

September 2023						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NOTES/EXPLANATION:		TRY-IT-OUT PROGRAM OFFERING ~			1	2
With (w/) and Without (w/o) DRYLAND (dry):	DIVER'S NAME: _____	Try-it-Out (TIO's) ~ <u>WATER</u> options are the earlier (30-, 60-, or 90-minute) sessions. <u>DRYLAND</u> sessions are the earlier (30- or 60-minute) sessions. Coach's discretion (for completion as scheduled) during any session.				
For pool slots (SRDP/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.	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				CLOSED FOR HOLIDAY	CLOSED FOR HOLIDAY
ALL DIVERS ~ each LEVEL has specific timeslot restrictions and inclusions. Please <u>CIRCLE ONLY WHOLE SESSIONS</u> as listed that correspond to your Level. You may not write-in your own session times.						
TEAM DIVERS ~ each team (Dev1-2, 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, <u>ONLY CIRCLE</u> whole sessions that are equal to your program listing. Please review the right-hand column on the Fees tab of our website for details. If you are not sure what your program includes, please email us: admin@CALdiving.org						
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	SRDP 30 ~ 7-730p, 730-8p SRDP 60 ~ 630-730p (w/o dry) SRDP 60 ~ 7-8p (w/dry) SRDP 90 ~ 630-8p (w/o dry) SRDP 90 ~ 7-830p (w/dry) SRDP 90 ~ 730-9p (w/dry) SRDP 2hr ~ 630-830p (w/o dry) SRDP 2hr ~ 7-9p (w/dry)	SRDP 30 ~ 7-730p, 730-8p SRDP 60 ~ 630-730p (w/o dry) SRDP 60 ~ 7-8p (w/dry) SRDP 90 ~ 630-8p (w/o dry) SRDP 90 ~ 7-830p (w/dry) SRDP 90 ~ 730-9p (w/dry) SRDP 2hr ~ 630-830p (w/o dry) SRDP 2hr ~ 7-9p (w/dry)	SRDP 30 ~ 7-730p, 730-8p SRDP 60 ~ 630-730p (w/o dry) SRDP 60 ~ 7-8p (w/dry) SRDP 90 ~ 630-8p (w/o dry) SRDP 90 ~ 7-830p (w/dry) SRDP 90 ~ 730-9p (w/dry) SRDP 2hr ~ 630-830p (w/o dry) SRDP 2hr ~ 7-9p (w/dry)	SRDP 30 ~ 7-730p, 730-8p SRDP 60 ~ 630-730p (w/o dry) SRDP 60 ~ 7-8p (w/dry) SRDP 90 ~ 630-8p (w/o dry) SRDP 90 ~ 7-830p (w/dry) SRDP 90 ~ 730-9p (w/dry) SRDP 2hr ~ 630-830p (w/o dry) SRDP 2hr ~ 7-9p (w/dry)	SRDP 30 ~ 11-1130a, 1130a-12p SRDP 60 ~ 1030-1130a (w/o dry) SRDP 60 ~ 11a-12p (w/dry) SRDP 90 ~ 1030a-12p (w/o dry) SRDP 90 ~ 11a-1230p, 1130a-1p (w/dry) SRDP 2hr ~ 1030-1230p (w/o dry) SRDP 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 SRDP 30 ~ 7-730p, 730-8p SRDP 60 ~ 630-730p (w/o dry) SRDP 60 ~ 7-8p (w/dry) SRDP 90 ~ 630-8p (w/o dry) SRDP 90 ~ 7-830p (w/dry) SRDP 90 ~ 730-9p (w/dry) SRDP 2hr ~ 630-830p (w/o dry) SRDP 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 SRDP 30 ~ 7-730p, 730-8p SRDP 60 ~ 630-730p (w/o dry) SRDP 60 ~ 7-8p (w/dry) SRDP 90 ~ 630-8p (w/o dry) SRDP 90 ~ 7-830p (w/dry) SRDP 90 ~ 730-9p (w/dry) SRDP 2hr ~ 630-830p (w/o dry) SRDP 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 SRDP 30 ~ 7-730p, 730-8p SRDP 60 ~ 630-730p (w/o dry) SRDP 60 ~ 7-8p (w/dry) SRDP 90 ~ 630-8p (w/o dry) SRDP 90 ~ 7-830p (w/dry) SRDP 90 ~ 730-9p (w/dry) SRDP 2hr ~ 630-830p (w/o dry) SRDP 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 SRDP 30 ~ 7-730p, 730-8p SRDP 60 ~ 630-730p (w/o dry) SRDP 60 ~ 7-8p (w/dry) SRDP 90 ~ 630-8p (w/o dry) SRDP 90 ~ 7-830p (w/dry) SRDP 90 ~ 730-9p (w/dry) SRDP 2hr ~ 630-830p (w/o dry) SRDP 2hr ~ 7-9p (w/dry)	SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 2hr ~ 4-6p SRDP 30 ~ 7-730p, 730-8p SRDP 60 ~ 630-730p (w/o dry) SRDP 60 ~ 7-8p (w/dry) SRDP 90 ~ 630-8p (w/o dry) SRDP 90 ~ 7-830p (w/dry) SRDP 90 ~ 730-9p (w/dry) SRDP 2hr ~ 630-830p (w/o dry) SRDP 2hr ~ 7-9p (w/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 SRDP 30 ~ 11-1130a, 1130a-12p SRDP 60 ~ 1030-1130a (w/o dry) SRDP 60 ~ 11a-12p (w/dry) SRDP 90 ~ 1030a-12p (w/o dry) SRDP 90 ~ 11a-1230p, 1130a-1p (w/dry) SRDP 2hr ~ 1030-1230p (w/o dry) SRDP 2hr ~ 11a-1p (w/dry)
THIS IS PAGE-1 OF SEPTEMBER, 2023 (01-16sept23)						

September 2023						
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17 MIWOK TOWER 1130-2pm CIRCLE THIS SESSION AND ~ Send a text to Coach Eric (925-586-0169)	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 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 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (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 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 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/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 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 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/dry)	21 POSS girls WP ~ LATE START (tba) 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 ~ 7-830p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/dry)	22 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 ~ 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)	23 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)
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 ~ 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)	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 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)	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 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)	28 POSS girls WP ~ LATE START (tba) 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 ~ 7-830p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/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 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)	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 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)

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1	2	3	4	5	6	7
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8	9	10	11	12	13	14
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	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)	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)	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)	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)	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 (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)	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, 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)
			Notes:	TRY-IT-OUT PROGRAM OFFERING ~ Try-it-Out (TIO's) ~ <u>WATER</u> options are the earlier (30-, 60-, or 90-minute) sessions. <u>DRYLAND</u> sessions are the earlier (30- or 60-minute) sessions. Coach's discretion (for completion as scheduled) during any session.		
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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 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
	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
	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
	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)
	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)
	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, 12-130p (w/o 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 ~ 7-830p (w/dry)	DVHS 90 ~ 11a-1230p, 1130a-1p (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)	DVHS 2hr ~ 1130a-130p (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 ~ 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)		
22	23	24	25	26	27	28
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	NO SAN RAMON WATER (DVHS OR SROP)
	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, 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 60 ~ 8-9a, 9-10a
	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 90 ~ 8-930a, 830-10a
						SRDL 2hr ~ 8-10a
	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)	SPECIAL TOWER DATE ~ FREE
	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)	ATTENDANCE AT MIWOK IS INCLUDED FOR ALL LEVELS AS FOLLOWS:
	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)	Levels: 1, 2, and all M ~ 90min options
	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)	Levels: 4 and 6 ~ 90min OR 2hr options
	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)	Levels: 8-15 ~ all options (up to 3hr)
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)	MIWOK 90 ~ 1130p, 1p	
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)	MIWOK 90 ~ 1230a-2p	
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 2hr ~ 1130-130p	
DIVER'S TEAM (if any, circle): DT, RT, ZT, NT, S&E, M						MIWOK 2hr ~ 1230-230p
						MIWOK 3hr ~ 1130a-3p
29 MIWOK TOWER 1130-2pm	30	31		TRY-IT-OUT PROGRAM OFFERING ~		
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 30 ~ 4-430p, 5-530p, 6-630p	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 without (w/o) sessions.	Try-it-Out (TIO's) ~ <u>WATER</u> options are the earlier (30-, 60-, or 90-minute) sessions. <u>DRYLAND</u> sessions are the earlier (30- or 60-minute) sessions. Coach's discretion (for completion as scheduled) during any session.		
	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 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p				
	SROP 30 ~ 7-730p, 730-8p (water)	SROP 30 ~ 7-730p, 730-8p (water)				
	SROP 60 ~ 630-730p (w/o dry)	SROP 60 ~ 630-730p (w/o dry)				
	SROP 60 ~ 7-8p (w/dry)	SROP 60 ~ 7-8p (w/dry)				
	SROP 90 ~ 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 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)					
THIS IS PAGE-2 FOR OCTOBER (15-31oct23)				ALL DIVERS ~ each LEVEL has specific timeslot restrictions and inclusions. Please <u>CIRCLE ONLY WHOLE</u> SESSIONS as listed that correspond to your Level. You may not write-in your own session times.		
				TEAM DIVERS ~ each team (Dev1-2, 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, <u>ONLY CIRCLE</u> whole sessions that are equal to your program listing. Please review the right-hand column on the Fees tab of our website for details.		
				If you are not sure what your program includes, please email us: admin@CALdiving.org		

November 2023						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>DIVER'S NAME: _____</div> <div>PROG LEVEL (circle one): 1, 2, 4, 6, 8, 10, 12, 15 M1, M2, M3, M4, M5, M6</div> <div>INCLUDED HOURS: _____</div> <div>"ExtraHours" (if any): _____</div> <div>DIVER'S TEAM (if any, circle): DT, RT, ZT, NT, S&E, M</div>	<div>NOTES/EXPLANATION:</div> <div>For pool slots (SROP/DVHS): 1) if you were at dryland (dry) that day, then you MAY attend the "with" or "without" sessions</div> <div>2) If you did NOT attend dryland that day, you MUST attend sessions marked (w/o).</div>	<div>TRY-IT-OUT (TIO) PROGRAM OFFERING</div> <div>Try-it-Out (TIO's) ~ WATER options are the earlier (30-, 60-, or 90-minute) sessions.</div> <div>DRYLAND sessions are the earlier (30- or 60-minute) sessions.</div> <div>Coach's discretion (for completion as scheduled) during any session.</div>	<div>1</div> <div>SRDL 30 ~ 4-430p, 5-530p, 6-630p</div> <div>SRDL 60 ~ 4-5p, 5-6p</div> <div>SRDL 90 ~ 4-530p, 430-6p, 5-630p</div> <div>SRDL 2hr ~ 4-6p, 430-630p, 5-7p</div> <div>SROP 30 ~ 7-730p, 730-8p (water)</div> <div>SROP 60 ~ 630-730p (w/o dry)</div> <div>SROP 60 ~ 7-8p (w/dry)</div> <div>SROP 90 ~ 630-8p (w/o dry)</div> <div>SROP 90 ~ 7-830p (w/dry)</div> <div>SROP 90 ~ 730-9p (w/dry)</div> <div>SROP 2hr ~ 630-830p (w/o dry)</div> <div>SROP 2hr ~ 7-9p (w/dry)</div>	<div>2</div> <div>SRDL 30 ~ 4-430p, 5-530p, 6-630p</div> <div>SRDL 60 ~ 4-5p, 5-6p</div> <div>SRDL 90 ~ 4-530p, 430-6p, 5-630p</div> <div>SRDL 2hr ~ 4-6p, 430-630p, 5-7p</div> <div>SROP 30 ~ 7-730p, 730-8p (water)</div> <div>SROP 60 ~ 630-730p (w/o dry)</div> <div>SROP 60 ~ 7-8p (w/dry)</div> <div>SROP 90 ~ 630-8p (w/o dry)</div> <div>SROP 90 ~ 7-830p (w/dry)</div> <div>SROP 90 ~ 730-9p (w/dry)</div> <div>SROP 2hr ~ 630-830p (w/o dry)</div> <div>SROP 2hr ~ 7-9p (w/dry)</div>	<div>3</div> <div>ALL DAY DRYLAND</div> <div>SignUp - See GoogleDoc 03nov23 To SignUp</div>	<div>4</div> <div>SRDL 30 ~ 8-830a, 10-1030a, 11-1130a</div> <div>SRDL 60 ~ 8-9a, 9-10a, 10-11a</div> <div>SRDL 90 ~ 8-930a, 9-1030a, 10-1130a</div> <div>SRDL 2hr ~ 8-10a, 830-1030a, 930-1130a</div> <div>DVHS 30 ~ 12-1230p, 1230-1p</div> <div>DVHS 60 ~ 1130a-1230p (w/o dry)</div> <div>DVHS 60 ~ 12-1p (w/dry)</div> <div>DVHS 90 ~ 1130a-1p, 12-130p (w/o dry)</div> <div>DVHS 90 ~ 11a-1230p, 1130a-1p (w/dry)</div> <div>DVHS 2hr ~ 1130a-130p (w/o dry)</div> <div>DVHS 2hr ~ 12-2p (w/dry)</div>
<div>5</div> <div>Veteran's Day Weekend</div>	<div>6</div> <div>SRDL 30 ~ 4-430p, 5-530p, 6-630p</div> <div>SRDL 60 ~ 4-5p, 5-6p</div> <div>SRDL 90 ~ 4-530p, 430-6p, 5-630p</div> <div>SRDL 2hr ~ 4-6p, 430-630p, 5-7p</div> <div>SROP 30 ~ 7-730p, 730-8p (water)</div> <div>SROP 60 ~ 630-730p (w/o dry)</div> <div>SROP 60 ~ 7-8p (w/dry)</div> <div>SROP 90 ~ 630-8p (w/o dry)</div> <div>SROP 90 ~ 7-830p (w/dry)</div> <div>SROP 90 ~ 730-9p (w/dry)</div> <div>SROP 2hr ~ 630-830p (w/o dry)</div> <div>SROP 2hr ~ 7-9p (w/dry)</div>	<div>7</div> <div>SRDL 30 ~ 4-430p, 5-530p, 6-630p</div> <div>SRDL 60 ~ 4-5p, 5-6p</div> <div>SRDL 90 ~ 4-530p, 430-6p, 5-630p</div> <div>SRDL 2hr ~ 4-6p, 430-630p, 5-7p</div> <div>SROP 30 ~ 7-730p, 730-8p (water)</div> <div>SROP 60 ~ 630-730p (w/o dry)</div> <div>SROP 60 ~ 7-8p (w/dry)</div> <div>SROP 90 ~ 630-8p (w/o dry)</div> <div>SROP 90 ~ 7-830p (w/dry)</div> <div>SROP 90 ~ 730-9p (w/dry)</div> <div>SROP 2hr ~ 630-830p (w/o dry)</div> <div>SROP 2hr ~ 7-9p (w/dry)</div>	<div>8</div> <div>SRDL 30 ~ 4-430p, 5-530p, 6-630p</div> <div>SRDL 60 ~ 4-5p, 5-6p</div> <div>SRDL 90 ~ 4-530p, 430-6p, 5-630p</div> <div>SRDL 2hr ~ 4-6p, 430-630p, 5-7p</div> <div>SROP 30 ~ 7-730p, 730-8p (water)</div> <div>SROP 60 ~ 630-730p (w/o dry)</div> <div>SROP 60 ~ 7-8p (w/dry)</div> <div>SROP 90 ~ 630-8p (w/o dry)</div> <div>SROP 90 ~ 7-830p (w/dry)</div> <div>SROP 90 ~ 730-9p (w/dry)</div> <div>SROP 2hr ~ 630-830p (w/o dry)</div> <div>SROP 2hr ~ 7-9p (w/dry)</div>	<div>9</div> <div>SRDL 30 ~ 4-430p, 5-530p, 6-630p</div> <div>SRDL 60 ~ 4-5p, 5-6p</div> <div>SRDL 90 ~ 4-530p, 430-6p, 5-630p</div> <div>SRDL 2hr ~ 4-6p, 430-630p, 5-7p</div> <div>SROP 30 ~ 7-730p, 730-8p (water)</div> <div>SROP 60 ~ 630-730p (w/o dry)</div> <div>SROP 60 ~ 7-8p (w/dry)</div> <div>SROP 90 ~ 630-8p (w/o dry)</div> <div>SROP 90 ~ 7-830p (w/dry)</div> <div>SROP 90 ~ 730-9p (w/dry)</div> <div>SROP 2hr ~ 630-830p (w/o dry)</div> <div>SROP 2hr ~ 7-9p (w/dry)</div>	<div>10</div> <div>Veteran's DayWeekend</div> <div>ALL DAY DRYLAND</div> <div>SignUp - See GoogleDoc 10nov23</div> <div>POOL CLOSED FOR THE HOLIDAY</div>	<div>11</div> <div>Veteran's Day Weekend</div> <div>ALL DAY DRYLAND</div> <div>SignUp - See GoogleDoc 11nov24</div> <div>POOL CLOSED FOR THE HOLIDAY</div>
<div>THIS IS PAGE-1 FOR NOVEMBER (01-11nov23)</div>					<div>Levels, Calendar Notes:</div> <div>ALL DIVERS ~ each LEVEL has specific timeslot restrictions and inclusions. Please CIRCLE ONLY WHOLE SESSIONS as listed that correspond to your Level. You may not write-in your own session times or request more time than allotted.</div> <div>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.</div> <div>If you are not sure what your program includes, please email us: admin@CALdiving.org</div>	

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 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
PROG LEVEL (circle one): 1, 2, 4, 6, 8, 10, 12, 15 M1, M2, M3, M4, M5, M6	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 ~ 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 ~ 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)
INCLUDED HOURS: _____						
"ExtraHours" (if any): _____						
DIVER'S TEAM (if any, circle): DT, RT, ZT, NT, S&E, M						
19	20	21	22	23	24	25
MIWOK TOWER 1130-2pm	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	CLOSED FOR THANKSGIVING HOLIDAY	CLOSED FOR THANKSGIVING HOLIDAY	CLOSED FOR THANKSGIVING HOLIDAY	CLOSED FOR THANKSGIVING HOLIDAY
CIRCLE THIS SESSION AND Send a text to Coach Eric (925-586-0169) Fees \$30 per diver			THIS IS PAGE-2 FOR NOVEMBER (13-30nov23)			
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).	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)				
26	27	28	29	30	Levels, Calendar Notes: ALL DIVERS ~ each LEVEL has specific timeslot restrictions and inclusions. Please CIRCLE ONLY WHOLE SESSIONS as listed that correspond 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	
TRY-IT-OUT (TIO) PROGRAM OFFERING	Okay a/o 01nov, may change due to the move. Mark your choices as if today's schedule is normal. 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	Okay a/o 01nov, may change due to the move. Mark your choices as if today's schedule is normal. 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	Okay a/o 01nov, may change due to the move. Mark your choices as if today's schedule is normal. 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	Okay a/o 01nov, may change due to the move. Mark your choices as if today's schedule is normal. 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		
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.	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 ~ 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)		

**THIS IS PAGE-2
FOR NOVEMBER
(13-30nov23)**

December 2023						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>DIVER'S NAME: _____</div> <div>PROG LEVEL (circle one): 1, 2, 4, 6, 8, 10, 12, 15 M1, M2, M3, M4, M5, M6</div> <div>INCLUDED HOURS: _____</div> <div>"ExtraHours" (if any): _____</div> <div>DIVER'S TEAM (if any, circle): DT, RT, ZT, NT, S&E, M</div>	<div>NOTES/EXPLANATION:</div> <div>For pool slots (SROP/DVHS): 1) if you were at dryland (dry) that day, then you MAY attend the "with" or "without" sessions</div> <div>2) If you did NOT attend dryland that day, you MUST attend sessions marked (w/o).</div>	<div>TRY-IT-OUT (TIO) PROGRAM OFFERING</div> <div>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.</div> <div>Coach's discretion (for completion as scheduled) during any session.</div>	<div>Levels, Calendar Notes:</div> <div>ALL DIVERS ~ each LEVEL has specific timeslot restrictions and inclusions. Please CIRCLE ONLY WHOLE SESSIONS as listed that correspond to your Level. You may not write-in your own session times or request more time than allotted.</div> <div>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.</div> <div>If you are not sure what your program includes, please email us: admin@CALdiving.org</div>		<div>1</div> <div>SRDL 30 ~ 4-430p, 5-530p</div> <div>SRDL 60 ~ 4-5p, 5-6p</div> <div>SRDL 90 ~ 4-530p, 430-6p</div> <div>SRDL 2hr ~ 4-6p</div> <div>SROP 30 ~ 7-730p, 730-8p (water)</div> <div>SROP 60 ~ 630-730p (w/o dry)</div> <div>SROP 60 ~ 7-8p (w/dry)</div> <div>SROP 90 ~ 630-8p (w/o dry)</div> <div>SROP 90 ~ 7-830p (w/dry)</div> <div>SROP 90 ~ 730-9p (w/dry)</div> <div>SROP 2hr ~ 630-830p (w/o dry)</div> <div>SROP 2hr ~ 7-9p (w/dry)</div>	<div>2</div> <div>SRDL 30 ~ 8-830a, 10-1030a, 11-1130a</div> <div>SRDL 60 ~ 8-9a, 9-10a, 10-11a</div> <div>SRDL 90 ~ 8-930a, 9-1030a, 10-1130a</div> <div>SRDL 2hr ~ 8-10a, 830-1030a, 930-1130a</div> <div>DVHS 30 ~ 12-1230p, 1230-1p</div> <div>DVHS 60 ~ 1130a-1230p (w/o dry)</div> <div>DVHS 60 ~ 12-1p (w/dry)</div> <div>DVHS 90 ~ 1130a-1p, 12-130p (w/o dry)</div> <div>DVHS 90 ~ 11a-1230p, 1130a-1p (w/dry)</div> <div>DVHS 2hr ~ 1130a-130p (w/o dry)</div> <div>DVHS 2hr ~ 12-2p (w/dry)</div>
3	4	5	6	7	8	9
<div>THIS IS PAGE-1 FOR DECEMBER 01-16Dec23</div>	<div>SRDL 30 ~ 4-430p, 5-530p, 6-630p</div> <div>SRDL 60 ~ 4-5p, 5-6p</div> <div>SRDL 90 ~ 4-530p, 430-6p, 5-630p</div> <div>SRDL 2hr ~ 4-6p, 430-630p, 5-7p</div> <div>SROP 30 ~ 7-730p, 730-8p (water)</div> <div>SROP 60 ~ 630-730p (w/o dry)</div> <div>SROP 60 ~ 7-8p (w/dry)</div> <div>SROP 90 ~ 630-8p (w/o dry)</div> <div>SROP 90 ~ 7-830p (w/dry)</div> <div>SROP 90 ~ 730-9p (w/dry)</div> <div>SROP 2hr ~ 630-830p (w/o dry)</div> <div>SROP 2hr ~ 7-9p (w/dry)</div>	<div>SRDL 30 ~ 4-430p, 5-530p, 6-630p</div> <div>SRDL 60 ~ 4-5p, 5-6p</div> <div>SRDL 90 ~ 4-530p, 430-6p, 5-630p</div> <div>SRDL 2hr ~ 4-6p, 430-630p, 5-7p</div> <div>SROP 30 ~ 7-730p, 730-8p (water)</div> <div>SROP 60 ~ 630-730p (w/o dry)</div> <div>SROP 60 ~ 7-8p (w/dry)</div> <div>SROP 90 ~ 630-8p (w/o dry)</div> <div>SROP 90 ~ 7-830p (w/dry)</div> <div>SROP 90 ~ 730-9p (w/dry)</div> <div>SROP 2hr ~ 630-830p (w/o dry)</div> <div>SROP 2hr ~ 7-9p (w/dry)</div>	<div>SRDL 30 ~ 4-430p, 5-530p, 6-630p</div> <div>SRDL 60 ~ 4-5p, 5-6p</div> <div>SRDL 90 ~ 4-530p, 430-6p, 5-630p</div> <div>SRDL 2hr ~ 4-6p, 430-630p, 5-7p</div> <div>SROP 30 ~ 7-730p, 730-8p (water)</div> <div>SROP 60 ~ 630-730p (w/o dry)</div> <div>SROP 60 ~ 7-8p (w/dry)</div> <div>SROP 90 ~ 630-8p (w/o dry)</div> <div>SROP 90 ~ 7-830p (w/dry)</div> <div>SROP 90 ~ 730-9p (w/dry)</div> <div>SROP 2hr ~ 630-830p (w/o dry)</div> <div>SROP 2hr ~ 7-9p (w/dry)</div>	<div>SRDL 30 ~ 4-430p, 5-530p, 6-630p</div> <div>SRDL 60 ~ 4-5p, 5-6p</div> <div>SRDL 90 ~ 4-530p, 430-6p, 5-630p</div> <div>SRDL 2hr ~ 4-6p, 430-630p, 5-7p</div> <div>SROP 30 ~ 7-730p, 730-8p (water)</div> <div>SROP 60 ~ 630-730p (w/o dry)</div> <div>SROP 60 ~ 7-8p (w/dry)</div> <div>SROP 90 ~ 630-8p (w/o dry)</div> <div>SROP 90 ~ 7-830p (w/dry)</div> <div>SROP 90 ~ 730-9p (w/dry)</div> <div>SROP 2hr ~ 630-830p (w/o dry)</div> <div>SROP 2hr ~ 7-9p (w/dry)</div>	<div>SRDL 30 ~ 4-430p, 5-530p</div> <div>SRDL 60 ~ 4-5p, 5-6p</div> <div>SRDL 90 ~ 4-530p, 430-6p</div> <div>SRDL 2hr ~ 4-6p</div> <div>SROP 30 ~ 7-730p, 730-8p (water)</div> <div>SROP 60 ~ 630-730p (w/o dry)</div> <div>SROP 60 ~ 7-8p (w/dry)</div> <div>SROP 90 ~ 630-8p (w/o dry)</div> <div>SROP 90 ~ 7-830p (w/dry)</div> <div>SROP 90 ~ 730-9p (w/dry)</div> <div>SROP 2hr ~ 630-830p (w/o dry)</div> <div>SROP 2hr ~ 7-9p (w/dry)</div>	<div>ALL DAY DRYLAND</div> <div>See GoogleDoc 09nov23 to SignUp</div>
10	11	12	13	14	15	16
<div>MIWOK TOWER 11am-130pm</div> <div>CIRCLE THIS SESSION AND ~ Send a text to Coach Eric (925-586-0169) Fees \$30 or by Team</div>	<div>SRDL 30 ~ 4-430p, 5-530p, 6-630p</div> <div>SRDL 60 ~ 4-5p, 5-6p</div> <div>SRDL 90 ~ 4-530p, 430-6p, 5-630p</div> <div>SRDL 2hr ~ 4-6p, 430-630p, 5-7p</div> <div>DVHS 30 ~ 7-730p, 730-8p (water)</div> <div>DVHS 60 ~ 630-730p (w/o dry)</div> <div>DVHS 60 ~ 7-8p (w/dry)</div> <div>DVHS 90 ~ 630-8p (w/o dry)</div> <div>DVHS 90 ~ 7-830p (w/dry)</div> <div>DVHS 90 ~ 730-9p (w/dry)</div> <div>DVHS 2hr ~ 630-830p (w/o dry)</div> <div>DVHS 2hr ~ 7-9p (w/dry)</div>	<div>SRDL 30 ~ 4-430p, 5-530p, 6-630p</div> <div>SRDL 60 ~ 4-5p, 5-6p</div> <div>SRDL 90 ~ 4-530p, 430-6p, 5-630p</div> <div>SRDL 2hr ~ 4-6p, 430-630p, 5-7p</div> <div>DVHS 30 ~ 7-730p, 730-8p (water)</div> <div>DVHS 60 ~ 630-730p (w/o dry)</div> <div>DVHS 60 ~ 7-8p (w/dry)</div> <div>DVHS 90 ~ 630-8p (w/o dry)</div> <div>DVHS 90 ~ 7-830p (w/dry)</div> <div>DVHS 90 ~ 730-9p (w/dry)</div> <div>DVHS 2hr ~ 630-830p (w/o dry)</div> <div>DVHS 2hr ~ 7-9p (w/dry)</div>	<div>SRDL 30 ~ 4-430p, 5-530p, 6-630p</div> <div>SRDL 60 ~ 4-5p, 5-6p</div> <div>SRDL 90 ~ 4-530p, 430-6p, 5-630p</div> <div>SRDL 2hr ~ 4-6p, 430-630p, 5-7p</div> <div>DVHS 30 ~ 7-730p, 730-8p (water)</div> <div>DVHS 60 ~ 630-730p (w/o dry)</div> <div>DVHS 60 ~ 7-8p (w/dry)</div> <div>DVHS 90 ~ 630-8p (w/o dry)</div> <div>DVHS 90 ~ 7-830p (w/dry)</div> <div>DVHS 90 ~ 730-9p (w/dry)</div> <div>DVHS 2hr ~ 630-830p (w/o dry)</div> <div>DVHS 2hr ~ 7-9p (w/dry)</div>	<div>SRDL 30 ~ 4-430p, 5-530p, 6-630p</div> <div>SRDL 60 ~ 4-5p, 5-6p</div> <div>SRDL 90 ~ 4-530p, 430-6p, 5-630p</div> <div>SRDL 2hr ~ 4-6p, 430-630p, 5-7p</div> <div>DVHS 30 ~ 7-730p, 730-8p (water)</div> <div>DVHS 60 ~ 630-730p (w/o dry)</div> <div>DVHS 60 ~ 7-8p (w/dry)</div> <div>DVHS 90 ~ 630-8p (w/o dry)</div> <div>DVHS 90 ~ 7-830p (w/dry)</div> <div>DVHS 90 ~ 730-9p (w/dry)</div> <div>DVHS 2hr ~ 630-830p (w/o dry)</div> <div>DVHS 2hr ~ 7-9p (w/dry)</div>	<div>SRDL 30 ~ 4-430p, 5-530p</div> <div>SRDL 60 ~ 4-5p, 5-6p</div> <div>SRDL 90 ~ 4-530p, 430-6p</div> <div>SRDL 2hr ~ 4-6p</div> <div>DVHS 30 ~ 7-730p, 730-8p (water)</div> <div>DVHS 60 ~ 630-730p (w/o dry)</div> <div>DVHS 60 ~ 7-8p (w/dry)</div> <div>DVHS 90 ~ 630-8p (w/o dry)</div> <div>DVHS 90 ~ 7-830p (w/dry)</div> <div>DVHS 90 ~ 730-9p (w/dry)</div> <div>DVHS 2hr ~ 630-830p (w/o dry)</div> <div>DVHS 2hr ~ 7-9p (w/dry)</div>	<div>SRDL 30 ~ 8-830a, 10-1030a, 11-1130a</div> <div>SRDL 60 ~ 8-9a, 9-10a, 10-11a</div> <div>SRDL 90 ~ 8-930a, 9-1030a, 10-1130a</div> <div>SRDL 2hr ~ 8-10a, 830-1030a, 930-1130a</div> <div>DVHS 30 ~ 12-1230p, 1230-1p</div> <div>DVHS 60 ~ 1130a-1230p (w/o dry)</div> <div>DVHS 60 ~ 12-1p (w/dry)</div> <div>DVHS 90 ~ 1130a-1p, 12-130p (w/o dry)</div> <div>DVHS 90 ~ 11a-1230p, 1130a-1p (w/dry)</div> <div>DVHS 2hr ~ 1130a-130p (w/o dry)</div> <div>DVHS 2hr ~ 12-2p (w/dry)</div>

December 2023						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>DIVER'S NAME: _____</div> <div>PROG LEVEL (circle one): 1, 2, 4, 6, 8, 10, 12, 15 M1, M2, M3, M4, M5, M6</div> <div>INCLUDED HOURS: _____</div> <div>"ExtraHours" (if any): _____</div> <div>DIVER'S TEAM (if any, circle): DT, RT, ZT, NT, S&E, M</div>	<div>NOTES/EXPLANATION:</div> <div>For pool slots (SROP/DVHS): 1) if you were at dryland (dry) that day, then you MAY attend the "with" or "without" sessions</div> <div>2) If you did NOT attend dryland that day, you MUST attend sessions marked (w/o).</div>	<div>TRY-IT-OUT (TIO) PROGRAM OFFERING</div> <div>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.</div> <div>Coach's discretion (for completion as scheduled) during any session.</div>	<div>Levels, Calendar Notes:</div> <div>ALL DIVERS ~ each LEVEL has specific timeslot restrictions and inclusions. Please CIRCLE ONLY WHOLE SESSIONS as listed that correspond to your Level. You may not write-in your own session times or request more time than allotted.</div> <div>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.</div> <div>If you are not sure what your program includes, please email us: admin@CALdiving.org</div>		<div>THIS IS PAGE-2 FOR DECEMBER 17-31Dec23</div>	
17	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 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) DVHS 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 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) DVHS 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 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) DVHS 2hr ~ 7-9p (w/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
31	<div>Happy New Year!</div> <div>Notes: Sessions will begin again on Wednesday, 03Jan24. Enjoy the break.</div> <div>~ See You in the Air!</div>					
CLOSED HAPPY HOLIDAYS						

January 2024						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>DIVER'S NAME: _____</div> <div>PROG LEVEL (circle one): 1, 2, 4, 6, 8, 10, 12, 15 M1, M2, M3, M4, M5, M6</div> <div>INCLUDED HOURS: _____</div> <div>"ExtraHours" (if any): _____</div> <div>DIVER'S TEAM (if any, circle): DT, RT, ZT, NT, S&E, M</div>	1 NO PRACTICE TODAY	2 NO PRACTICE TODAY	3	4	5	6
	HAPPY NEW YEAR!	TRY-IT-OUT (TIO) PROGRAM OFFERING WATER ~ options are offered as the earlier session(s): (30-, 60-, or 90-minute) DRYLAND ~ options are the earlier session(s): (30- or 60-minute) Coach's discretion (regarding completion of any TIO program as scheduled) during any session.	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) DVHS 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 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) DVHS 2hr ~ 7-9p (w/dry)	SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 2hr ~ 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/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/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 ~ 12-130p, 1230-2p (w/dry) DVHS 2hr ~ 1130a-130p (w/o dry) DVHS 2hr ~ 12-2p (w/dry)
7	8	9	10	11	12	13
NOTES/EXPLANATION: For pool slots ~ SROP/DVHS 1) if you were at dryland (dry) that day, then you MAY attend the "with" (w/) or "without" (w/o) sessions 2) If you did NOT attend dryland the same day as you want to attend a water session, you MUST attend sessions marked (w/o).	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) DVHS 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 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) DVHS 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 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) DVHS 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 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) DVHS 2hr ~ 7-9p (w/dry)	SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 2hr ~ 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/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/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 ~ 12-130p, 1230-2p (w/dry) DVHS 2hr ~ 1130a-130p (w/o dry) DVHS 2hr ~ 12-2p (w/dry)
14 Levels and Calendar Notes: ALL DIVERS ~ each LEVEL has specific timeslot restrictions and inclusions. Please CIRCLE ONLY WHOLE SESSIONS as listed that correspond 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	15	16	17	18	19	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) DVHS 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 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) DVHS 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 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) DVHS 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 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) DVHS 2hr ~ 7-9p (w/dry)	SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 2hr ~ 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/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/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 ~ 12-130p, 1230-2p (w/dry) DVHS 2hr ~ 1130a-130p (w/o dry) DVHS 2hr ~ 12-2p (w/dry)

January 2024

January 2024						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>DIVER'S NAME: _____</div> <div>PROG LEVEL (circle one): 1, 2, 4, 6, 8, 10, 12, 15 M1, M2, M3, M4, M5, M6</div> <div>INCLUDED HOURS: _____</div> <div>"ExtraHours" (if any): _____</div> <div>DIVER'S TEAM (if any, circle): DT, RT, ZT, NT, S&E, M</div>	<div>NOTES/EXPLANATION:</div> <div>For pool slots ~ SROP/DVHS</div> <div>1) if you were at dryland (dry) that day, then you MAY attend the "with" (w/) or "without" (w/o) sessions</div> <div>2) If you did NOT attend dryland the same day as you want to attend a water sssion, you MUST attend sessions marked (w/o).</div>					
<div>21</div> <div>MIWOK TOWER 1130-2pm</div> <div>CIRCLE THIS SESSION AND Send a text to Coach Eric (925-586-0169) Fees \$30 per diver</div> <div>If you have not been to a Tower session, you should reach out to Coach Eric (925-586-0169) via text to discuss what a Tower session involves and if it might be good for you or your diver.</div>	<div>22</div> <div>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</div> <div>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) DVHS 2hr ~ 7-9p (w/dry)</div>	<div>23</div> <div>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</div> <div>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) DVHS 2hr ~ 7-9p (w/dry)</div>	<div>24</div> <div>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</div> <div>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) DVHS 2hr ~ 7-9p (w/dry)</div>	<div>25</div> <div>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</div> <div>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) DVHS 2hr ~ 7-9p (w/dry)</div>	<div>26</div> <div>SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 2hr ~ 4-6p</div> <div>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) DVHS 2hr ~ 7-9p (w/dry)</div>	<div>27</div> <div>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</div> <div>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 ~ 12-130p, 1230-2p (w/dry) DVHS 2hr ~ 1130a-130p (w/o dry) DVHS 2hr ~ 12-2p (w/dry)</div>
<div>28</div>	<div>29</div> <div>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</div> <div>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) DVHS 2hr ~ 7-9p (w/dry)</div>	<div>30</div> <div>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</div> <div>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) DVHS 2hr ~ 7-9p (w/dry)</div>	<div>31</div> <div>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</div> <div>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) DVHS 2hr ~ 7-9p (w/dry)</div>	<div>Levels and Calendar Notes:</div> <div>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.</div> <div>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.</div> <div>If you are not sure what your program includes, please email us: admin@CALdiving.org</div>		

THIS IS PAGE-2
FOR JANUARY
21-31jan24

February 2024						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>DIVER'S NAME: _____</div> <div>PROG LEVEL (circle one): 1, 2, 4, 6, 8, 10, 12, 15 M1, M2, M3, M4, M5, M6</div> <div>INCLUDED HOURS: _____</div> <div>"ExtraHours" (if any): _____</div> <div>DIVER'S TEAM (if any, circle): DT, RT, ZT, NT, S&E, M</div>	NOTES/EXPLANATION ~ For pool slots ~ SROP/DVHS 1) if you were at dryland (dry) that day, then you MAY attend the "with" (w/) or "without" (w/o) sessions 2) If you did NOT attend dryland the same day as you want to attend a water session, you MUST attend sessions marked (w/o).	"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)		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 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) DVHS 2hr ~ 7-9p (w/dry)	2 SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 2hr ~ 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/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)	3 Local Diving Meet ~ 03-04feb24 NO REGULAR PRACTICE Miwok Aquatic Center, Novato Event is on DiveMeets ALL DIVERS / ALL LEVELS INVITED MUST BE REGISTERED WITH USAD
4 Local Diving Meet ~ 03-04feb24 CONTINUED Miwok Aquatic Center, Novato	5 START OF HIGH SCHOOL DIVING	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 (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) DVHS 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 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) DVHS 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 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) DVHS 2hr ~ 7-9p (w/dry)	9 SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 2hr ~ 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/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)	10 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 ~ 12-130p, 1230-2p (w/dry) DVHS 2hr ~ 1130a-130p (w/o dry) DVHS 2hr ~ 12-2p (w/dry)
11 Levels, Calendar Notes ~ ALL DIVERS ~ each LEVEL has specific timeslot restrictions and inclusions. Please CIRCLE ONLY WHOLE SESSIONS as listed that correspond 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	12 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) DVHS 2hr ~ 7-9p (w/dry)	13 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) DVHS 2hr ~ 7-9p (w/dry)	14 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) DVHS 2hr ~ 7-9p (w/dry)	15 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) DVHS 2hr ~ 7-9p (w/dry)	16 SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 2hr ~ 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/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)	17 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 ~ 12-130p, 1230-2p (w/dry) DVHS 2hr ~ 1130a-130p (w/o dry) DVHS 2hr ~ 12-2p (w/dry)

February 2024						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>DIVER'S NAME: _____</div> <div>PROG LEVEL (circle one): 1, 2, 4, 6, 8, 10, 12, 15 M1, M2, M3, M4, M5, M6</div> <div>INCLUDED HOURS: _____</div> <div>"ExtraHours" (if any): _____</div> <div>DIVER'S TEAM (if any, circle): DT, RT, ZT, NT, S&E, M</div>	<div><u>NOTES/EXPLANATION ~</u></div> <div>For pool slots ~ SROP/DVHS</div> <div>1) if you were at dryland (dry) that day, then you MAY attend the "with" (w/) or "without" (w/o) sessions</div> <div>2) If you did NOT attend dryland the same day as you want to attend a water session, you MUST attend sessions marked (w/o).</div>	<div>"TRY-IT-OUT" (TIO) PROGRAM OFFERING</div> <div>Try-it-Out (TIO) Inclusive Sessions ~ Total of 3 sessions (2-water + 1-dryland) Taken in order as: Water-Dryland-Water</div> <div>WATER options are: (30-, 60-, or 90-minute) sessions DRYLAND sessions are (30- or 60-minute) sessions</div> <div>(coach's discretion for completion of any session)</div>		<div>THIS IS PAGE-2 FOR FEBRUARY 18-29feb24</div>		
18	19	20	21	22	23	24
	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) DVHS 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 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) DVHS 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 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) DVHS 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 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) DVHS 2hr ~ 7-9p (w/dry)	SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 2hr ~ 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/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/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 ~ 12-130p, 1230-2p (w/dry) DVHS 2hr ~ 1130a-130p (w/o dry) DVHS 2hr ~ 12-2p (w/dry)
25	26	27	28	29	<div>Levels, Calendar Notes:</div> <div>ALL DIVERS ~ each LEVEL has specific timeslot restrictions and inclusions. Please CIRCLE ONLY WHOLE SESSIONS as listed that correspond to your Level. You may not write-in your own session times or request more time than allotted.</div> <div>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.</div> <div>If you are not sure what your program includes, please email us: admin@CALdiving.org</div>	
<div>MIWOK TOWER 1130-2pm</div> <div>CIRCLE THIS SESSION AND Send a text to Coach Eric (925-586-0169) Fees \$30 per diver</div> <div>If you have not been to a Tower session, you should reach out to Coach Eric (925-586-0169) via text to discuss what a Tower session involves and if it might be good for you or your diver.</div>	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) DVHS 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 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) DVHS 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 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) DVHS 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 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) DVHS 2hr ~ 7-9p (w/dry)		

March 2024						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>DIVER'S NAME: _____</div> <div>PROG LEVEL (circle one): 1, 2, 4, 6, 8, 10, 12, 15 M1, M2, M3, M4, M5, M6</div> <div>INCLUDED HOURS/WEEK: _____</div> <div>"ExtraHours" (if any): _____</div> <div>DIVER'S TEAM (if any, circle): DT, RT, ZT, NT, S&E, M</div>	<div><u>NOTES/EXPLANATION ~</u></div> <div>For pool slots ~ SROP/DVHS</div> <div>1) if you were at dryland (dry) that day, then you MAY attend the "with" (w/) or "without" (w/o) wet sessions</div> <div>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).</div>	<div>"TRY-IT-OUT" (TIO) PROGRAM OFFERING</div> <div>Try-it-Out (TIO) Inclusive Sessions ~ Total of 3 sessions (2-water + 1-dryland) Taken in order as: Water-Dryland-Water</div> <div>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)</div>			<div>1</div> <div>SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 2hr ~ 4-6p</div> <div>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) DVHS 2hr ~ 7-9p (w/dry)</div>	<div>2</div> <div>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</div> <div>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 ~ 12-130p, 1230-2p (w/dry) DVHS 2hr ~ 1130a-130p (w/o dry) DVHS 2hr ~ 12-2p (w/dry)</div>
3	4	5	6	7	8	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 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) DVHS 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 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) DVHS 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 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) DVHS 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 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) DVHS 2hr ~ 7-9p (w/dry)	SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 2hr ~ 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/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/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 ~ 12-130p, 1230-2p (w/dry) DVHS 2hr ~ 1130a-130p (w/o dry) DVHS 2hr ~ 12-2p (w/dry)
10	11	12	13	14	15	16
<div>MIWOK TOWER 1130-2pm</div> <div>CIRCLE THIS SESSION AND Send a text to Coach Eric (925-586-0169) Fees \$30 per diver</div> <div>If you have not been to a Tower session, you should reach out to Coach Eric (925-586-0169) via text to discuss what a Tower session involves and if it might be good for you or your diver.</div>	SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 2hr ~ 4-6p DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 7-9p (w/dry)	SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 2hr ~ 4-6p DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 7-9p (w/dry)	SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 2hr ~ 4-6p DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 7-9p (w/dry)	SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 2hr ~ 4-6p DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 7-9p (w/dry)	AAU RWB ~ Tualatin, OR SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 2hr ~ 4-6p DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 7-9p (w/dry)	AAU RWB ~ Tualatin, OR SRDL 30 ~ 9-930a, 930-10a SRDL 60 ~ 9-10a, 930-1030a SRDL 90 ~ 9-1030a 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 ~ 12-130p, 1230-2p (w/dry) DVHS 2hr ~ 1130a-130p (w/o dry) DVHS 2hr ~ 12-2p (w/dry)
<div>THIS IS PAGE-1 FOR MARCH, 2024 01-16mar24</div>					<div>Levels, Calendar Notes:</div> <div>ALL DIVERS ~ each LEVEL has specific timeslot restrictions and inclusions. Please CIRCLE ONLY WHOLE SESSIONS as listed that correspond to your Level. You may not write-in your own session times or request more time than allotted.</div> <div>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</div>	

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 INCLUDED HOURS/WEEK: _____ "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" (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) 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)		THIS IS PAGE-2 FOR MARCH, 2024 17-31mar24		
17 AAU RWB ~ Tualatin, OR	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 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) DVHS 2hr ~ 7-9p (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 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) DVHS 2hr ~ 7-9p (w/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) DVHS 2hr ~ 7-9p (w/dry)	21 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) DVHS 2hr ~ 7-9p (w/dry)	22 SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 2hr ~ 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/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)	23 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 ~ 12-130p, 1230-2p (w/dry) DVHS 2hr ~ 1130a-130p (w/o dry) DVHS 2hr ~ 12-2p (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 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) DVHS 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 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) DVHS 2hr ~ 7-9p (w/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 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) DVHS 2hr ~ 7-9p (w/dry)	28 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) DVHS 2hr ~ 7-9p (w/dry)	29 SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 2hr ~ 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/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)	30 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 ~ 12-130p, 1230-2p (w/dry) DVHS 2hr ~ 1130a-130p (w/o dry) DVHS 2hr ~ 12-2p (w/dry)
31					Levels, Calendar Notes: ALL DIVERS ~ each LEVEL has specific timeslot restrictions and inclusions. Please CIRCLE ONLY WHOLE SESSIONS as listed that correspond 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
DIVER'S NAME: _____ PROG LEVEL (circle one): 1, 2, 4, 6, 8, 10, 12, 15 M1, M2, M3, M4, M5, M6 INCLUDED HOURS/WEEK: _____ "ExtraHours" (if any): _____ DIVER'S TEAM (if any, circle): DT, RT, ZT, NT, S&E, M	1	2	3	4	5	6 Diving Meet UC Davis (Sat JO, Sun FC)
	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) DVHS 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 (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)	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)	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)	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 (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)	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 ~ 12-130p, 1230-2p (w/dry) DVHS 2hr ~ 1130a-130p (w/o dry) DVHS 2hr ~ 12-2p (w/dry)
7 Diving Meet ~ UC Davis (FC's Today)	8	9	10	11	12	13
NOTES/EXPLANATION ~ For pool slots ~ SROP/DVHS 1) If you were at dryland (dry) that day, then you MAY attend the "with" (w/) or "without" (w/o) water (wet) sessions 2) If you did NOT attend dryland that day AND you want to attend water that day, you MUST attend sessions marked (w/o).	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) DVHS 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 (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)	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)	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 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)	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 (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)	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 ~ 12-130p, 1230-2p (w/dry) DVHS 2hr ~ 1130a-130p (w/o dry) DVHS 2hr ~ 12-2p (w/dry)
THIS IS PAGE-1 FOR APRIL, 2024 01-20apr24			"TRY-IT-OUT" (TIO) PROGRAM OFFERING		Levels, Calendar Notes: ALL DIVERS ~ each LEVEL has specific timeslot restrictions and inclusions. Please CIRCLE ONLY WHOLE SESSIONS as listed that correspond 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	
			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)			

April 2024						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
14 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 text to discuss what a Tower session involves and if it might be good for you or your diver.	15 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)	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 (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)	17 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)	18 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 (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)	19 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 (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)	20 SRDL 30 ~ 8-830a, 9-930a, 10-1030a SRDL 60 ~ 8-9a, 9-10a, 10-11a SRDL 90 ~ 8-930a, 9-1030a SRDL 2hr ~ 8-10a, 830-1030a 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 ~ 12-130p, 1230-2p (w/dry) DVHS 2hr ~ 1130a-130p (w/o dry) DVHS 2hr ~ 12-2p (w/dry)
21 DIVER'S NAME: PROG LEVEL (circle one): 1, 2, 4, 6, 8, 10, 12, 15 M1, M2, M3, M4, M5, M6 INCLUDED HOURS/WEEK: _____ "ExtraHours" (if any): _____ DIVER'S TEAM (if any, circle): DT, RT, ZT, NT, S&E, M	22 SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 2hr ~ 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/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)	23 HS WACC Champ's, Berkeley, CA 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)	24 HS EBAL Champ's, Livermore, CA 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)	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 (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)	26 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 (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)	27 HS DAL Champ's, Moraga, CA SPECIAL NOTE...(time/place) DRY/WET ~ CHANGES TODAY SRDL 30 ~ 8-830a, 830-9a, 9-930a SRDL 60 ~ 8-9a, 9-10a SRDL 90 ~ 8-930a, 9-1030a SRDL 2hr ~ 8-10a SROP 30 ~ 10-1030a, 11-1130a SROP 60 ~ 0930a-1030a (w/o dry) SROP 60 ~ 10-11a (w/dry) SROP 90 ~ 930a-11p (w/o dry) SROP 90 ~ 10-1130a, 1030-12p (w/dry) S

May 2024						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>THIS IS PAGE-1 FOR MAY, 2024 01-11may24</div>			1 HS NCS Champ's, Concord, CA	2	3 USAD Region-7, Chicago, IL	4 USAD Region-7, Chicago, IL
			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 (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)	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)	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 (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)	SRDL 30 ~ 9-930a, 10-1030a SRDL 60 ~ 9-10a, 10-11a SRDL 90 ~ 9-1030a 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 ~ 12-130p, 1230-2p (w/dry) DVHS 2hr ~ 1130a-130p (w/o dry) DVHS 2hr ~ 12-2p (w/dry)
5 USAD Region-7, Chicago, IL	6	7	8	9 HS State Champ's, Clovis, CA	10	11
	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)	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)	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 (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)	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 (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)	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 (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)	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 ~ 12-1230p, 1230-1p SROP 60 ~ 1130a-1230p (w/o dry) SROP 60 ~ 12-1p (w/dry) SROP 90 ~ 1130a-1p (w/o dry) SROP 90 ~ 12-130p, 1230-2p (w/dry) SROP 2hr ~ 1130a-130p (w/o dry) SROP 2hr ~ 12-2p (w/dry)
<div>Levels, Calendar Notes:</div> <div>DIVER'S NAME: _____</div> <div>PROG LEVEL (circle one): 1, 2, 4, 6, 8, 10, 12, 15 M1, M2, M3, M4, M5, M6</div> <div>INCLUDED HOURS/WEEK: _____</div> <div>"ExtraHours" (if any): _____</div> <div>DIVER'S TEAM (if any, circle): DT, RT, ZT, NT, S&E, M</div>			<div>SLOT NOTES & EXPLANATIONS ~</div> <div>For pool slots ~ SROP/DVHS</div> <div>1) If you were at dryland (dry) that day, then you MAY attend the "with" (w/) or "without" (w/o) water (wet) sessions</div> <div>2) If you did NOT attend dryland that day AND you want to attend water that day, you MUST attend sessions marked (w/o).</div>		<div>"TRY-IT-OUT" (TIO) PROGRAM OFFERING</div> <div>Try-it-Out (TIO) Inclusive Sessions ~ Total of 3 sessions (2-water + 1-dryland) Taken in order as: Water-Dryland-Water</div> <div>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)</div>	

May 2024														
12	Sunday	13	Monday	14	Tuesday	15	Wednesday	16	Thursday	17	Friday	18	Saturday	
THIS IS PAGE-2 FOR MAY, 2024 12-31may24		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)	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)	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)	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)	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)	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)	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)	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)	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)	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)	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 ~ 12-130p, 1230-2p (w/dry) DVHS 2hr ~ 1130a-130p (w/o dry) DVHS 2hr ~ 12-2p (w/dry)		
	19		20		21		22		23		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 (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)		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)		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)		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)		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)		a/o 24Apr24, DVHS or SROP (TBD) SUBSTANTIAL TIME CHANGES SRDL 30 ~ 7-730, 8-830a, 9-930a SRDL 60 ~ 7-8a, 8-9a, 9-10a SRDL 90 ~ 7-830a, 8-930a SRDL 2hr ~ 7-9a, 8-10a DVHS/SROP? 30 ~ 1030-11a, 11-1130a DVHS/SROP? 60 ~ 10-11a (w/o dry) DVHS/SROP? 60 ~ 1030-1130a, 11a-12p (w/dry) DVHS/SROP? 90 ~ 10-1130a (w/o dry) DVHS/SROP? 90 ~ 1030a-12p, 11a-1230p (w/dry) DVHS 2hr ~ 10a-12p (w/o dry) DVHS/SROP? 2hr ~ 1030a-1230p (w/dry)	
	26	MIWOK TOWER 1130-2pm	27		28		29		30		31		1	
		CIRCLE THIS SESSION AND Send a text to Coach Eric (925-586-0169) Fees \$30 per diver	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)		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)		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)		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)		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)		a/o 24Apr24, DVHS or SROP (TBD) SUBSTANTIAL TIME CHANGES SRDL 30 ~ 7-730, 8-830a, 9-930a SRDL 60 ~ 7-8a, 8-9a, 9-10a SRDL 90 ~ 7-830a, 8-930a SRDL 2hr ~ 7-9a, 8-10a DVHS/SROP? 30 ~ 1030-11a, 11-1130a DVHS/SROP? 60 ~ 10-11a (w/o dry) DVHS/SROP? 60 ~ 1030-1130a, 11a-12p (w/dry) DVHS/SROP? 90 ~ 10-1130a (w/o dry) DVHS/SROP? 90 ~ 1030a-12p, 11a-1230p (w/dry) DVHS 2hr ~ 10a-12p (w/o dry) DVHS/SROP? 2hr ~ 1030a-1230p (w/dry)	
		If you have not been to a Tower session, you should reach out to Coach Eric (925-586-0169) via text to discuss what a Tower session involves and if it might be good for you or your diver.												
	DIVER'S NAME: _____		Levels, Calendar Notes:			SLOT NOTES & EXPLANATIONS ~			"TRY-IT-OUT" (TIO) PROGRAM OFFERING					
	PROG LEVEL (circle one): 1, 2, 4, 6, 8, 10, 12, 15 M1, M2, M3, M4, M5, M6		ALL DIVERS ~ each LEVEL has specific timeslot restrictions and inclusions. Please CIRCLE ONLY WHOLE SESSIONS as listed that correspond 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			For pool slots ~ SROP/DVHS 1) If you were at dryland (dry) that day, then you MAY attend the "with" (w/) or "without" (w/o) water (wet) sessions 2) If you did NOT attend dryland that day AND you want to attend water that day, 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)					
	INCLUDED HOURS/WEEK: _____													
	"ExtraHours" (if any): _____													
DIVER'S TEAM (if any, circle): DT, RT, ZT, NT, S&E, M														