </u>
	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p			
	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	ALL DIVERS - cock LE	IVEL has appoint times at rest	triations and inclusions. Disco-
	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p			trictions and inclusions. Please nd to your Level. You may not wri
					session times or request mo	
	DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 7-730p, 730-8p (water)	your own		
	DVHS 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 630-730p (w/o dry)	TEAM DIVERS ~ each t	eam (Dev1-3, Region, Zone, Na	ational, S&E, and Masters) have
	DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 7-8p (w/dry)	specific/prescribed sessi	ion configurations for length o	of session(s) per slot/week. When
	DVHS 90 ~ 630-8p (w/o dry)	DVHS 90 ~ 630-8p (w/o dry)	DVHS 90 ~ 630-8p (w/o dry)	U	•	le sessions that are equal to your
	DVHS 90 ~ 7-830p (w/dry)	DVHS 90 ~ 7-830p (w/dry)	DVHS 90 ~ 7-830p (w/dry)	program listing. Please	review the right-hand column	on the Fees tab of our website.
	DVHS 90 ~ 730-9p (w/dry)	DVHS 90 ~ 730-9p (w/dry)	DVHS 90 ~ 730-9p (w/dry)	If the state of th		"
	DVHS 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 630-830p (w/o dry)	If you are not sure what	your program includes, please	e email us: admin@CALdiving.org
	DVHS 2hr ~ 7-9p (w/dry)	DVHS 2hr ~ 7-9p (w/dry)	DVHS 2hr ~ 7-9p (w/dry)			

			February 2024			
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3 Local Diving Meet ~ 03-04feb24
	NOTES/EXPLANATION ~	"TRY-IT-0	OUT" (TIO)			NO REGULAR PRACTICE
DIVER'S NAME:		PROGRAM	I OFFERING	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p	Miwok Aquatic Center, Novato
				SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	
	For pool slots ~ SROP/DVHS			SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p	Event is on DiveMeets
PROG LEVEL (circle one): 1, 2, 4, 6, 8, 10, 12, 15				SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p	
M1, M2, M3, M4, M5, M6	1) if you were at dryland (dry)	Try-it-Out (TIO) In	clusive Sessions ~			ALL DIVERS / ALL LEVELS INVITED
	that day, then you MAY attend			DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 7-730p, 730-8p (water)	
	the "with" (w/) or "without"		(2-water + 1-dryland)	DVHS 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 630-730p (w/o dry)	MUST BE REGISTERED WITH USAD
INCLUDED HOURS:	(w/o) sessions	Taken in order as:	Water-Dryland-Water	DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 7-8p (w/dry)	
	2) If you did NOT attend			DVHS 90 ~ 630-8p (w/o dry)	DVHS 90 ~ 630-8p (w/o dry)	
"ExtraHours" (if any):	dryland the same day as you		60-, or 90-minute) sessions	DVHS 90 ~ 7-830p (w/dry)	DVHS 90 ~ 7-830p (w/dry)	
	want to attend a water sssion,	DRYLAND sessions are (30- or 60-minute) sessions	DVHS 90 ~ 730-9p (w/dry)	DVHS 90 ~ 730-9p (w/dry)	
DIVER'S TEAM (if any, circle):	vou MUST attend sessions			DVHS 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 630-830p (w/o dry)	
DT, RT, ZT, NT, S&E, M	marked (w/o).	(coach's discretion for c	ompletion of any session)	DVHS 2hr ~ 7-9p (w/dry)	DVHS 2hr ~ 7-9p (w/dry)	
	` '					
4 Local Diving Meet ~ 03-04feb24	5 START OF HIGH SCHOOL DIVING	6	7	8	9	10
CONTINUED						
Miwok Aquatic Center, Novato	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p	SRDL 30 ~ 8-830a, 10-1030a, 11-1130a			
	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 8-9a, 9-10a, 10-11a				
	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p	SRDL 90 ~ 8-930a, 9-1030a, 10-1130a			
	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p	SRDL 2hr ~ 8-10a, 830-1030a, 930-1130a			
	DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 12-1230p, 1230-1p				
	DVHS 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 1130a-1230p (w/o dry)				
	DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 12-1p (w/dry)				
	DVHS 90 ~ 630-8p (w/o dry)	DVHS 90 ~ 1130a-1p (w/o dry)				
	DVHS 90 ~ 7-830p (w/dry)	DVHS 90 ~ 12-130p, 1230-2p (w/dry)				
	DVHS 90 ~ 730-9p (w/dry)	DVHS 2hr ~ 1130a-130p (w/o dry)				
	DVHS 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 12-2p (w/dry)				
	DVHS 2hr ~ 7-9p (w/dry)					
11 Levels, Calendar Notes ~	12	13	14	15	16	17
ALL DIVERS ~ each LEVEL has specific						
timeslot restrictions and inclusions. Please CIRCLE ONLY WHOLE SESSIONS as listed	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p	SRDL 30 ~ 8-830a, 10-1030a, 11-1130a			
that corespond to your Level. You may not	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 8-9a, 9-10a, 10-11a				
write-in your own session times or request more time than allotted.	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p	SRDL 90 ~ 8-930a, 9-1030a, 10-1130a			
	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p	SRDL 2hr ~ 8-10a, 830-1030a, 930-1130a			
TEAM DIVERS ~ each team (Dev1-3, Region, Zone, National, S&E, and Masters) have						
specific/prescribed session configurations for	DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 12-1230p, 1230-1p				
length of session(s) per slot/week. When submitting your calendar requests, ONLY	DVHS 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 1130a-1230p (w/o dry)				
CIRCLE whole sessions that are equal to your	DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 12-1p (w/dry)				
program listing. Please review the right-hand		DVHS 90 ~ 630-8p (w/o dry)	DVHS 90 ~ 1130a-1p (w/o dry)			
column on the Fees tab of our website. If you are not sure what your program	DVHS 90 ~ 7-830p (w/dry)	DVHS 90 ~ 12-130p, 1230-2p (w/dry)				
includes, please email us:	DVHS 90 ~ 730-9p (w/dry)	DVHS 2hr ~ 1130a-130p (w/o dry)				
admin@CALdiving.org	DVHS 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 12-2p (w/dry)				
	DVHS 2hr ~ 7-9p (w/dry)					
				1		

	February 2024								
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
	NOTES/EXPLANATION ~	"TRY-IT-	OUT" (TIO)						
DIVER'S NAME:	NOTEO/EXI CANATION		M OFFERING						
PROG LEVEL (circle one):	For pool slots ~ SROP/DVHS			_		.			
1, 2, 4, 6, 8, 10, 12, 15	1) if you were at dryland (dry)	T '(0 (/TIO) I			THIS IS PAG	5E-2			
M1, M2, M3, M4, M5, M6	that day, then you MAY attend		nclusive Sessions ~		OR FEBRU	ΛDV			
	the "with" (w/) or "without" (w/o) sessions		s (2-water + 1-dryland) Water-Dryland-Water		OK FEDRU	ANI			
INCLUDED HOURS:		raken in order as.	water-Dryland-water		18-29feb2	24			
"ExtraHours" (if any):	2) If you did NOT attend dryland the same day as you	WATER options are: (30-	, 60-, or 90-minute) sessions		IO ZOIODZ	- - T			
· "	want to attend a water sssion,	DRYLAND sessions are	(30- or 60-minute) sessions						
DIVER'S TEAM (if any, circle):	you MUST attend sessions	(coach's discretion for	completion of any session)						
DT, RT, ZT, NT, S&E, M	marked (w/o).	(coacii s discretion for	completion of any session,						
18	19	20	21	22	23	24			
	ODDI 00 4 400 5 500 0 000	DDD1 00 4 400 5 500 0 000	ODDI 00 4 400 5 500 0 000	ODDI 00 4 400 5 500 0 000	ODDI 00 4 400 5 500				
	SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p	SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p	SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p	SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p	SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p, 5-6p	SRDL 30 ~ 8-830a, 10-1030a, 11-1130a SRDL 60 ~ 8-9a, 9-10a, 10-11a			
	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p	SRDL 90 ~ 8-930a, 9-1030a, 10-1130a			
	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p	SRDL 2hr ~ 8-10a, 830-1030a, 930-1130a			
	DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 12-1230p, 1230-1p			
	DVHS 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 1130a-1230p (w/o dry)			
	DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 12-1p (w/dry)			
	DVHS 90 ~ 630-8p (w/o dry)	DVHS 90 ~ 630-8p (w/o dry)	DVHS 90 ~ 630-8p (w/o dry)	DVHS 90 ~ 630-8p (w/o dry)	DVHS 90 ~ 630-8p (w/o dry)	DVHS 90 ~ 1130a-1p (w/o dry)			
	DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry)	DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry)	DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry)	DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry)	DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry)	DVHS 90 ~ 12-130p, 1230-2p (w/dry) DVHS 2hr ~ 1130a-130p (w/o dry)			
	DVHS 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 12-2p (w/dry)			
	DVHS 2hr ~ 7-9p (w/dry)	DVHS 2hr ~ 7-9p (w/dry)	DVHS 2hr ~ 7-9p (w/dry)	DVHS 2hr ~ 7-9p (w/dry)	DVHS 2hr ~ 7-9p (w/dry)				
25 MIWOK TOWER 1130-2pm	26	27	28	29					
23 MINTOR TOTALITY TIOU-ZPIII					Levels, Cale	ndar Notes:			
CIRCLE THIS SESSION	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p					
AND	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p		as specific timeslot restrictions and			
Send a text to Coach Eric (925-586-0169)	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p		NLY WHOLE SESSIONS as listed that			
Fees \$30 per diver	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	times or request more time that	may not write-in your own session an allotted.			
	DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 7-730p, 730-8p (water)	TEAM DIVERS	and 2 Danisa Zana National COF			
If you have not been to a Tower	DVHS 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 630-730p (w/o dry)		ev1-3, Region, Zone, National, S&E, escribed session configurations for			
session, you should reach out to	DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 7-8p (w/dry)	length of session(s) per slot/w	eek. When submitting your calendar			
Coach Eric (925-586-0169) via	DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry)	DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry)	DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry)	DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry)		e sessions that are equal to your			
text to discuss what a Tower						v the right-hand column on the Fees			
	DVHS 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 630-830p (w/o dry)		program includes, please email us:			
be good for you or your diver.	DVHS 2hr ~ 7-9p (w/dry)	DVHS 2hr ~ 7-9p (w/dry)	DVHS 2hr ~ 7-9p (w/dry)	DVHS 2hr ~ 7-9p (w/dry)	admin@CALdiving.org	.,			
text to discuss what a Tower session involves and if it might be good for you or your diver.	DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry)	DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry)	DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry)	DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry)	tab of our website. If you are not sure what your p	·			

March 2024								
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
DIVER'S NAME: PROG LEVEL (circle one): 1, 2, 4, 6, 8, 10, 12, 15 M1, M2, M3, M4, M5, M6	NOTES/EXPLANATION ~ For pool slots ~ SROP/DVHS 1) if you were at dryland (dry)	"TRY-IT-OUT" (TIO) PROGRAM OFFERING			1 SRDL 30 - 4-430p, 5-530p SRDL 60 - 4-5p, 5-6p SRDL 90 - 4-530p, 430-6p SRDL 2hr - 4-6p	2 SRDL 30 - 8-830a, 10-1030a, 11-1130a SRDL 60 - 8-9a, 9-10a, 10-11a SRDL 90 - 8-930a, 9-1030a, 10-1130a SRDL 2hr - 8-10a, 830-1030a, 930-1130a		
"ExtraHours" (if any, circle): DT, RT, ZT, NT, S&E, M	that day, then you MAY attend the "with" (w/) or "without" (w/o) wet sessions 2) If you did NOT attend dryland the same day and you want to attend a water session, you MUST attend sessions marked (w/o).	Try-it-Out (TIO) Inclusive Sessions ~ Total of 3 sessions (2-water + 1-dryland) Taken in order as: Water-Dryland-Water WATER options are: (30-, 60-, or 90-minute) sessions DRYLAND sessions are (30- or 60-minute) sessions (coach's discretion for completion of any session)			DVHS 30 - 7-730p, 730-8p (water) DVHS 60 - 630-730p (wlo dry) DVHS 60 - 7-8p (wldry) DVHS 90 - 630-8p (wlo dry) DVHS 90 - 7-830p (wldry) DVHS 90 - 7-830p (wldry) DVHS 90 - 730-9p (wldry) DVHS 2hr - 630-830p (wlo dry) DVHS 2hr - 7-9p (wldry)	DVHS 30 – 12-1230p, 1230-1p DVHS 60 – 1130a-1230p (w/o dry) DVHS 60 – 112-1p (w/dry) DVHS 90 – 1130a-1p (w/o dry) DVHS 90 – 12-130p, 1230-2p (w/dry) DVHS 90 – 1130a-130p (w/o dry) DVHS 2hr – 1130a-130p (w/o dry) DVHS 2hr – 12-2p (w/dry)		
To MIWOK TOWER 1130-2pm CIRCLE THIS SESSION AND Send a text to Coach Eric (925-586-0169) Fees \$30 per diver If you have not been to a Tower session, you should reach out to Coach Eric (925-586-0169) via tex		5 SRDL 30 - 4-430p, 5-530p, 6-630p SRDL 90 - 4-530p, 430-6p, 5-630p SRDL 2hr - 4-6p, 430-630p, 5-7p DVHS 30 - 7-730p, 730-8p (water) DVHS 60 - 630-730p (w/o dry) DVHS 90 - 7-830 (w/ordy) DVHS 90 - 4-50p, 5-50p SRDL 30 - 4-430p, 5-530p SRDL 90 - 4-530p, 430-6p SRDL 90 - 4-530p, 430-6p SRDL 2hr - 4-6p DVHS 30 - 7-730p, 730-8p (w/ordy) DVHS 90 - 7-830p (w/ordy)	6 SRDL 30 - 4-430p, 5-530p, 6-630p SRDL 60 - 4-5p, 5-6p SRDL 90 - 4-530p, 430-6p, 5-630p SRDL 2hr - 4-6p, 430-630p, 5-7p DVHS 30 - 7-730p, 730-8p (water) DVHS 60 - 630-730p (wlo dry) DVHS 90 - 7-89p (wldry) DVHS 90 - 7-830p (wldry) DVHS 90 - 7-830p (wldry) DVHS 2hr - 630-830p (wlo dry) DVHS 2hr - 7-9p (wldry) 13 SRDL 30 - 4-430p, 5-530p SRDL 90 - 4-530p, 430-6p SRDL 90 - 4-530p, 430-6p SRDL 2hr - 4-6p DVHS 30 - 7-730p, 730-8p (water) DVHS 60 - 7-8p (wldry) DVHS 90 - 7-80p (wldry)	7 SRDL 30 - 4-430p, 5-530p, 6-630p SRDL 60 - 4-5p, 5-6p SRDL 90 - 4-530p, 430-6p, 5-630p SRDL 2hr - 4-6p, 430-630p, 5-7p DVHS 30 - 7-730p, 730-8p (water) DVHS 60 - 630-730p (w/o dry) DVHS 60 - 7-89 (w/dry) DVHS 90 - 7-830p (w/dry) DVHS 90 - 7-830p (w/dry) DVHS 2hr - 630-830p (w/o dry) DVHS 2hr - 7-9p (w/dry) DVHS 2hr - 7-9p (w/dry) DVHS 2hr - 7-8p (w/dry) DVHS 2hr - 7-8p (w/dry) DVHS 2hr - 7-8p (w/dry) DVHS 90 - 7-830p (w/dry) DVHS 90 - 7-89p (w/dry)	8 SRDL 30 - 4-430p, 5-530p SRDL 60 - 4-5p, 5-6p SRDL 90 - 4-530p, 430-6p SRDL 2br - 4-6p DVHS 30 - 7-730p, 730-8p (water) DVHS 60 - 630-730p (w/o dry) DVHS 60 - 7-89 (w/dry) DVHS 90 - 7-830p (w/orly) DVHS 2br - 630-830p (w/o dry) DVHS 2br - 7-9p (w/dry) TS AAU RWB - Tualatin, OR SRDL 30 - 4-430p, 5-530p SRDL 30 - 4-5p, 5-6p SRDL 90 - 4-530p, 430-6p SRDL 2br - 4-6p DVHS 30 - 7-730p, 730-8p (water) DVHS 60 - 7-8p (w/dry) DVHS 90 - 7-830p (w/dry)	9 SRDL 30 - 8-830a, 10-1030a, 11-1130a SRDL 60 - 8-9a, 9-10a, 10-11a SRDL 90 - 8-930a, 9-1030a, 10-1130a SRDL 2hr - 8-10a, 830-1030a, 930-1130a DVHS 30 - 12-1230p, 1230-1p DVHS 60 - 1130a-1230p (w/o dry) DVHS 60 - 12-12, (w/dry) DVHS 90 - 12-130p, 1230-2p (w/dry) DVHS 2hr - 1130a-130p (w/o dry) DVHS 2hr - 1130a-130p (w/o dry) DVHS 2hr - 12-2p (w/dry) The standard of t		
to discuss what a Tower session involves and if it might be good for you or your diver.	THIS IS PAGE-1 FOR MARCH, 2024 01-16mar24			LUVIS 2017 - 1-99 (Widty))	Levels, Calendar Notes: ALL DIVERS ~ each LEVEL has specific timeslot restrictions and inclusions. Please CIRCLE ONLY WHOLE SESSIONS as listed that corespond to your Level. You may not write-in your own session times or request more time than allotted. TEAM DIVERS ~ each team (Dev1-3, Region, Zone, National, S&E, and Masters) have specific/prescribed session configurations for length of session(s) per slot/week. When submitting your calendar requests, ONLY CIRCLE whole sessions that are equal to your program listing. Please review the right-hand column on the Fees tab of our website. If you are not sure what your program includes, please email us: admin@CALdiving.org			

March 2024							
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
DIVER'S NAME:	NOTES/EXPLANATION ~	"TRY-IT-OUT" (TIO) PROGRAM OFFERING					
PROG LEVEL (circle one): 1, 2, 4, 6, 8, 10, 12, 15 M1, M2, M3, M4, M5, M6	For pool slots ~ SROP/DVHS 1) if you were at dryland (dry) that day, then you MAY attend the "with" (w/) or	Try-it-Out (TIO) Inclusive Sessions ~ Total of 3 sessions (2-water + 1-dryland)		THIS IS PAGE-2 FOR MARCH, 2024			
INCLUDED HOURS/WEEK:	"without" (w/o) wet sessions 2) If you did NOT attend		Water-Dryland-Water	17-31mar24			
"ExtraHours" (if any):	dryland the same day and you want to attend a water		60-, or 90-minute) sessions 30- or 60-minute) sessions				
DIVER'S TEAM (if any, circle): DT, RT, ZT, NT, S&E, M	session, you MUST attend sessions marked (w/o).	(coach's discretion for c	ompletion of any session)				
17 AAU RWB ~ Tualatin, OR	18	19	20	21	22	23	
	SRDL 30 - 4-430p, 5-530p, 6-630p SRDL 60 - 4-5p, 5-6p SRDL 90 - 4-530p, 430-6p, 5-630p SRDL 2hr - 4-6p, 430-630p, 5-7p	SRDL 30 - 4-430p, 5-530p, 6-630p SRDL 60 - 4-5p, 5-6p SRDL 90 - 4-530p, 430-6p, 5-630p SRDL 2hr - 4-6p, 430-630p, 5-7p	SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 2hr ~ 4-6p	SRDL 30 - 8-830a, 10-1030a, 11-1130a SRDL 60 - 8-9a, 9-10a, 10-11a SRDL 90 - 8-930a, 9-1030a, 10-1130a SRDL 2hr - 8-10a, 830-1030a, 930-1130a	
	DVHS 30 - 7-730p, 730-8p (water) DVHS 60 - 630-730p (w/o dry) DVHS 60 - 7-8p (w/dry) DVHS 90 - 630-8p (w/o dry) DVHS 90 - 7-830p (w/dry) DVHS 90 - 7-830p (w/dry) DVHS 90 - 730-9p (w/o dry) DVHS 2hr - 630-630p (w/o dry) DV	DVHS 30 - 7-730p, 730-8p (water) DVHS 60 - 630-730p (w/o dry) DVHS 60 - 7-8p (w/dry) DVHS 90 - 7-8p (w/dry) DVHS 90 - 730-8p (w/dry) DVHS 90 - 730-9p (w/dry) DVHS 90 - 730-9p (w/dry) DVHS 2hr - 630-630p (w/o dry)	DVHS 30 - 7-730p, 730-8p (water) DVHS 60 - 630-730p (w/o dry) DVHS 60 - 7-8p (w/dry) DVHS 90 - 530-8p (w/o dry) DVHS 90 - 7-80p (w/dry) DVHS 90 - 7-30-9p (w/dry) DVHS 2hr - 630-830p(w/o dry) DVHS 2hr - 630-830p(w/o dry)	DVHS 30 - 7-730p, 730-8p (water) DVHS 60 - 630-730p (w/o dry) DVHS 60 - 7-8p (w/dry) DVHS 90 - 630-8p (w/o dry) DVHS 90 - 630-8p (w/o dry) DVHS 90 - 7-83-9p (w/dry) DVHS 90 - 730-9p (w/dry) DVHS 90 - 730-9p (w/dry) DVHS 2hr - 630-830p (w/o dry) DVHS 2hr - 7-9p (w/dry)	DVHS 30 - 7-730p, 730-8p (water) DVHS 60 - 630-730p (w/o dry) DVHS 60 - 7-8p (w/dry) DVHS 90 - 630-8p (w/o dry) DVHS 90 - 530-8p (w/o dry) DVHS 90 - 7-830p (w/dry) DVHS 90 - 730-9p (w/dry) DVHS 2hr - 630-830p (w/o dry) DVHS 2hr - 7-9p (w/dry)	DVHS 30 ~ 12-1230p, 1230-1p DVHS 60 ~ 1130a-1230p (w/o dry) DVHS 60 ~ 12-1p (w/dry) DVHS 90 ~ 1130a-1p (w/o dry) DVHS 90 ~ 1130a-1p (w/o dry) DVHS 90 ~ 12-130p, 1230-2p (w/dry) DVHS 2hr ~ 1130a-130p (w/o dry) DVHS 2hr ~ 12-2p (w/dry)	
24	25	26	27	28	29	30	
	SRDL 30 - 4-430p, 5-530p, 6-630p SRDL 60 - 4-5p, 5-6p SRDL 90 - 4-530p, 430-6p, 5-630p SRDL 2hr - 4-6p, 430-630p, 5-7p DVHS 30 - 7-730p, 730-8p (water) DVHS 60 - 630-730p (w/o dry) DVHS 90 - 630-8p (w/o dry) DVHS 90 - 630-8p (w/o dry) DVHS 90 - 7-830p (w/o dry)	SRDL 30 - 4-430p, 5-530p, 6-630p SRDL 60 - 4-5p, 5-6p SRDL 90 - 4-530p, 430-6p, 5-630p SRDL 2hr - 4-6p, 430-630p, 5-7p DVHS 30 - 7-730p, 730-8p (water) DVHS 60 - 7-8p (w/dry) DVHS 90 - 630-8p (w/dry) DVHS 90 - 630-8p (w/dry) DVHS 90 - 7-830p (w/dry)	SRDL 30 - 4-430p, 5-530p SRDL 60 - 4-5p, 5-6p SRDL 60 - 4-5p, 5-6p SRDL 90 - 4-530p, 430-6p, 5-630p SRDL 2hr - 4-6p, 430-630p, 5-7p DVHS 30 - 7-730p, 730-8p (water) DVHS 60 - 7-730p, 730-8p (water) DVHS 60 - 7-8p (w/dry) DVHS 90 - 630-8p (w/o dry) DVHS 90 - 630-8p (w/o dry) DVHS 90 - 7-830p (w/dry)	SRDL 30 - 4-430p, 5-530p, 6-630p SRDL 60 - 4-5p, 5-6p SRDL 90 - 4-530p, 430-6p, 5-630p SRDL 2br - 4-6p, 430-630p, 5-7p DVHS 30 - 7-730p, 730-8p (water) DVHS 60 - 7-8p (widry) DVHS 90 - 7-8p (widry) DVHS 90 - 630-8p (wid dry) DVHS 90 - 7-830p (widry)	SRDL 30 - 4-430p, 5-530p SRDL 60 - 4-5p, 5-6p SRDL 90 - 4-530p, 430-6p SRDL 2br - 4-6p DVHS 30 - 7-730p, 730-8p (water) DVHS 60 - 630-730p (w/o dry) DVHS 60 - 7-8p (w/dry) DVHS 90 - 630-8p (w/o dry) DVHS 90 - 7-830p (w/o dry)	SRDL 30 – 8-830a, 10-1030a, 11-1130a SRDL 60 – 8-9a, 9-10a, 10-11a SRDL 90 – 8-930a, 9-1030a, 10-1130a SRDL 2hr – 8-10a, 830-1030a, 930-1130a DVHS 30 – 12-1230p, 1230-1p DVHS 60 – 1130a-1230p (w/o dry) DVHS 60 – 12-1p (w/dry) DVHS 90 – 1130a-1p (w/o dry) DVHS 90 – 1130a-1p (w/o dry)	
	DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)	DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)	DVHS 90 - 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)	DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)	DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)	DVHS 2hr ~ 1130a-130p (w/o dry) DVHS 2hr ~ 12-2p (w/dry)	
31					inclusions. Please CIRCLE ON corespond to your Level. You itimes or request more time that TEAM DIVERS ~ each team (De and Masters) have specific/preilength of session(s) per slot/we requests, ONLY CIRCLE whole program listing. Please review tab of our website.	s specific timeslot restrictions and LY WHOLE SESSIONS as listed that may not write-in your own session	

April 2024						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	Diving Meet UC Davis (Sat JO, Sun FC)
IVER'S NAME:	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p	SRDL 30 ~ 8-830a, 10-1030a, 11-1130a			
	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 8-9a, 9-10a, 10-11a				
	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p	SRDL 90 ~ 8-930a, 9-1030a, 10-1130a			
ROG LEVEL (circle one): 1, 2, 4, 6, 8, 10, 12, 15	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p	SRDL 2hr ~ 8-10a, 830-1030a, 930-1130a			
M1, M2, M3, M4, M5, M6	DVHS 30 ~ 7-730p, 730-8p (water)	SROP 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 12-1230p, 1230-1p			
	DVHS 60 ~ 630-730p (w/o dry)	SROP 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 1130a-1230p (w/o dry)			
ICLUDED HOURS/WEEK:	DVHS 60 ~ 7-8p (w/dry)	SROP 60 ~ 7-8p (w/dry)	DVHS 60 ~ 12-1p (w/dry)			
	DVHS 90 ~ 630-8p (w/o dry)	SROP 90 ~ 630-8p (w/o dry)	DVHS 90 ~ 1130a-1p (w/o dry)			
xtraHours" (if any):	DVHS 90 ~ 7-830p (w/dry)	SROP 90 ~ 7-830p (w/dry)	DVHS 90 ~ 12-130p, 1230-2p (w/dry)			
	DVHS 90 ~ 730-9p (w/dry)	SROP 90 ~ 730-9p (w/dry)	DVHS 2hr ~ 1130a-130p (w/o dry)			
VER'S TEAM (if any, circle):	DVHS 2hr ~ 630-830p (w/o dry)	SROP 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 12-2p (w/dry)			
DT, RT, ZT, NT, S&E, M	DVHS 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 7-9p (w/dry)				
Diving Meet ~ UC Davis (FC's Today)	8	9	10	11	12	13
NOTES/EXPLANATION ~	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p	SRDL 30 ~ 8-830a, 10-1030a, 11-1130a			
	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 8-9a, 9-10a, 10-11a				
or pool slots ~ SROP/DVHS	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p	SRDL 90 ~ 8-930a, 9-1030a, 10-1130a			
or poor stots - SIKOF/DVIIO	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p	SRDL 2hr ~ 8-10a, 830-1030a, 930-1130a			
If you were at dryland (dry) that						
y, then you MAY attend the	DVHS 30 ~ 7-730p, 730-8p (water)	SROP 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 12-1230p, 1230-1p			
rith" (w/) or "without" (w/o)	DVHS 60 ~ 630-730p (w/o dry)	SROP 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 1130a-1230p (w/o dry)			
ater (wet) sessions	DVHS 60 ~ 7-8p (w/dry)	SROP 60 ~ 7-8p (w/dry)	DVHS 60 ~ 12-1p (w/dry)			
	DVHS 90 ~ 630-8p (w/o dry)	SROP 90 ~ 630-8p (w/o dry)	DVHS 90 ~ 1130a-1p (w/o dry)			
If you did NOT attend dryland	DVHS 90 ~ 7-830p (w/dry)	SROP 90 ~ 7-830p (w/dry)	DVHS 90 ~ 12-130p, 1230-2p (w/dry)			
at day AND you want to attend	DVHS 90 ~ 730-9p (w/dry)	SROP 90 ~ 730-9p (w/dry)	DVHS 2hr ~ 1130a-130p (w/o dry)			
ater that day, you MUST attend	DVHS 2hr ~ 630-830p (w/o dry)	SROP 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 12-2p (w/dry)			
essions marked (w/o).	DVHS 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 7-9p (w/dry)				
					Levels Calendar Notes:	

THIS IS PAGE-1 FOR APRIL, 2024 01-20apr24

"TRY-IT-OUT" (TIO) PROGRAM OFFERING

Try-it-Out (TIO) Inclusive Sessions ~
Total of 3 sessions (2-water + 1-dryland)
Taken in order as: Water-Dryland-Water

WATER options are: (30-, 60-, or 90-minute) sessions DRYLAND sessions are (30- or 60-minute) sessions

(coach's discretion for completion of any session)

Levels, Calendar Notes:

ALL DIVERS ~ each LEVEL has specific timeslot restrictions and inclusions. Please CIRCLE ONLY WHOLE SESSIONS as listed that corespond to your Level. You may not write-in your own session times or request more time than allotted.

TEAM DIVERS ~ each team (Dev1-3, Region, Zone, National, S&E, and Masters) have specific/prescribed session configurations for length of session(s) per slot/week. When submitting your calendar requests, ONLY CIRCLE whole sessions that are equal to your program listing. Please review the right-hand column on the Fees tab of our website.

If you are not sure what your program includes, please email us: admin@CALdiving.org

April 2024							
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
14 MIWOK TOWER 1130-2pm	15	16	17	18	19	20	
CIRCLE THIS SESSION	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p	SRDL 30 ~ 4-430p, 5-530p	SRDL 30 ~ 8-830a, 9-930a, 10-1030a	
AND	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 8-9a, 9-10a, 10-11a	
Send a text to Coach Eric	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p	SRDL 90 ~ 4-530p, 430-6p	SRDL 90 ~ 8-930a, 9-1030a	
(925-586-0169)	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p	SRDL 2hr ~ 4-6p	SRDL 2hr ~ 8-10a, 830-1030a	
Fees \$30 per diver							
	SROP 30 ~ 7-730p, 730-8p (water)	SROP 30 ~ 7-730p, 730-8p (water)	SROP 30 ~ 7-730p, 730-8p (water)	SROP 30 ~ 7-730p, 730-8p (water)	SROP 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 12-1230p, 1230-1p	
If you have not been to a Tower	SROP 60 ~ 630-730p (w/o dry)	SROP 60 ~ 630-730p (w/o dry)	SROP 60 ~ 630-730p (w/o dry)	SROP 60 ~ 630-730p (w/o dry)	SROP 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 1130a-1230p (w/o dry)	
session, you should reach out to	SROP 60 ~ 7-8p (w/dry)	SROP 60 ~ 7-8p (w/dry)	SROP 60 ~ 7-8p (w/dry)	SROP 60 ~ 7-8p (w/dry)	SROP 60 ~ 7-8p (w/dry)	DVHS 60 ~ 12-1p (w/dry)	
Coach Eric (925-586-0169) via	SROP 90 ~ 630-8p (w/o dry)	SROP 90 ~ 630-8p (w/o dry)	SROP 90 ~ 630-8p (w/o dry)	SROP 90 ~ 630-8p (w/o dry)	SROP 90 ~ 630-8p (w/o dry)	DVHS 90 ~ 1130a-1p (w/o dry)	
text to discuss what a Tower	SROP 90 ~ 7-830p (w/dry)	SROP 90 ~ 7-830p (w/dry)	SROP 90 ~ 7-830p (w/dry)	SROP 90 ~ 7-830p (w/dry)	SROP 90 ~ 7-830p (w/dry)	DVHS 90 ~ 12-130p, 1230-2p (w/dry)	
session involves and if it might	SROP 90 ~ 730-9p (w/dry)	SROP 90 ~ 730-9p (w/dry)	SROP 90 ~ 730-9p (w/dry)	SROP 90 ~ 730-9p (w/dry)	SROP 90 ~ 730-9p (w/dry)	DVHS 2hr ~ 1130a-130p (w/o dry)	
be good for you or your diver.	SROP 2hr ~ 630-830p (w/o dry)	SROP 2hr ~ 630-830p (w/o dry)	SROP 2hr ~ 630-830p (w/o dry)	SROP 2hr ~ 630-830p (w/o dry)	SROP 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 12-2p (w/dry)	
	SROP 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 7-9p (w/dry)		
21	22	23 HS WACC Champ's, Berkeley, CA	24 HS EBAL Champ's, Livermore, CA	25	26	27 HS DAL Champ's, Moraga, CA	
						SPECIAL NOTE(time/place)	
	SRDL 30 ~ 4-430p, 5-530p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p	DRY/WET ~ CHANGES TODAY	
DIVER'S NAME:	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 30 ~ 8-830a, 830-9a, 9-930a	
	SRDL 90 ~ 4-530p, 430-6p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p	SRDL 60 ~ 8-9a, 9-10a	
DDOOLEVEL (strate arra):	SRDL 2hr ~ 4-6p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p	SRDL 90 ~ 8-930a, 9-1030a	
PROG LEVEL (circle one): 1, 2, 4, 6, 8, 10, 12, 15						SRDL 2hr ~ 8-10a	
M1, M2, M3, M4, M5, M6	DVHS 30 ~ 7-730p, 730-8p (water)	SROP 30 ~ 7-730p, 730-8p (water)	SROP 30 ~ 7-730p, 730-8p (water)	SROP 30 ~ 7-730p, 730-8p (water)	SROP 30 ~ 7-730p, 730-8p (water)		
	DVHS 60 ~ 630-730p (w/o dry)	SROP 60 ~ 630-730p (w/o dry)	SROP 60 ~ 630-730p (w/o dry)	SROP 60 ~ 630-730p (w/o dry)	SROP 60 ~ 630-730p (w/o dry)	SROP 30 ~ 10-1030a, 11-1130a	
	DVHS 60 ~ 7-8p (w/dry)	SROP 60 ~ 7-8p (w/dry)	SROP 60 ~ 7-8p (w/dry)	SROP 60 ~ 7-8p (w/dry)	SROP 60 ~ 7-8p (w/dry)	SROP 60 ~ 0930a-1030a (w/o dry)	
INCLUDED HOURS/WEEK:	DVHS 90 ~ 630-8p (w/o dry)	SROP 90 ~ 630-8p (w/o dry)	SROP 90 ~ 630-8p (w/o dry)	SROP 90 ~ 630-8p (w/o dry)	SROP 90 ~ 630-8p (w/o dry)	SROP 60 ~ 10-11a (w/dry)	
	DVHS 90 ~ 7-830p (w/dry)	SROP 90 ~ 7-830p (w/dry)	SROP 90 ~ 7-830p (w/dry)	SROP 90 ~ 7-830p (w/dry)	SROP 90 ~ 7-830p (w/dry)	SROP 90 ~ 930a-11p (w/o dry)	
"ExtraHours" (if any):	DVHS 90 ~ 730-9p (w/dry)	SROP 90 ~ 730-9p (w/dry)	SROP 90 ~ 730-9p (w/dry)	SROP 90 ~ 730-9p (w/dry)	SROP 90 ~ 730-9p (w/dry)	SROP 90 ~ 10-1130a, 1030-12p (w/dry)	
	DVHS 2hr ~ 630-830p (w/o dry)	SROP 2hr ~ 630-830p (w/o dry)	SROP 2hr ~ 630-830p (w/o dry)	SROP 2hr ~ 630-830p (w/o dry)	SROP 2hr ~ 630-830p (w/o dry)	SROP 2.5hrs ~ 0930a-12p (w/o dry)	
DIVER'S TEAM (if any, circle):	DVHS 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 10a-12p (w/dry)	
DT, RT, ZT, NT, S&E, M							
	29	30			Lovels Calou	adar Notos:	
NOTES/EXPLANATION ~			"TRY-IT-	OUT" (TIO)	Levels, Cale	iuai Notes.	
NOTES/EXPLANATION ~	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	PROGRAM	// OFFERING			
	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p			ALL DIVERS ~ each LEVEL has	s specific timeslot restrictions and	
For pool slots ~ SROP/DVHS	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p				LY WHOLE SESSIONS as listed that	
	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p				may not write-in your own session	
1) if you were at dryland (dry) that			Try it Out (TIO) I	nolucivo Socciono «	times or request more time that	n allotted.	
day, then you MAY attend the	SROP 30 ~ 7-730p, 730-8p (water)	SROP 30 ~ 7-730p, 730-8p (water)	Try-it-Out (TIO) Inclusive Sessions ~				
"with" (w/) or "without" (w/o) wet	SROP 60 ~ 630-730p (w/o dry)	SROP 60 ~ 630-730p (w/o dry)	Total of 3 sessions (2-water + 1-dryland)		TEAM DIVERS ~ each team (Dev1-3, Region, Zone, National, S&E,		
sessions	SROP 60 ~ 7-8p (w/dry)	SROP 60 ~ 7-8p (w/dry)	Taken in order as:	Water-Dryland-Water		scribed session configurations for ek. When submitting your calendar	
2) If you did NOT attend dryland	SROP 90 ~ 630-8p (w/o dry)	SROP 90 ~ 630-8p (w/o dry)					
the same day and you want to	SROP 90 ~ 7-830p (w/dry)	SROP 90 ~ 7-830p (w/dry)	WATER options are: (30-, 60-, or 90-minute) sessions		requests, ONLY CIRCLE whole sessions that are equal to your program listing. Please review the right-hand column on the Fees		
attend a water session, you	SROP 90 ~ 730-9p (w/dry)	SROP 90 ~ 730-9p (w/dry)	DRYLAND sessions are	(30- or 60-minute) sessions	tab of our website.	3	
MUST attend sessions marked	SROP 2hr ~ 630-830p (w/o dry)	SROP 2hr ~ 630-830p (w/o dry)				rogram includes, please email us:	
(w/o).	SROP 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 7-9p (w/dry)	(coach's discretion for	completion of any session)	admin@CALdiving.org		
This is Page-2 For April - 14-30apr24							
This is Page-2 For April ~ 14-30apr24							

May 2024 Thursday HS NCS Champ's, Concord, CA USAD Region-7, Chicago, IL USAD Region-7, Chicago, IL SRDL 30 ~ 4-430p. 5-530p SRDL 30 ~ 4-430p. 5-530p. 6-630p SRDL 30 ~ 4-430p. 5-530p SRDL 30 ~ 9-930a, 10-1030a SRDL 60 ~ 4-5p. 5-6p SRDL 60 ~ 4-5p. 5-6p SRDL 60 ~ 4-5p. 5-6p SRDL 60 ~ 9-10a, 10-11a THIS IS PAGE-1 SRDL 90 ~ 4-530p. 430-6p SRDL 90 ~ 4-530p. 430-6p. 5-630p SRDL 90 ~ 4-530p. 430-6p SRDL 90 ~ 9-1030a SRDL 2hr ~ 4-6p, 430-630p, 5-7p SRDL 2hr ~ 4-6p SRDL 2hr ~ 4-6p **FOR MAY. 2024** SROP 30 ~ 7-730p, 730-8p (water) SROP 30 ~ 7-730p, 730-8p (water) SROP 30 ~ 7-730p, 730-8p (water) DVHS 30 ~ 12-1230p, 1230-1p 01-11may24 SROP 60 ~ 630-730p (w/o drv) SROP 60 ~ 630-730p (w/o drv) SROP 60 ~ 630-730p (w/o drv) DVHS 60 ~ 1130a-1230p (w/o drv) SROP 60 ~ 7-8p (w/drv) SROP 60 ~ 7-8p (w/drv) SROP 60 ~ 7-8p (w/drv) DVHS 60 ~ 12-1p (w/drv) SROP 90 ~ 630-8p (w/o drv) SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 630-8p (w/o dry) DVHS 90 ~ 1130a-1p (w/o dry) SROP 90 ~ 7-830p (w/drv) SROP 90 ~ 7-830p (w/drv) DVHS 90 ~ 12-130p, 1230-2p (w/drv) SROP 90 ~ 7-830p (w/drv) SROP 90 ~ 730-9p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 90 ~ 730-9p (w/dry) DVHS 2hr ~ 1130a-130p (w/o dry) DVHS 2hr ~ 12-2p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/drv) SROP 2hr ~ 7-9p (w/drv) SROP 2hr ~ 7-9p (w/drv) USAD Region-7, Chicago, IL HS State Champ's, Clovis, CA SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 30 ~ 4-430p, 5-530p SRDL 30 ~ 4-430p, 5-530p SRDL 30 ~ 4-430p, 5-530p SRDL 30 ~ 8-830a, 10-1030a, 11-1130a SRDL 60 ~ 4-5p. 5-6p SRDL 60 ~ 8-9a, 9-10a, 10-11a SRDL 90 ~ 8-930a, 9-1030a, 10-1130a SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 90 ~ 4-530p, 430-6p SRDL 90 ~ 4-530p, 430-6p SRDL 90 ~ 4-530p, 430-6p SRDL 2hr ~ 8-10a, 830-1030a, 930-1130a SRDL 2hr ~ 4-6p, 430-630p, 5-7p SRDL 2hr ~ 4-6p, 430-630p, 5-7p SRDL 2hr ~ 4-6p SRDL 2hr ~ 4-6p SRDL 2hr ~ 4-6p SROP 30 ~ 7-730p, 730-8p (water) SROP 30 ~ 12-1230p, 1230-1p SROP 60 ~ 630-730p (w/o drv) SROP 60 ~ 630-730p (w/o drv) SROP 60 ~ 630-730p (w/o drv) SROP 60 ~ 1130a-1230p (w/o dry) SROP 60 ~ 630-730p (w/o drv) SROP 60 ~ 630-730p (w/o drv) SROP 60 ~ 7-8p (w/dry) SROP 60 ~ 12-1p (w/dry) SROP 90 ~ 630-8p (w/o drv) SROP 90 ~ 1130a-1p (w/o dry) SROP 90 ~ 7-830p (w/drv) SROP 90 ~ 12-130p, 1230-2p (w/drv) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 1130a-130p (w/o dry) SROP 2hr ~ 630-830p (w/o drv) SROP 2hr ~ 12-2p (w/drv) SROP 2hr ~ 7-9p (w/dry) Levels, Calendar Notes: **SLOT NOTES & EXPLANATIONS ~** "TRY-IT-OUT" (TIO) DIVER'S NAME: **PROGRAM OFFERING** ALL DIVERS ~ each LEVEL has specific timeslot restrictions and For pool slots ~ SROP/DVHS inclusions. Please CIRCLE ONLY WHOLE SESSIONS as listed PROG LEVEL (circle one): that corespond to your Level. You may not write-in your own 1, 2, 4, 6, 8, 10, 12, 15 session times or request more time than allotted. 1) If you were at dryland (dry) that day, then you M1. M2. M3. M4. M5. M6 Try-it-Out (TIO) Inclusive Sessions ~ MAY attend the "with" (w/) or "without" (w/o) Total of 3 sessions (2-water + 1-dryland) TEAM DIVERS ~ each team (Dev1-3, Region, Zone, National, S&E, and Masters) have specific/prescribed session configurations for water (wet) sessions Taken in order as: Water-Dryland-Water INCLUDED HOURS/WEEK: length of session(s) per slot/week. When submitting your calendar requests, ONLY CIRCLE whole sessions that are equal 2) If you did NOT attend dryland that day AND WATER options are: (30-, 60-, or 90-minute) sessions "ExtraHours" (if any): to your program listing. Please review the right-hand column on DRYLAND sessions are (30- or 60-minute) sessions you want to attend water that day, you MUST the Fees tab of our website. If you are not sure what your program includes, please email us: DIVER'S TEAM (if any, circle): attend sessions marked (w/o). (coach's discretion for completion of any session) admin@CALdiving.org DT, RT, ZT, NT, S&E, M

May 2024 SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 30 ~ 4-430p, 5-530p SRDL 30 ~ 8-830a, 10-1030a, 11-1130a SRDI, 60 ~ 4-5p, 5-6p SRDI 60 - 4-5n 5-6n SRDI, 60 ~ 4-5p, 5-6p SRDI 60 - 4-5n 5-6n SRDI 60 - 4-5n 5-6n SRDI 60 - 8-9a 9-10a 10-11a SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 90 ~ 4-530p. 430-6p SRDL 90 ~ 8-930a, 9-1030a, 10-1130a SRDL 2hr ~ 4-6p, 430-630p, 5-7p SRDL 2hr ~ 4-6p SRDL 2hr ~ 8-10a, 830-1030a, 930-1130a THIS IS PAGE-2 SROP 30 ~ 7-730p, 730-8p (water) DVHS 30 ~ 12-1230p, 1230-1p **FOR MAY, 2024** SROP 60 ~ 630-730p (w/o drv) DVHS 60 ~ 1130a-1230p (w/o drv) SROP 60 ~ 7-8p (w/drv) DVHS 60 ~ 12-1p (w/dry) 12-31may24 SROP 90 ~ 630-8p (w/o dry) DVHS 90 ~ 1130a-1p (w/o dry) SROP 90 ~ 7-830p (w/drv) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 7-830p (w/drv) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 7-830p (w/dry) DVHS 90 ~ 12-130p, 1230-2p (w/dry) SROP 90 ~ 730-9p (w/dry) DVHS 2hr ~ 1130a-130p (w/o dry) SROP 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 12-2p (w/dry) SROP 2hr ~ 7-9p (w/dry) a/o 24apr24, DVHS or SROP (TBD) SUBSTANTIAL TIME CHANGES SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 30 ~ 4-430p, 5-530p SRDI 30 - 7-730 8-830a 9-930a SRDL 60 ~ 4-5p. 5-6p SRDL 60 ~ 4-5p. 5-6p. SRDL 60 ~ 4-5p. 5-6p SRDL 60 ~ 4-5p. 5-6p SRDL 60 ~ 4-5p. 5-6p SRDL 60 ~ 7-8a, 8-9a, 9-10a SRDL 90 ~ 7-830a, 8-930a SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 90 ~ 4-530p, 430-6p SRDL 2hr ~ 4-6p, 430-630p, 5-7p SRDL 2hr ~ 4-6p SRDL 2hr ~ 7-9a, 8-10a DVHS/SROP2 30 ~ 1030-11a 11-1130a SROP 30 ~ 7-730p, 730-8p (water) DVHS/SROP? 60 ~ 10-11a (w/o dry) SROP 60 ~ 630-730p (w/o dry) DVHS/SROP? 60 ~ 1030-1130a, 11a-12p (w/drv) SROP 60 ~ 7-8p (w/drv) SROP 60 ~ 7-8p (w/dry) SROP 60 ~ 7-8p (w/drv) SROP 60 ~ 7-8p (w/dry) SROP 60 ~ 7-8p (w/drv) SROP 90 ~ 630-8p (w/o dry) DVHS/SROP? 90 ~ 10-1130a (w/o drv) SROP 90 ~ 7-830p (w/dry) DVHS/SROP? 90 ~ 1030a-12p, 11a-1230p (w/dry) SROP 90 ~ 730-9p (w/dry) DVHS 2hr ~ 10a-12p (w/o dry) SROP 2hr ~ 630-830p (w/o dry) DVHS/SROP? 2hr ~ 1030a-1230p (w/dry) SROP 2hr ~ 7-9p (w/dry) MIWOK TOWER 1130-2pm a/o 24apr24, DVHS or SROP (TBD) SUBSTANTIAL TIME CHANGES SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 30 ~ 4-430p, 5-530p SRDL 30 ~ 7-730, 8-830a, 9-930a CIRCLE THIS SESSION SRDL 60 ~ 4-5p, 5-6p SRDL 60 ~ 4-5p, 5-6p SRDL 60 ~ 4-5p, 5-6p SRDL 60 ~ 4-5p. 5-6p SRDL 60 ~ 4-5p. 5-6p SRDL 60 ~ 7-8a, 8-9a, 9-10a Send a text to Coach Eric SRDL 90 ~ 7-830a, 8-930a SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 90 ~ 4-530p, 430-6p (925-586-0169) SRDL 2hr ~ 7-9a, 8-10a SRDL 2hr ~ 4-6p, 430-630p, 5-7p SRDL 2hr ~ 4-6n SRDL 2hr ~ 4-6p, 430-630p, 5-7p SRDL 2hr ~ 4-6p, 430-630p, 5-7p SRDL 2hr ~ 4-6p, 430-630p, 5-7p Fees \$30 per diver SROP 30 ~ 7-730p, 730-8p (water) DVHS/SROP? 30 ~ 1030-11a, 11-1130a SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 630-730p (w/o drv) SROP 60 ~ 630-730p (w/o drv) DVHS/SROP? 60 ~ 10-11a (w/o dry) If you have not been to a Tower DVHS/SROP? 60 ~ 1030-1130a, 11a-12p (w/dry) SROP 60 ~ 7-8p (w/dry) session, you should reach out to SROP 90 ~ 630-8p (w/o dry) DVHS/SROP? 90 ~ 10-1130a (w/o dry) Coach Eric (925-586-0169) via text SROP 90 ~ 7-830n (w/dry) SROP 90 ~ 7-830p (w/drv) SROP 90 ~ 7-830n (w/dry) SROP 90 ~ 7-830p (w/drv) SROP 90 ~ 7-830n (w/dry) DVHS/SROP? 90 ~ 1030a-12p, 11a-1230p (w/drv) to discuss what a Tower session SROP 90 ~ 730-9p (w/drv) SROP 90 ~ 730-9p (w/dry) DVHS 2hr ~ 10a-12p (w/o dry) involves and if it might be good SROP 2hr ~ 630-830p (w/o drv) SROP 2hr ~ 630-830p (w/o dry) DVHS/SROP? 2hr ~ 1030a-1230p (w/dry) for you or your diver. SROP 2hr ~ 7-9p (w/dry) Levels, Calendar Notes: SLOT NOTES & EXPLANATIONS ~ "TRY-IT-OUT" (TIO) DIVER'S NAME: PROGRAM OFFERING ALL DIVERS ~ each LEVEL has specific timeslot restrictions and For pool slots ~ SROP/DVHS inclusions. Please CIRCLE ONLY WHOLE SESSIONS as listed PROG LEVEL (circle one): that corespond to your Level. You may not write-in your own 1, 2, 4, 6, 8, 10, 12, 15 session times or request more time than allotted. 1) If you were at dryland (dry) that day, then you M1. M2. M3. M4. M5. M6 Try-it-Out (TIO) Inclusive Sessions ~ MAY attend the "with" (w/) or "without" (w/o) TEAM DIVERS ~ each team (Dev1-3, Region, Zone, National, S&E, Total of 3 sessions (2-water + 1-dryland) and Masters) have specific/prescribed session configurations for water (wet) sessions Taken in order as: Water-Dryland-Water INCLUDED HOURS/WEEK: length of session(s) per slot/week. When submitting your calendar requests, ONLY CIRCLE whole sessions that are equal 2) If you did NOT attend dryland that day AND WATER options are: (30-, 60-, or 90-minute) sessions "ExtraHours" (if any): _____ to your program listing. Please review the right-hand column on DRYLAND sessions are (30- or 60-minute) sessions the Fees tab of our website. you want to attend water that day, you MUST If you are not sure what your program includes, please email us: DIVER'S TEAM (if any, circle): attend sessions marked (w/o). (coach's discretion for completion of any session)

admin@CALdiving.org

DT, RT, ZT, NT, S&E, M