

January 2023						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
HAPPY NEW YEAR!	CLOSED FOR HOLIDAY	SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 730-9p	SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 730-9p	SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 730-9p	SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 730-9p	SRDL ~ 8-9a, 9-10a SRDL ~ 830-10a SRDL ~ 8-1030a SROP 60 ~ 1030a-1130a SROP 90 ~ 1030a-12p SROP 120 ~ 1030a-1p
8	9	10	11	12	13	14
	SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 730-9p	SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 730-9p	SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 730-9p	SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 730-9p	SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 730-9p	SRDL ~ 8-9a, 9-10a SRDL ~ 830-10a SRDL ~ 8-1030a SROP ~ 1030a-1130a SROP ~ 1030a-12p SROP ~ 1030a-1p
15	16	17	18	19	20	21
	SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 730-9p	SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 730-9p	SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 730-9p	SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 730-9p	SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 730-9p	SRDL ~ 8-9a, 9-10a SRDL ~ 830-10a SRDL ~ 8-1030a SROP ~ 1030a-1130a SROP ~ 1030a-12p SROP ~ 1030a-1p
22	23	24	25	26	27	28
	SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 730-9p	SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 730-9p	SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 730-9p	SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 730-9p	SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 730-9p	SRDL ~ 8-9a, 9-10a SRDL ~ 830-10a SRDL ~ 8-1030a SROP ~ 1030a-1130a SROP ~ 1030a-12p SROP ~ 1030a-1p
29	30	31	Notes: Try-it-Out (TIO) program ~ Are scheduled for the Early Session(s) at pools and dryland sessions are the first 30-, 45-, or 60-minute session (coach's discretion). TEAM DIVERS ~ each team (Dev1-5, Reg1-3, Zone1-2, Nat, S&E, and Masters) have specific and pre-scribed session configurations for both quantity of sessions AND length of sessions. For 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 for details. If you are not sure what your program includes, please send an email to the admin@CALdiving.org.			
	SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 730-9p	SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 730-9p				

February 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	30 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 120 ~ 4-6p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	31 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 120 ~ 4-6p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	1 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 120 ~ 4-6p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	2 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 120 ~ 4-6p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	3 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 120 ~ 4-6p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	4 SRDL ~ 8-9a, 9-10a SRDL ~ 830-10a SRDL ~ 8-1030a SROP ~ 1030a-1130a SROP ~ 1030a-12p SROP ~ 1030a-1p MIWOK Tower ~ 230-5pm
5 Miwok Tower ~ 130-4pm	6 BEGINNING OF HIGH SCHOOL DIVING SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	7 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	8 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	9 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	10 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 120 ~ 4-6p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	11 SRDL ~ 8-9a, 9-10a SRDL ~ 830-10a SRDL ~ 8-1030a SROP ~ 1030a-1130a SROP ~ 1030a-12p SROP ~ 11a-1230p (certail srdl only) SROP ~ 1030a-1p
12	13 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	14 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	15 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	16 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	17 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 120 ~ 4-6p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	18 SRDL ~ 8-9a, 9-10a SRDL ~ 830-10a SRDL ~ 8-1030a SROP ~ 1030a-1130a SROP ~ 1030a-12p SROP ~ 11a-1230p (certail srdl only) SROP ~ 1030a-1p
19	20 CLOSED FOR HOLIDAY	21 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	22 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	23 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	24 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 120 ~ 4-6p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	25 SRDL ~ 8-9a, 9-10a SRDL ~ 830-10a SRDL ~ 8-1030a SROP ~ 1030a-1130a SROP ~ 1030a-12p SROP ~ 11a-1230p (certail srdl only) SROP ~ 1030a-1p
26 Miwok Tower ~ 130-4pm	27 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	28 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	Notes: <u>Try-it-Out (TIO) program</u> ~ Are scheduled for the Early Session(s) at pools and dryland sessions are the first 30-, 45-, or 60-minute session (coach's discretion). <u>TEAM DIVERS</u> ~ each team (Dev1-5, Reg1-3, Zone1-2, Nat, S&E, and Masters) have specific and pre-scribed session configurations for both quantity of sessions AND length of sessions per 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 for details. If you are not sure what your program includes, please send an email to the admin@CALdiving.org.			

March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Notes: Try-it-Out (TIO) program ~ Are scheduled for the Early Session(s) at pools and dryland sessions are the first 30-, 45-, or 60-minute session (coach's discretion). TEAM DIVERS ~ each team (Dev1-5, Reg1-3, Zone1-2, Nat, S&E, and Masters) have specific and pre-scribed session configurations for both quantity of sessions AND length of sessions per 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 for details. If you are not sure what your program includes, please send an email to the admin@CALdiving.org.			1 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srld only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	2 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srld only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	3 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 120 ~ 4-6p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srld only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	4 SRDL ~ 8-9a, 9-10a SRDL ~ 830-10a SRDL ~ 8-1030a SROP ~ 1030a-1130a SROP ~ 1030a-12p SROP ~ 11a-1230p (certain srld only) SROP ~ 1030a-1p
5	6 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srld only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	7 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srld only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	8 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srld only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	9 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srld only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	10 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 120 ~ 4-6p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srld only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	11 <small>hs23all NCS QUALIFIER - LasPositas</small> SRDL ~ 8-9a, 9-10a SRDL ~ 830-10a SRDL ~ 8-1030a SROP ~ 1030a-1130a SROP ~ 1030a-12p SROP ~ 11a-1230p (certain srld only) SROP ~ 1030a-1p
12 <small>Miwok Tower ~ 130-4pm</small>	13 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srld only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	14 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srld only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	15 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srld only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	16 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srld only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	17 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 120 ~ 4-6p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srld only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	18 SRDL ~ 8-9a, 9-10a SRDL ~ 830-10a SRDL ~ 8-1030a SROP ~ 1030a-1130a SROP ~ 1030a-12p SROP ~ 11a-1230p (certain srld only) SROP ~ 1030a-1p
19	20 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srld only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	21 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srld only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	22 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srld only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	23 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srld only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	24 <small>AAU RWB Red North ~ Miwok</small> SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 120 ~ 4-6p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srld only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	25 <small>AAU RWB Red North ~ Miwok</small> SRDL ~ 8-9a, 9-10a SRDL ~ 830-10a SRDL ~ 8-1030a SROP ~ 1030a-1130a SROP ~ 1030a-12p SROP ~ 11a-1230p (certain srld only) SROP ~ 1030a-1p
26 <small>AAU RWB Red North ~ Miwok</small>	27 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srld only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	28 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srld only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	29 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srld only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	30 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srld only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	31 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 120 ~ 4-6p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srld only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	

April 2023						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Notes: Try-it-Out (TIO) program ~ Are scheduled for the Early Session(s) at pools and dryland sessions are the first 30-, 45-, or 60-minute session (coach's discretion). TEAM DIVERS ~ each team (Dev1-5, Reg1-3, Zone1-2, Nat, S&E, and Masters) have specific and pre-scribed session configurations for both quantity of sessions AND length of sessions per 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 for details. If you are not sure what your program includes, please send an email to the admin@CALdiving.org.						1 SRDL ~ 8-830, 830-9a (30min slots) SRDL ~ 8-9a (only 60min slot) SRDL ~ 8-930a, 830-10a (90min slots) SRDL ~ 8-10a (2hr session) SRDP ~ 930-1030a (only 60min slot) SRDP ~ 930a-12p (90min w/o SRDL) SRDP ~ 10a-1230p (90min w/SRDL) SRDP ~ 1030a-1230p (2hr w/SRDL)
2	3 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SRDP ~ 630-730p SRDP ~ 630-8p (without SRDL) SRDP ~ 7-830p (with SRDL) SRDP ~ 730-9p (wih SRDL) SRDP ~ 7-9p (restricted)	4 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SRDP ~ 630-730p SRDP ~ 630-8p (without SRDL) SRDP ~ 7-830p (with SRDL) SRDP ~ 730-9p (wih SRDL) SRDP ~ 7-9p (restricted)	5 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SRDP ~ 630-730p SRDP ~ 630-8p (without SRDL) SRDP ~ 7-830p (with SRDL) SRDP ~ 730-9p (wih SRDL) SRDP ~ 7-9p (restricted)	6 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SRDP ~ 630-730p SRDP ~ 630-8p (without SRDL) SRDP ~ 7-830p (with SRDL) SRDP ~ 730-9p (wih SRDL) SRDP ~ 7-9p (restricted)	7 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 120 ~ 4-6p SRDP ~ 630-730p SRDP ~ 630-8p (without SRDL) SRDP ~ 7-830p (with SRDL) SRDP ~ 730-9p (wih SRDL) SRDP ~ 7-9p (restricted)	8 SRDL ~ 8-830, 830-9a (30min slots) SRDL ~ 8-9a (only 60min slot) SRDL ~ 8-930a, 830-10a (90min slots) SRDL ~ 8-10a (2hr session) SRDP ~ 930-1030a (only 60min slot) SRDP ~ 930a-12p (90min w/o SRDL) SRDP ~ 10a-1230p (90min w/SRDL) SRDP ~ 1030a-1230p (2hr w/SRDL)
9	10 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SRDP ~ 630-730p SRDP ~ 630-8p (without SRDL) SRDP ~ 7-830p (with SRDL) SRDP ~ 730-9p (wih SRDL) SRDP ~ 7-9p (restricted)	11 DVHS SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p DVHS ~ 630-730p DVHS ~ 630-8p (without SRDL) DVHS ~ 7-830p (with SRDL) DVHS ~ 730-9p (wih SRDL) DVHS ~ 7-9p (restricted)	12 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SRDP ~ 630-730p SRDP ~ 630-8p (without SRDL) SRDP ~ 7-830p (with SRDL) SRDP ~ 730-9p (wih SRDL) SRDP ~ 7-9p (restricted)	13 DVHS SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p DVHS ~ 630-730p DVHS ~ 630-8p (without SRDL) DVHS ~ 7-830p (with SRDL) DVHS ~ 730-9p (wih SRDL) DVHS ~ 7-9p (restricted)	14 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 120 ~ 4-6p SRDP ~ 630-730p SRDP ~ 630-8p (without SRDL) SRDP ~ 7-830p (with SRDL) SRDP ~ 730-9p (wih SRDL) SRDP ~ 7-9p (restricted)	15 SRDL ~ 8-830, 830-9a (30min slots) SRDL ~ 8-9a (only 60min slot) SRDL ~ 8-930a, 830-10a (90min slots) SRDL ~ 8-10a (2hr session) SRDP ~ 930-1030a (only 60min slot) SRDP ~ 930a-12p (90min w/o SRDL) SRDP ~ 10a-1230p (90min w/SRDL) SRDP ~ 1030a-1230p (2hr w/SRDL)
16 Miwok Tower ~ 130-4pm	17 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SRDP ~ 630-730p SRDP ~ 630-8p (without SRDL) SRDP ~ 7-830p (with SRDL) SRDP ~ 730-9p (wih SRDL) SRDP ~ 7-9p (restricted)	18 DVHS SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p DVHS ~ 630-730p DVHS ~ 630-8p (without SRDL) DVHS ~ 7-830p (with SRDL) DVHS ~ 730-9p (wih SRDL) DVHS ~ 7-9p (restricted)	19 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SRDP ~ 630-730p SRDP ~ 630-8p (without SRDL) SRDP ~ 7-830p (with SRDL) SRDP ~ 730-9p (wih SRDL) SRDP ~ 7-9p (restricted)	20 DVHS SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p DVHS ~ 630-730p DVHS ~ 630-8p (without SRDL) DVHS ~ 7-830p (with SRDL) DVHS ~ 730-9p (wih SRDL) DVHS ~ 7-9p (restricted)	21 USAD Region 10 ~ Miwok @8a SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 120 ~ 4-6p SRDP ~ 630-730p SRDP ~ 630-8p (without SRDL) SRDP ~ 7-830p (with SRDL) SRDP ~ 730-9p (wih SRDL) SRDP ~ 7-9p (restricted)	22 USAD Region 10 ~ Miwok @6a SRDL ~ 8-830, 830-9a (30min slots) SRDL ~ 8-9a (only 60min slot) SRDL ~ 8-930a, 830-10a (90min slots) SRDL ~ 8-10a (2hr session) SRDP ~ 1030-1130a (only 60min slot) SRDP ~ 1030a-12p (90min w/o SRDL) SRDP ~ 11a-1230p (90min w/SRDL) SRDP ~ 11a-1p (2hr w/SRDL)
23 USA Diving Region 10 Miwok @6a	24 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SRDP ~ 630-730p SRDP ~ 630-8p (without SRDL) SRDP ~ 7-830p (with SRDL) SRDP ~ 730-9p (wih SRDL) SRDP ~ 7-9p (restricted)	25 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SRDP ~ 630-730p SRDP ~ 630-8p (without SRDL) SRDP ~ 7-830p (with SRDL) SRDP ~ 730-9p (wih SRDL) SRDP ~ 7-9p (restricted)	26 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SRDP ~ 630-730p SRDP ~ 630-8p (without SRDL) SRDP ~ 7-830p (with SRDL) SRDP ~ 730-9p (wih SRDL) SRDP ~ 7-9p (restricted)	27 V/JV WACCs @BHS WU 3pm SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SRDP ~ 630-730p SRDP ~ 630-8p (without SRDL) SRDP ~ 7-830p (with SRDL) SRDP ~ 730-9p (wih SRDL) SRDP ~ 7-9p (restricted)	28 V-only EBALs @Amador WU 8am SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 120 ~ 4-6p SRDP ~ 630-730p SRDP ~ 630-8p (without SRDL) SRDP ~ 7-830p (with SRDL) SRDP ~ 730-9p (wih SRDL) SRDP ~ 7-9p (restricted)	29 V&JV DAL's @SODA WU 2pm SRDL ~ 8-830, 830-9a (30min slots) SRDL ~ 8-9a (only 60min slot) SRDL ~ 8-930a, 830-10a (90min slots) SRDL ~ 8-10a (2hr session) SRDP ~ 1030-1130a (only 60min slot) SRDP ~ 1030a-12p (90min w/o SRDL) SRDP ~ 11a-1230p (90min w/SRDL) SRDP ~ 11a-1p (2hr w/SRDL)
30	Notes:					

May 2023						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NOTE/EXPLANATION: With and Without SRDL designations: For pool slots (SROP/DVHS): 1) if you were at dryland (SRDL) that day, then you MAY attend the "with" or "without" sessions 2) If you did NOT attend dryland that day, you MUST attend the "without" session.	1 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p (without SRDL) SROP ~ 7-830p (with SRDL) SROP ~ 730-9p (wih SRDL) SROP ~ 7-9p (restricted)	2 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p (without SRDL) SROP ~ 7-830p (with SRDL) SROP ~ 730-9p (wih SRDL) SROP ~ 7-9p (restricted)	3 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p (without SRDL) SROP ~ 7-830p (with SRDL) SROP ~ 730-9p (wih SRDL) SROP ~ 7-9p (restricted)	4 High School NCS Championships SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 120 ~ 4-6p SROP ~ 630-730p SROP ~ 630-8p (without SRDL) SROP ~ 7-830p (with SRDL) SROP ~ 730-9p (wih SRDL) SROP ~ 7-9p (restricted)	5 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 120 ~ 4-6p SROP ~ 630-730p SROP ~ 630-8p (without SRDL) SROP ~ 7-830p (with SRDL) SROP ~ 730-9p (wih SRDL) SROP ~ 7-9p (restricted)	6 SRDL ~ 8-830, 830-9a (30min slots) SRDL ~ 8-9a (only 60min slot) SRDL ~ 8-930a, 830-10a (90min slots) SRDL ~ 8-10a (2hr session) SROP ~ 10-11a (only 60min slot) SROP ~ 10-1130a (90min w/o SRDL) SROP ~ 1030a-12p (90min w/SRDL) SROP ~ 1030a-1230p (2hr w/SRDL)
7 Miwok Tower ~ 130-4pm	8 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p (without SRDL) SROP ~ 7-830p (with SRDL) SROP ~ 730-9p (wih SRDL) SROP ~ 7-9p (restricted)	9 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p (without SRDL) SROP ~ 7-830p (with SRDL) SROP ~ 730-9p (wih SRDL) SROP ~ 7-9p (restricted)	10 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 120 ~ 4-6p SROP ~ 630-730p SROP ~ 630-8p (without SRDL) SROP ~ 7-830p (with SRDL) SROP ~ 730-9p (wih SRDL) SROP ~ 7-9p (restricted)	11 High School NCS/CIF State Championships SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 120 ~ 4-6p SROP ~ 630-730p SROP ~ 630-8p (without SRDL) SROP ~ 7-830p (with SRDL) SROP ~ 730-9p (wih SRDL) SROP ~ 7-9p (restricted)	12 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 120 ~ 4-6p SROP ~ 630-730p SROP ~ 630-8p (without SRDL) SROP ~ 7-830p (with SRDL) SROP ~ 730-9p (wih SRDL) SROP ~ 7-9p (restricted)	13 SRDL ~ 8-830, 830-9a (30min slots) SRDL ~ 8-9a (only 60min slot) SRDL ~ 8-930a, 830-10a (90min slots) SRDL ~ 8-10a (2hr session) SROP ~ 10-11a (only 60min slot) SROP ~ 10-1130a (90min w/o SRDL) SROP ~ 1030a-12p (90min w/SRDL) SROP ~ 1030a-1230p (2hr w/SRDL)
14	15 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p (without SRDL) SROP ~ 7-830p (with SRDL) SROP ~ 730-9p (wih SRDL) SROP ~ 7-9p (restricted)	16 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p (without SRDL) SROP ~ 7-830p (with SRDL) SROP ~ 730-9p (wih SRDL) SROP ~ 7-9p (restricted)	17 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p (without SRDL) SROP ~ 7-830p (with SRDL) SROP ~ 730-9p (wih SRDL) SROP ~ 7-9p (restricted)	18 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p (without SRDL) SROP ~ 7-830p (with SRDL) SROP ~ 730-9p (wih SRDL) SROP ~ 7-9p (restricted)	19 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 120 ~ 4-6p SROP ~ 630-730p SROP ~ 630-8p (without SRDL) SROP ~ 7-830p (with SRDL) SROP ~ 730-9p (wih SRDL) SROP ~ 7-9p (restricted)	20 SRDL ~ 8-830, 830-9a (30min slots) SRDL ~ 8-9a (only 60min slot) SRDL ~ 8-930a, 830-10a (90min slots) SRDL ~ 8-10a (2hr session) SROP ~ 10-11a (only 60min slot) SROP ~ 10-1130a (90min w/o SRDL) SROP ~ 1030a-12p (90min w/SRDL) SROP ~ 1030a-1230p (2hr w/SRDL)
21	22 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p (without SRDL) SROP ~ 7-830p (with SRDL) SROP ~ 730-9p (wih SRDL) SROP ~ 7-9p (restricted)	23 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p (without SRDL) SROP ~ 7-830p (with SRDL) SROP ~ 730-9p (wih SRDL) SROP ~ 7-9p (restricted)	24 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p (without SRDL) SROP ~ 7-830p (with SRDL) SROP ~ 730-9p (wih SRDL) SROP ~ 7-9p (restricted)	25 AAU RWB Nationals ~ Orlando, FL SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p (without SRDL) SROP ~ 7-830p (with SRDL) SROP ~ 730-9p (wih SRDL) SROP ~ 7-9p (restricted)	26 AAU RWB Nationals ~ Orlando, FL SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 120 ~ 4-6p SROP ~ 630-730p SROP ~ 630-8p (without SRDL) SROP ~ 7-830p (with SRDL) SROP ~ 730-9p (wih SRDL) SROP ~ 7-9p (restricted)	27 AAU RWB Nationals ~ Orlando, FL SRDL ~ 8-830, 830-9a (30min slots) SRDL ~ 8-9a (only 60min slot) SRDL ~ 8-930a, 830-10a (90min slots) SRDL ~ 8-10a (2hr session) SROP ~ 10-11a (only 60min slot) SROP ~ 10-1130a (90min w/o SRDL) SROP ~ 1030a-12p (90min w/SRDL) SROP ~ 1030a-1230p (2hr w/SRDL)
28 AAU RWB Nationals ~ Orlando, FL	29 AAU RWB Nationals ~ Orlando, FL 					

June 2023						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Notes: Try-it-Out (TIO) program ~ Are scheduled for the Early Session(s) at the pool (60- or 90-minutes). Dryland sessions are the first 30- 45- or 60-minute session. Coach's discretion for all/any. TEAM DIVERS ~ each team (Dev1-5, Reg1-3, Zone1-2, Nat, S&E, and Masters) have specific and prescribed session configurations for both quantity of sessions AND length of sessions per 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 for details. If you are not sure what your program includes, please send an email to the admin@CALdiving.org.		DIVER'S NAME: DIVER'S TEAM (circle one): DT, RT, ZT, NT, S&E, Masters TEAM LEVEL (circle): 1, 2, 3, 4, 5 INCLUDED HOURS: ____ CDA "ExtraHours" (if any): ____	With (w/) and Without (w/o) dryland (SRDL) NOTES: For pool slots (SROP/DVHS): 1) if you were at dryland (SRDL) that day, then you MAY attend the "with" or "without" sessions 2) If you did NOT attend dryland that day, you MUST attend the "without" session.	1 SRDL 30 ~ 4-430p, 430-5p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 120 ~ 4-6p SROP ~ 630-730p (w/o SRDL) SROP ~ 630-8p (without SRDL) SROP ~ 7-830p (with SRDL) SROP ~ 730-9p (with SRDL) SROP ~ 7-9p (restricted)	2 SRDL 30 ~ 4-430p, 430-5p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 120 ~ 4-6p SROP ~ 630-730p (w/o SRDL) SROP ~ 630-8p (without SRDL) SROP ~ 7-830p (with SRDL) SROP ~ 730-9p (with SRDL) SROP ~ 7-9p (restricted)	3 SRDL ~ 8-830, 830-9a (30min slots) SRDL ~ 8-9a (only 60min slot) SRDL ~ 8-930a, 830-10a (90min slots) SRDL ~ 8-10a (2hr session) SROP ~ 10-11a (only 60min slot) SROP ~ 10-1130a (90min w/o SRDL) SROP ~ 1030a-12p (90min w/SRDL) SROP ~ 1030a-1230p (2hr w/SRDL)
4	5 San Ramon City LTD Camp ~ 4-5p @DVHS Private Dryland Options ~ 7-930a SRDL 30 ~ 10-1030a, 1230-1p SRDL 60 ~ 10-11a, 11a-12p, 12-1p SRDL 90 ~ 10-1130a, 1130-1p SRDL 2hr ~ 10-12p, 11-1p SRDL 3hr ~ 930a-1230p, 10a-1p SRDL 4hr ~ 9a-1p DVHS 60 ~ 130-230p (w/o SRDL) DVHS 90 ~ 130-3p (w/o SRDL) DVHS 90 ~ 2-330p (with SRDL) DVHS 2hr ~ 2-4p (with SRDL) SROP 60 ~ 530-630p (w/o SRDL) SROP 90 ~ 530-7p (w/ or w/o SRDL)	6 San Ramon City LTD Camp ~ 4-5p @DVHS Private Dryland Options ~ 7-930a SRDL 30 ~ 10-1030a, 1230-1p SRDL 60 ~ 10-11a, 11a-12p, 12-1p SRDL 90 ~ 10-1130a, 1130-1p SRDL 2hr ~ 10-12p, 11-1p SRDL 3hr ~ 930a-1230p, 10a-1p SRDL 4hr ~ 9a-1p DVHS 60 ~ 130-230p (w/o SRDL) DVHS 90 ~ 130-3p (w/o SRDL) DVHS 90 ~ 2-330p (with SRDL) DVHS 2hr ~ 2-4p (with SRDL) SROP 60 ~ 530-630p (w/o SRDL) SROP 90 ~ 530-7p (w/ or w/o SRDL)	7 San Ramon City LTD Camp ~ 4-5p @DVHS Private Dryland Options ~ 7-930a SRDL 30 ~ 10-1030a, 1230-1p SRDL 60 ~ 10-11a, 11a-12p, 12-1p SRDL 90 ~ 10-1130a, 1130-1p SRDL 2hr ~ 10-12p, 11-1p SRDL 3hr ~ 930a-1230p, 10a-1p SRDL 4hr ~ 9a-1p DVHS 60 ~ 130-230p (w/o SRDL) DVHS 90 ~ 130-3p (w/o SRDL) DVHS 90 ~ 2-330p (with SRDL) DVHS 2hr ~ 2-4p (with SRDL) SROP 60 ~ 530-630p (w/o SRDL) SROP 90 ~ 530-7p (w/ or w/o SRDL)	8 San Ramon City LTD Camp ~ 4-5p @DVHS Private Dryland Options ~ 7-930a SRDL 30 ~ 10-1030a, 1230-1p SRDL 60 ~ 10-11a, 11a-12p, 12-1p SRDL 90 ~ 10-1130a, 1130-1p SRDL 2hr ~ 10-12p, 11-1p SRDL 3hr ~ 930a-1230p, 10a-1p SRDL 4hr ~ 9a-1p DVHS 60 ~ 130-230p (w/o SRDL) DVHS 90 ~ 130-3p (w/o SRDL) DVHS 90 ~ 2-330p (with SRDL) DVHS 2hr ~ 2-4p (with SRDL) SROP 60 ~ 530-630p (w/o SRDL) SROP 90 ~ 530-7p (w/ or w/o SRDL)	9 San Ramon City LTD Camp ~ 4-5p @DVHS Private Dryland Options ~ 7-930a SRDL 30 ~ 10-1030a, 1230-1p SRDL 60 ~ 10-11a, 11a-12p, 12-1p SRDL 90 ~ 10-1130a, 1130-1p SRDL 2hr ~ 10-12p, 11-1p SRDL 3hr ~ 930a-1230p, 10a-1p SRDL 4hr ~ 9a-1p DVHS 60 ~ 130-230p (w/o SRDL) DVHS 90 ~ 130-3p (w/o SRDL) DVHS 90 ~ 2-330p (with SRDL) DVHS 2hr ~ 2-4p (with SRDL) SROP 60 ~ 530-630p (w/o SRDL) SROP 90 ~ 530-7p (w/ or w/o SRDL)	10 SRDL ~ 8-830a, 830-9a (30min slots) SRDL ~ 8-9a (only 60min slot) SRDL ~ 8-930a, 830-10a (90min slots) SRDL ~ 8-10a (2hr session) SROP ~ 930-1030a (only 60min slot) SROP ~ 930-11a (90min w/o SRDL) SROP ~ 10a-1130a (90min w/SRDL) SROP ~ 10a-12p (2hr w/SRDL)
11 Miwok Tower Session ~ 130-5pm Circle this session to attend. Cost is \$30 to the coach on the deck.	12 Private SRDL Options ~ 7-930a SRDL 30 ~ 10-1030a, 1230-1p SRDL 60 ~ 10-11a, 11a-12p, 12-1p SRDL 90 ~ 10-1130a, 1130-1p SRDL 2hr ~ 10-12p, 11-1p SRDL 3hr ~ 930a-1230p, 10a-1p SRDL 4hr ~ 9a-1p DVHS 60 ~ 130-230p (w/o SRDL) DVHS 90 ~ 130-3p (w/o SRDL) DVHS 90 ~ 2-330p (with SRDL) DVHS 2hr ~ 2-4p (with SRDL) SROP 60 ~ 530-630p (w/o SRDL) SROP 90 ~ 530-7p (w/ or w/o SRDL)	13 Private SRDL Options ~ 7-930a SRDL 30 ~ 10-1030a, 1230-1p SRDL 60 ~ 10-11a, 11a-12p, 12-1p SRDL 90 ~ 10-1130a, 1130-1p SRDL 2hr ~ 10-12p, 11-1p SRDL 3hr ~ 930a-1230p, 10a-1p SRDL 4hr ~ 9a-1p DVHS 60 ~ 130-230p (w/o SRDL) DVHS 90 ~ 130-3p (w/o SRDL) DVHS 90 ~ 2-330p (with SRDL) DVHS 2hr ~ 2-4p (with SRDL) SROP 60 ~ 530-630p (w/o SRDL) SROP 90 ~ 530-7p (w/ or w/o SRDL)	14 USAD Zone-E Champs SRDL 30 ~ 10-1030a, 11-1130a SRDL 60 ~ 10-11a, 11a-12p SRDL 90 ~ 10-1130a, 1030-12p SRDL 2hr ~ 10-12p DVHS 60 ~ 130-230p (w/o SRDL) DVHS 90 ~ 130-3p (w/o SRDL) DVHS 90 ~ 2-330p (with SRDL) DVHS 2hr ~ 2-4p (with SRDL) SROP 60 ~ 530-630p (w/o SRDL) SROP 90 ~ 530-7p (w/ or w/o SRDL)	15 USAD Zone-E Champs SRDL 30 ~ 10-1030a, 11-1130a SRDL 60 ~ 10-11a, 11a-12p SRDL 90 ~ 10-1130a, 1030-12p SRDL 2hr ~ 10-12p DVHS 60 ~ 130-230p (w/o SRDL) DVHS 90 ~ 130-3p (w/o SRDL) DVHS 90 ~ 2-330p (with SRDL) DVHS 2hr ~ 2-4p (with SRDL) SROP 60 ~ 530-630p (w/o SRDL) SROP 90 ~ 530-7p (w/ or w/o SRDL)	16 USAD Zone-E Champs SRDL 30 ~ 10-1030a, 11-1130a SRDL 60 ~ 10-11a, 11a-12p SRDL 90 ~ 10-1130a, 1030-12p SRDL 2hr ~ 10-12p DVHS 60 ~ 130-230p (w/o SRDL) DVHS 90 ~ 130-3p (w/o SRDL) DVHS 90 ~ 2-330p (with SRDL) DVHS 2hr ~ 2-4p (with SRDL) SROP 60min ~ 10-11a SROP 90min ~ 10-1130a SROP 2hr ~ 10a-12p	17 USAD Zone-E Champs

Sunday		Monday		Tuesday		June 2023 Wednesday		Thursday		Friday		Saturday	
Notes: Try-it-Out (TIO) program ~ Are scheduled for the Early Session(s) at the pool (60- or 90-minutes). Dryland sessions are the first 30- 45- or 60-minute session. Coach's discretion for all/any. TEAM DIVERS ~ each team (Dev1-5, Reg1-3, Zone1-2, Nat, S&E, and Masters) have specific and prescribed session configurations for both quantity of sessions AND length of sessions per 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 for details. If you are not sure what your program includes, please send an email to the admin@CALdiving.org.				DIVER'S NAME: DIVER'S TEAM (circle one): DT, RT, ZT, NT, S&E, Masters TEAM LEVEL (circle): 1, 2, 3, 4, 5 INCLUDED HOURS: _____ CDA "ExtraHours" (if any): ____		With (w/) and Without (w/o) dryland (SRDL) NOTES: For pool slots (SRDP/DVHS): 1) if you were at dryland (SRDL) that day, then you MAY attend the "with" or "without" sessions 2) If you did NOT attend dryland that day, you MUST attend the "without" session.		This is PAGE-2 of June 2023 (18-30jun23)					
18		19		20		21		22		23		24	
USAD Zone-E Champs		Private Dryland Options ~ 7-930a SRDL 30 ~ 10-1030a, 1230-1p SRDL 60 ~ 10-11a, 11a-12p, 12-1p SRDL 90 ~ 10-1130a, 1130-1p SRDL 2hr ~ 10-12p, 11-1p SRDL 3hr ~ 930a-1230p, 10a-1p SRDL 4hr ~ 9a-1p DVHS 60 ~ 130-230p (w/o SRDL) DVHS 90 ~ 130-3p (w/o SRDL) DVHS 90 ~ 2-330p (with SRDL) DVHS 2hr ~ 2-4p (with SRDL) SRDP 60 ~ 530-630p (w/o SRDL) SRDP 90 ~ 530-7p (w/ or w/o SRDL)		Private Dryland Options ~ 7-930a SRDL 30 ~ 10-1030a, 1230-1p SRDL 60 ~ 10-11a, 11a-12p, 12-1p SRDL 90 ~ 10-1130a, 1130-1p SRDL 2hr ~ 10-12p, 11-1p SRDL 3hr ~ 930a-1230p, 10a-1p SRDL 4hr ~ 9a-1p DVHS 60 ~ 130-230p (w/o SRDL) DVHS 90 ~ 130-3p (w/o SRDL) DVHS 90 ~ 2-330p (with SRDL) DVHS 2hr ~ 2-4p (with SRDL) SRDP 60 ~ 530-630p (w/o SRDL) SRDP 90 ~ 530-7p (w/ or w/o SRDL)		Private Dryland Options ~ 7-930a SRDL 30 ~ 10-1030a, 1230-1p SRDL 60 ~ 10-11a, 11a-12p, 12-1p SRDL 90 ~ 10-1130a, 1130-1p SRDL 2hr ~ 10-12p, 11-1p SRDL 3hr ~ 930a-1230p, 10a-1p SRDL 4hr ~ 9a-1p @SRDP ~ NO DVHS TODAY SRDP 60 ~ 330-430p (w/o SRDL) SRDP 90 ~ 330-5p (w/o SRDL) SRDP 90 ~ 4-530p, 5-630p (w/SRDL) SRDP 2hr ~ 4-6p, 5-7p (w/SRDL) SRDP 3hr ~ 4-7p (with SRDL)		Private Dryland Options ~ 7-930a SRDL 30 ~ 10-1030a, 1230-1p SRDL 60 ~ 10-11a, 11a-12p, 12-1p SRDL 90 ~ 10-1130a, 1130-1p SRDL 2hr ~ 10-12p, 11-1p SRDL 3hr ~ 930a-1230p, 10a-1p SRDL 4hr ~ 9a-1p DVHS 60 ~ 130-230p (w/o SRDL) DVHS 90 ~ 130-3p (w/o SRDL) DVHS 90 ~ 2-330p (with SRDL) DVHS 2hr ~ 2-4p (with SRDL) SRDP 60 ~ 530-630p (w/o SRDL) SRDP 90 ~ 530-7p (w/ or w/o SRDL)		Private Dryland Options ~ 7-930a SRDL 30 ~ 10-1030a, 1230-1p SRDL 60 ~ 10-11a, 11a-12p, 12-1p SRDL 90 ~ 10-1130a, 1130-1p SRDL 2hr ~ 10-12p, 11-1p SRDL 3hr ~ 930a-1230p, 10a-1p SRDL 4hr ~ 9a-1p DVHS 60 ~ 130-230p (w/o SRDL) DVHS 90 ~ 130-3p (w/o SRDL) DVHS 90 ~ 2-330p (with SRDL) DVHS 2hr ~ 2-4p (with SRDL) SRDP 60 ~ 530-630p (w/o SRDL) SRDP 90 ~ 530-7p (w/ or w/o SRDL)		Dryland ~ 8-830a, 830-9a (30min slots) SRDL ~ 8-9a (only 60min slot) SRDL ~ 8-930a, 830-10a (90min slots) SRDL ~ 8-10a (2hr session) SRDP ~ 930-1030a (only 60min slot) SRDP ~ 930-11a (90min w/o SRDL) SRDP ~ 10a-1130a (90min w/SRDL) SRDP ~ 10a-12p (2hr w/SRDL) Private Dryland Options ~ 1230-4pm (by appointment)	
25		26 San Ramon City LTD Camp ~ 8-11a @SRDP		27 San Ramon City LTD Camp ~ 8-11a @SRDP		28 San Ramon City LTD Camp ~ 8-11a @SRDP		29 San Ramon City LTD Camp ~ 8-11a @SRDP		30 San Ramon City LTD Camp ~ 8-11a @SRDP		Notes:	
		SRDL 30 ~ 11-1130a, 1130-12p SRDL 60 ~ 1130a-1230p, 12-1p SRDL 90 ~ 11a-1230p, 1130a-1p SRDL 2hr ~ 11-1p DVHS 60 ~ 130-230p (w/o SRDL) DVHS 90 ~ 130-3p (w/o SRDL) DVHS 90 ~ 2-330p (with SRDL) DVHS 2hr ~ 2-4p (wih SRDL) SRDP 60 ~ 530-630p (w/o SRDL) SRDP 90 ~ 530-7p (w/ or w/o SRDL)		SRDL 30 ~ 11-1130a, 1130-12p SRDL 60 ~ 1130a-1230p, 12-1p SRDL 90 ~ 11a-1230p, 1130a-1p SRDL 2hr ~ 11-1p DVHS 60 ~ 130-230p (w/o SRDL) DVHS 90 ~ 130-3p (w/o SRDL) DVHS 90 ~ 2-330p (with SRDL) DVHS 2hr ~ 2-4p (wih SRDL) SRDP 60 ~ 530-630p (w/o SRDL) SRDP 90 ~ 530-7p (w/ or w/o SRDL)		SRDL 30 ~ 11-1130a, 1130-12p SRDL 60 ~ 1130a-1230p, 12-1p SRDL 90 ~ 1130a-1p, 12-130p SRDL 2hr ~ 1130a-130p, 12-2p SRDL 3hr ~ 12-3p @SRDP ~ NO DVHS TODAY SRDP 60 ~ 330-430p (w/o SRDL) SRDP 90 ~ 330-5p (w/o SRDL) SRDP 90 ~ 4-530p, 5-630p (w/SRDL) SRDP 2hr ~ 4-6p, 5-7p (w/SRDL)		SRDL 30 ~ 11-1130a, 1130-12p SRDL 60 ~ 1130a-1230p, 12-1p SRDL 90 ~ 11a-1230p, 1130a-1p SRDL 2hr ~ 11-1p DVHS 60 ~ 130-230p (w/o SRDL) DVHS 90 ~ 130-3p (w/o SRDL) DVHS 90 ~ 2-330p (with SRDL) DVHS 2hr ~ 2-4p (wih SRDL) SRDP 60 ~ 530-630p (w/o SRDL) SRDP 90 ~ 530-7p (w/ or w/o SRDL)		SRDL 30 ~ 11-1130a, 1130-12p SRDL 60 ~ 1130a-1230p, 12-1p SRDL 90 ~ 11a-1230p, 1130a-1p SRDL 2hr ~ 11-1p DVHS 60 ~ 130-230p (w/o SRDL) DVHS 90 ~ 130-3p (w/o SRDL) DVHS 90 ~ 2-330p (with SRDL) DVHS 2hr ~ 2-4p (wih SRDL) SRDP 60 ~ 530-630p (w/o SRDL) SRDP 90 ~ 530-7p (w/ or w/o SRDL)			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2 Texas Diving Camp w/Coach Eric	3 TX Diving Camp w/Coach Eric	4 TX Diving Camp w/Coach Eric	5 TX Diving Camp w/Coach Eric	6 TX Diving Camp w/Coach Eric	7 Santa Clara Invitational ~ ALL	8 Santa Clara Invitational ~ ALL
	CLOSED FOR HOLIDAY	CLOSED FOR HOLIDAY	SRDL 30 ~ 1130a-12p SRDL 60 ~ 1130a-1230p, 12-1p SRDL 90 ~ 1130a-1p, 12-130p SRDL 2hr ~ 12-2p DVHS 60 ~ 130-230p (w/o SRDL) DVHS 90 ~ 130-3p (w/o SRDL) DVHS 90 ~ 2-330p (with SRDL) DVHS 2hr ~ 2-4p (w/ or w/o SRDL) SRDP 60 ~ 530-630p (w/o SRDL) SRDP 90 ~ 530-7p (w/ or w/o SRDL)	SRDL 30 ~ 1130a-12p SRDL 60 ~ 1130a-1230p, 12-1p SRDL 90 ~ 1130a-1p, 12-130p SRDL 2hr ~ 12-2p DVHS 60 ~ 130-230p (w/o SRDL) DVHS 90 ~ 130-3p (w/o SRDL) DVHS 90 ~ 2-330p (with SRDL) DVHS 2hr ~ 2-4p (w/ or w/o SRDL) SRDP 60 ~ 530-630p (w/o SRDL) SRDP 90 ~ 530-7p (w/ or w/o SRDL)	SRDL 30 ~ 1130a-12p SRDL 60 ~ 1130a-1230p, 12-1p SRDL 90 ~ 1130a-1p, 12-130p SRDL 2hr ~ 12-2p DVHS 60 ~ 130-230p (w/o SRDL) DVHS 90 ~ 130-3p (w/o SRDL) DVHS 90 ~ 2-330p (with SRDL) DVHS 2hr ~ 2-4p (w/ or w/o SRDL) SRDP 60 ~ 530-630p (w/o SRDL) SRDP 90 ~ 530-7p (w/ or w/o SRDL)	ALL REGULAR PRACTICE SESSIONS (WET & DRY) ARE CANCELLED FOR THIS LOCAL DIVING MEET (no make-ups will be offered) ALL LEVELS OF CDA DIVERS SHOULD PARTICIPATE IN THE SANTA CLARA EVENT REGISTRATION WILL BE ON DIVEMEETS.COM (USAD)
9 Santa Clara Invitational ~ ALL AAU Nationals, Riverside, CA	10 AAU Nationals, Riverside, CA San Ramon City LTD Camp ~ 4-5p @DVHS	11 AAU Nationals, Riverside, CA San Ramon City LTD Camp ~ 4-5p @DVHS	12 AAU Nationals, Riverside, CA NO CITY LTD CAMP TODAY	13 AAU Nationals, Riverside, CA Group-B San Ramon City LTD Camp ~ 4-5p @DVHS	14 AAU Nationals, Riverside, CA Group-B San Ramon City LTD Camp ~ 4-5p @DVHS	15 AAU Nationals, Riverside, CA Groups-AB
	SRDL 30 ~ 1130a-12p SRDL 60 ~ 1130a-1230p, 12-1p SRDL 90 ~ 1130a-1p, 12-130p SRDL 2hr ~ 12-2p DVHS 60 ~ 130-230p (w/o SRDL) DVHS 90 ~ 130-3p (w/o SRDL) DVHS 90 ~ 2-330p (with SRDL) DVHS 2hr ~ 2-4p (w/ or w/o SRDL) SRDP 60 ~ 530-630p (w/o SRDL) SRDP 90 ~ 530-7p (w/ or w/o SRDL)	SRDL 30 ~ 1130a-12p SRDL 60 ~ 1130a-1230p, 12-1p SRDL 90 ~ 1130a-1p, 12-130p SRDL 2hr ~ 12-2p DVHS 60 ~ 130-230p (w/o SRDL) DVHS 90 ~ 130-3p (w/o SRDL) DVHS 90 ~ 2-330p (with SRDL) DVHS 2hr ~ 2-4p (w/ or w/o SRDL)	SRDL 30 ~ 1130a-12p SRDL 60 ~ 1130a-1230p, 12-1p SRDL 90 ~ 1130a-1p, 12-130p SRDL 2hr ~ 12-2p @SRDP ~ NO DVHS TODAY SRDP 60 ~ 330-430p (w/o SRDL) SRDP 60 ~ 4-5p (with SRDL) SRDP 90 ~ 330-5p (w/o SRDL) SRDP 90 ~ 4-530p (with SRDL) SRDP 90 ~ 430-6p (with SRDL) SRDP 2hr ~ 4-6p (w/ or w/o SRDL) SRDP 2hr ~ 5-7p (w/ or w/o SRDL) SRDP 3hr ~ 4-7p (w/ or w/o SRDL)	SRDL 30 ~ 1130a-12p SRDL 60 ~ 1130a-1230p, 12-1p SRDL 90 ~ 1130a-1p, 12-130p SRDL 2hr ~ 12-2p DVHS 60 ~ 130-230p (w/o SRDL) DVHS 90 ~ 130-3p (w/o SRDL) DVHS 90 ~ 2-330p (with SRDL) DVHS 2hr ~ 2-4p (w/ or w/o SRDL) SRDP 60 ~ 530-630p (w/o SRDL) SRDP 90 ~ 530-7p (w/ or w/o SRDL)	SRDL 30 ~ 1130a-12p SRDL 60 ~ 1130a-1230p, 12-1p SRDL 90 ~ 1130a-1p, 12-130p SRDL 2hr ~ 12-2p DVHS 60 ~ 130-230p (w/o SRDL) DVHS 90 ~ 130-3p (w/o SRDL) DVHS 90 ~ 2-330p (with SRDL) DVHS 2hr ~ 2-4p (w/ or w/o SRDL) SRDP 60 ~ 530-630p (w/o SRDL) SRDP 90 ~ 530-7p (w/ or w/o SRDL)	Dryland ~ 8-830a, 830-9a (30min slots) SRDL ~ 8-9a (only 60min slot) SRDL ~ 8-930a, 830-10a (90min slots) SRDL ~ 8-10a (2hr session) SRDP ~ 930-1030a (only 60min slot) SRDP ~ 930-11a (90min w/o SRDL) SRDP ~ 10a-1130a (90min w/SRDL) SRDP ~ 10a-12p (2hr w/SRDL) Private Dryland Options ~ 1230-4pm (by appointment)

**This is PAGE-2 of July 2023
(16-31jul23)**

August 2023						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NOTE/EXPLANATION: With (w/) and Without (w/o) DRYLAND (dry): For pool slots (SROP/DVHS): 1) if you were at dryland (SRDL) that day, then you MAY attend the "with" or "without" sessions 2) If you did NOT attend dryland that day, you MUST attend the "w/o" sessions.	<div>DIVER'S NAME: _____</div> <div>DIVER'S TEAM (circle one): DT, RT, ZT, NT, S&E, Masters</div> <div>TEAM LEVEL (circle): 1, 2, 3, 4, 5</div> <div>INCLUDED HOURS: _____</div> <div>CDA "ExtraHours" (if any): ____</div>	1 USA Nat's, Mission Viejo - GrpA San Ramon City LTD Camp ~ 9a-12p @SROP	2 San Ramon City LTD Camp ~ 9a-12pa @SROP	3 San Ramon City LTD Camp ~ 9a-12pa @SROP	4 Private Dryland Options ~ 7-930a SRDL 30 ~ 10-1030a, 1230-1p SRDL 60 ~ 10-11a, 11a-12p, 12-1p SRDL 90 ~ 11a-1230p, 1130a-1p SRDL 2hr ~ 10-12p, 11-1p SRDL 3hr ~ 930a-1230p, 10a-1p SRDL 4hr ~ 9a-1p DVHS 60 ~ 130-230p (only 60min) DVHS 90 ~ 130-3p (w/o SRDL) DVHS 90 ~ 2-330p (with SRDL) DVHS 2hr ~ 2-4p (with SRDL) SROP 60 ~ 530-630p (w/o SRDL) SROP 90 ~ 530-7p (w / w/o SRDL)	5 SRDL ~ 8-830a, 830-9a (30min slots) SRDL ~ 8-9a (only 60min slot) SRDL ~ 8-930a, 830-10a (90min slots) SRDL ~ 8-10a (2hr session) SROP ~ 930-1030a (only 60min slot) SROP ~ 930-11a (90min w/o SRDL) SROP ~ 10a-1130a (90min w/SRDL) SROP ~ 10a-12p (2hr w/SRDL) Private Dryland Options ~ 1230-4pm (by appointment)
6 END OF SUMMER SCHEDULE		7 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p (without SRDL) SROP ~ 7-830p (with SRDL) SROP ~ 730-9p (with SRDL) SROP ~ 7-9p (restricted)	8 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p (without SRDL) SROP ~ 7-830p (with SRDL) SROP ~ 730-9p (with SRDL) SROP ~ 7-9p (restricted)	9 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 430-630p, 5-7p SROP ~ 7-8p (no SRDL 30min deck) SROP ~ 7-830p (no SRDL 30min deck) SROP ~ 7-830p (w/SRDL water) SROP ~ 730-9p (with SRDL) SROP ~ 7-9p (restricted)	10 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 430-630p, 5-7p SROP ~ 7-8p (no SRDL 30min deck) SROP ~ 7-830p (no SRDL 30min deck) SROP ~ 7-830p (w/SRDL water) SROP ~ 730-9p (with SRDL) SROP ~ 7-9p (restricted)	11 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 430-630p SROP ~ 7-8p (no SRDL 30min deck) SROP ~ 7-830p (no SRDL 30min deck) SROP ~ 7-830p (w/SRDL water) SROP ~ 730-9p (with SRDL) SROP ~ 7-9p (restricted)
13 MIWOK TOWER 1130-2pm	14 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 430-630p, 5-7p SROP ~ 7-8p (no SRDL 30min deck) SROP ~ 7-830p (no SRDL 30min deck) SROP ~ 7-830p (w/SRDL water) SROP ~ 730-9p (with SRDL) SROP ~ 7-9p (restricted)	15 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 430-630p, 5-7p SROP ~ 7-8p (no SRDL 30min deck) SROP ~ 7-830p (no SRDL 30min deck) SROP ~ 7-830p (w/SRDL water) SROP ~ 730-9p (with SRDL) SROP ~ 7-9p (restricted)	16 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 430-630p, 5-7p SROP ~ 7-8p (no SRDL 30min deck) SROP ~ 7-830p (no SRDL 30min deck) SROP ~ 7-830p (w/SRDL water) SROP ~ 730-9p (with SRDL) SROP ~ 7-9p (restricted)	17 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 430-630p, 5-7p SROP ~ 7-8p (no SRDL 30min deck) SROP ~ 7-830p (no SRDL 30min deck) SROP ~ 7-830p (w/SRDL water) SROP ~ 730-9p (with SRDL) SROP ~ 7-9p (restricted)	18 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 430-630p SROP ~ 7-8p (no SRDL 30min deck) SROP ~ 7-830p (no SRDL 30min deck) SROP ~ 7-830p (w/SRDL water) SROP ~ 730-9p (with SRDL) SROP ~ 7-9p (restricted)	19 SRDL ~ 8-830, 830-9a (30min slots) SRDL ~ 8-9a (only 60min slot) SRDL ~ 8-930a, 830-10a (90min slots) SRDL ~ 8-10a (2hr session) SROP ~ 1030-1130a (only 60min slot) SROP ~ 1030a-12p (90min w/o SRDL) SROP ~ 11a-1230p (90min w/SRDL) SROP ~ 11a-1p (2hr w/SRDL) Private Dryland Options ~ 130-4pm (by appointment)
					Notes: Try-it-Out (TIO) program ~ Are scheduled for the Early Session(s) at the pool either (60- or 90-minutes). Dryland sessions are the first 30- 45- or 60-minute sessions. Coach's discretion for all/any sessions assigned.	
THIS IS PAGE-1 OF AUGUST, 2023 (01-19aug23)						
TEAM DIVERS ~ each team (Dev1-2, Region, Zone, National, S&E, & 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 for details. If you are not sure what your program includes, please email us: admin@CALdiving.org.						

August 2023						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NOTE/EXPLANATION: With (w/) and Without (w/o) DRYLAND (dry):	<div>DIVER'S NAME:</div> <div>DIVER'S TEAM (circle one): DT, RT, ZT, NT, S&E, Masters</div> <div>TEAM LEVEL (circle): 1, 2, 3, 4, 5</div> <div>INCLUDED HOURS: _____</div> <div>CDA "ExtraHours" (if any): _____</div>					
<div>For pool slots (SROP/DVHS): 1) if you were at dryland 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 the "w/o" sessions.</div>						
20	21 <div> 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 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) </div>	22 <div> 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 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) </div>	23 <div> 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 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) </div>	24 <div> 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 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) </div>	25 <div> SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 2hr ~ 4-6p 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) </div>	26 <div> SRDL ~ 8-830, 830-9a (30min slots) SRDL ~ 8-9a (only 60min slot) SRDL ~ 8-930a, 830-10a (90min slots) SRDL ~ 8-10a (2hr session) SROP 60 ~ 1030-1130a (w/o dry) SROP 60 ~ 11a-12p (w/dry) SROP 90 ~ 1030a-12p (w/o dry) SROP 90 ~ 11a-1230p (w/dry) SROP 2hr ~ 11a-1p (w/dry) <div>Private Dryland Options ~ 130-4pm (by appointment)</div> </div>
27 <div>MIWOK TOWER 1130-2pm</div>	28 <div> 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 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) </div>	29 <div> 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 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) </div>	30 <div> 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 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) </div>	31 <div>POSS girls WP ~ LATE START (tba)</div>	Notes: <div> Try-it-Out (TIO) program ~ Are scheduled for the Early Session(s) at the pool either (60- or 90-minutes). Dryland sessions are the first 30- 45- or 60-minute sessions. Coach's discretion for all/any sessions assigned. TEAM DIVERS ~ each team (Dev1-2, Region, Zone, National, S&E, & 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 for details. If you are not sure what your program includes, please email us: admin@CALdiving.org. </div>	
<div>CIRCLE THIS SESSION AND ~ Send a text to Coach Eric (925-586-0169)</div>						

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>NOTES/EXPLANATION:</div> <div>With (w/) and Without (w/o) DRYLAND (dry):</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 without (w/o) sessions.</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: _____</div> <div>"ExtraHours" (if any): _____</div> <div>DIVER'S TEAM (if any, circle): DT, RT, ZT, NT, S&E, M</div>	<div>TRY-IT-OUT PROGRAM OFFERING ~</div> <div>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.</div> <div>ALL DIVERS ~ each LEVEL has specific timeslot restrictions and inclusions. Please <u>CIRCLE</u> ONLY WHOLE SESSIONS as listed that correspond to your Level. You may not write-in your own session times.</div> <div>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, ONLY CIRCLE 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</div>			<div>1</div> <div>CLOSED FOR HOLIDAY</div>	<div>2</div> <div>CLOSED FOR HOLIDAY</div>
<div>3</div> <div>CLOSED FOR HOLIDAY</div> <div>NOTE: PRIVATE DRYLAND SESSIONS ARE AVAILABLE EVERY DAY BY APPOINTMENT (7-DAYS/WEEK) Email ~ admin@CALdiving.org</div>	<div>4</div> <div>CLOSED FOR HOLIDAY</div>	<div>5</div> <div>SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p SRDL 90 ~ 4-530p</div> <div>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)</div>	<div>6</div> <div>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</div> <div>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)</div>	<div>7</div> <div>POSS girls WP ~ LATE START (tba)</div> <div>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</div> <div>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)</div>	<div>8</div> <div>SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p SRDL 90 ~ 4-530p</div> <div>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)</div>	<div>9</div> <div>SRDL 30 ~ 8-830a, 830-9a SRDL 60 ~ 8-9a, 830-930a SRDL 90 ~ 8-930a</div> <div>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)</div>
<div>10</div>	<div>11</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>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)</div>	<div>12</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>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)</div>	<div>13</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>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)</div>	<div>14</div> <div>POSS girls WP ~ LATE START (tba)</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>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)</div>	<div>15</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>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)</div>	<div>16</div> <div>SRDL 30 ~ 8-830a, 830-9a SRDL 60 ~ 8-9a, 830-930a SRDL 90 ~ 8-930a, 830-10a SRDL 2hr ~ 8-10a, 830-1030a</div> <div>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)</div>
<div>THIS IS PAGE-1 OF SEPTEMBER, 2023 (01-16sept23)</div>						

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NOTES/EXPLANATION:	<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>	TRY-IT-OUT PROGRAM OFFERING ~			THIS IS PAGE-2 OF SEPTEMBER, 2023 (17-30sept23)	
With (w/) and Without (w/o) DRYLAND (dry):		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 (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.		ALL DIVERS ~ each LEVEL has specific timeslot restrictions and inclusions. Please <u>CIRCLE</u> ONLY WHOLE 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, ONLY CIRCLE 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				
17	MIWOK TOWER 1130-2pm	18	19	20	21	22
CIRCLE THIS SESSION AND ~ Send a text to Coach Eric (925-586-0169)	SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p SROP 30 ~ 7-730p, 730-8p SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 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 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 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 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 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, 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	26	27	28	29	30
	SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p 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)	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)	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)	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)	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)	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)

October 2023						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
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.	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)	REGULAR PRACTICE CANCELLED DIVING MEET STOCKTON, CA **(ALL LEVELS INVITED)**
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) ~ 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.		
			ALL DIVERS ~ each LEVEL has specific timeslot restrictions and inclusions. Please <u>CIRCLE</u> ONLY WHOLE SESSIONS as listed that corespond 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, ONLY CIRCLE 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			

October 2023						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15 MIWOK TOWER 1130-2pm	16	17	18	19	20	21
CIRCLE THIS SESSION AND ~ Send a text to Coach Eric (925-586-0169) Fees \$30 or by Team	SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p 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)
22	23	24	25	26	27	28 NO SAN RAMON WATER (DVHS OR SROP)
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 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, 830-9a, 9-930a SRDL 60 ~ 8-9a, 9-10a SRDL 90 ~ 8-930a, 830-10a SRDL 2hr ~ 8-10a SPECIAL TOWER DATE ~ FREE ATTENDANCE AT MIWOK IS INCLUDED FOR ALL LEVELS AS FOLLOWS: Levels: 1, 2, and all M ~ 90min options Levels: 4 and 6 ~ 90min OR 2hr options Levels: 8-15 ~ all options (up to 3hr) MIWOK 90 ~ 1130p, 1p MIWOK 90 ~ 1230a-2p MIWOK 2hr ~ 1130-130p 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 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)	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.			
THIS IS PAGE-2 FOR OCTOBER (15-31oct23)						
			ALL DIVERS ~ each LEVEL has specific timeslot restrictions and inclusions. Please <u>CIRCLE</u> ONLY WHOLE 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, ONLY CIRCLE 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>SRDP 30 ~ 7-730p, 730-8p (water)</div> <div>SRDP 60 ~ 630-730p (w/o dry)</div> <div>SRDP 60 ~ 7-8p (w/dry)</div> <div>SRDP 90 ~ 630-8p (w/o dry)</div> <div>SRDP 90 ~ 7-830p (w/dry)</div> <div>SRDP 90 ~ 730-9p (w/dry)</div> <div>SRDP 2hr ~ 630-830p (w/o dry)</div> <div>SRDP 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>SRDP 30 ~ 7-730p, 730-8p (water)</div> <div>SRDP 60 ~ 630-730p (w/o dry)</div> <div>SRDP 60 ~ 7-8p (w/dry)</div> <div>SRDP 90 ~ 630-8p (w/o dry)</div> <div>SRDP 90 ~ 7-830p (w/dry)</div> <div>SRDP 90 ~ 730-9p (w/dry)</div> <div>SRDP 2hr ~ 630-830p (w/o dry)</div> <div>SRDP 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>SRDP 30 ~ 7-730p, 730-8p (water)</div> <div>SRDP 60 ~ 630-730p (w/o dry)</div> <div>SRDP 60 ~ 7-8p (w/dry)</div> <div>SRDP 90 ~ 630-8p (w/o dry)</div> <div>SRDP 90 ~ 7-830p (w/dry)</div> <div>SRDP 90 ~ 730-9p (w/dry)</div> <div>SRDP 2hr ~ 630-830p (w/o dry)</div> <div>SRDP 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>SRDP 30 ~ 7-730p, 730-8p (water)</div> <div>SRDP 60 ~ 630-730p (w/o dry)</div> <div>SRDP 60 ~ 7-8p (w/dry)</div> <div>SRDP 90 ~ 630-8p (w/o dry)</div> <div>SRDP 90 ~ 7-830p (w/dry)</div> <div>SRDP 90 ~ 730-9p (w/dry)</div> <div>SRDP 2hr ~ 630-830p (w/o dry)</div> <div>SRDP 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>SRDP 30 ~ 7-730p, 730-8p (water)</div> <div>SRDP 60 ~ 630-730p (w/o dry)</div> <div>SRDP 60 ~ 7-8p (w/dry)</div> <div>SRDP 90 ~ 630-8p (w/o dry)</div> <div>SRDP 90 ~ 7-830p (w/dry)</div> <div>SRDP 90 ~ 730-9p (w/dry)</div> <div>SRDP 2hr ~ 630-830p (w/o dry)</div> <div>SRDP 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>SRDP 30 ~ 7-730p, 730-8p (water)</div> <div>SRDP 60 ~ 630-730p (w/o dry)</div> <div>SRDP 60 ~ 7-8p (w/dry)</div> <div>SRDP 90 ~ 630-8p (w/o dry)</div> <div>SRDP 90 ~ 7-830p (w/dry)</div> <div>SRDP 90 ~ 730-9p (w/dry)</div> <div>SRDP 2hr ~ 630-830p (w/o dry)</div> <div>SRDP 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
<div>12</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: _____</div> <div>"ExtraHours" (if any): _____</div> <div>DIVER'S TEAM (if any, circle): DT, RT, ZT, NT, S&E, M</div>	<div>13</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>SRDP 30 ~ 7-730p, 730-8p (water) 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)</div>	<div>14</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>SRDP 30 ~ 7-730p, 730-8p (water) 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)</div>	<div>15</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>SRDP 30 ~ 7-730p, 730-8p (water) 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)</div>	<div>16</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>SRDP 30 ~ 7-730p, 730-8p (water) 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)</div>	<div>17</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>SRDP 30 ~ 7-730p, 730-8p (water) 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)</div>	<div>18</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, 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)</div>
<div>19</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>NOTES/EXPLANATION:</div> <div>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 sessions marked (w/o).</div>	<div>20</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>SRDP 30 ~ 7-730p, 730-8p (water) 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)</div>	<div>21</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>SRDP 30 ~ 7-730p, 730-8p (water) 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)</div>	<div>22</div> <div>CLOSED FOR THANKSGIVING HOLIDAY</div>	<div>23</div> <div>CLOSED FOR THANKSGIVING HOLIDAY</div>	<div>24</div> <div>CLOSED FOR THANKSGIVING HOLIDAY</div>	<div>25</div> <div>CLOSED FOR THANKSGIVING HOLIDAY</div>
<div>THIS IS PAGE-2 FOR NOVEMBER (13-30nov23)</div>						
<div>26</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. Coach's discretion (for completion as scheduled) during any session.</div>	<div>27</div> <div>Okay a/o 01nov, may change due to the move. Mark your choices as if today's schedule is normal.</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>SRDP 30 ~ 7-730p, 730-8p (water) 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)</div>	<div>28</div> <div>Okay a/o 01nov, may change due to the move. Mark your choices as if today's schedule is normal.</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>SRDP 30 ~ 7-730p, 730-8p (water) 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)</div>	<div>29</div> <div>Okay a/o 01nov, may change due to the move. Mark your choices as if today's schedule is normal.</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>SRDP 30 ~ 7-730p, 730-8p (water) 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)</div>	<div>30</div> <div>Okay a/o 01nov, may change due to the move. Mark your choices as if today's schedule is normal.</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>SRDP 30 ~ 7-730p, 730-8p (water) 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)</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>	

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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>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>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>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>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>ALL DAY DRYLAND</div> <div>See GoogleDoc 09nov23 to SignUp</div>
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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>Levels, 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>		<div>THIS IS PAGE-2 FOR DECEMBER 17-31Dec23</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>				
17	18	19	20	21	22	23
	<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>	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						