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

			September 2023			
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NOTES/EXPLANATION:		TRY-IT-OUT PROGRAM	OFFERING ~			
With (w/) and Without (w/o) DRYLAND (dry):	DIVER'S NAME:	DRYLAND sessions are the ea	otions are the earlier (30-, 60-, or arlier (30- or 60-minute) session etion as scheduled) during any	ns.		
For pool slots (SROP/DVHS): 1) if you were at dryland (dry) that day, then you MAY attend the "with" or "without" sessions 2) If you did NOT attend dryland that day, you MUST attend without (w/o) sessions.	INCLUDED HOURS:	ALL DIVERS ~ each LEVEL has spe SESSIONS as listed that corespond TEAM DIVERS ~ each team (Dev1-2 session configurations for length o CIRCLE whole sessions that are eq Fees tab of our website for details.	cific timeslot restrictions and inclusi I to your Level. You may not write-in , Region, Zone, National, S&E, and M	ons. Please <u>CIRCLE</u> ONLY WHOLE your own session times. asters) have specific/prescribed mitting your calendar requests, ONLY eview the right-hand column on the	SEPTE (17-	8 PAGE-2 OF MBER, 2023 30sept23)
17 MIWOK TOWER 1130-2pm	18	19	20	21 POSS girls WP ~ LATE START (tba)	22	23
CIRCLE THIS SESSION AND ~ Send a text to Coach Eric (925-586-0169)	SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p SROP 30 ~ 7-730p, 730-8p SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 7-830p (w/o dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/dry)	SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p SROP 30 ~ 7-730p, 730-8p SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 630-8p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/dry)	SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p SROP 30 ~ 7-730p, 730-8p SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 630-8p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 630-830p (w/o dry)	SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p SROP 30 ~ 7-730p, 730-8p SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 630-8p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 630-830p (w/o dry) 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 ~ 630-8p (w/o dry) SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 7-830p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 630-830p (w/o dry)	SRDL 30 ~ 8-830a, 830-9a SRDL 60 ~ 8-9a, 830-930a SRDL 90 ~ 8-930a, 830-10a SRDL 2hr ~ 8-10a, 830-1030a SROP 30 ~ 11-1130a, 1130a-12p SROP 60 ~ 1030-1130a (w/o dry) SROP 60 ~ 110-12p (w/dry) SROP 90 ~ 030a-12p (w/o dry) SROP 90 ~ 113-1230p, 1130a-1p (w/dry) SROP 2hr ~ 1030-1230p (w/o dry) SROP 2hr ~ 111-1p (w/dry)
24	25 SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p SROP 30 ~ 7-730p, 730-8p SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 7-830p (w/o dry) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/dry)	26 SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p SROP 30 ~ 7-730p, 730-8p SROP 60 ~ 630-730p (w/o dry) SROP 90 ~ 630-8p (w/dry) SROP 90 ~ 630-8p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 91 ~ 630-830p (w/dry) SROP 2hr ~ 630-830p (w/dry) SROP 2hr ~ 7-9p (w/dry)	27 SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p SROP 30 ~ 7-730p, 730-8p SROP 60 ~ 630-730p (w/o dry) SROP 90 ~ 630-8p (w/dry) SROP 90 ~ 630-8p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 630-830p (w/o dry)	28 POSS girls WP - LATE START (tba) SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p SROP 30 ~ 7-730p, 730-8p SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 730-9p (w/o dry) SROP 90 ~ 730-9p (w/o dry) SROP 90 ~ 730-9p (w/o dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 670-830p (w/o dry)	29 SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 2hr ~ 4-6p SROP 30 ~ 7-730p, 730-8p SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 630-8p (w/o dry) SROP 90 ~ 7-80p (w/dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 7-830p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 630-830p (w/o dry)	30 SRDL 30 ~ 8-830a, 830-9a SRDL 60 ~ 8-9a, 830-930a SRDL 90 ~ 8-930a, 830-10a SRDL 2hr ~ 8-10a SROP 30 ~ 11-1130a, 1130a-12p SROP 60 ~ 1030-1130a (w/o dry) SROP 90 ~ 1030a-12p (w/dry) SROP 90 ~ 1030a-12p (w/o dry) SROP 90 ~ 11a-1230p, 1130a-1p (w/dry) SROP 2hr ~ 1030-1230p (w/o dry) SROP 2hr ~ 11a-1p (w/dry)

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

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

			November 2023			
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sunday DIVER'S NAME: PROG LEVEL (circle one): 1, 2, 4, 6, 8, 10, 12, 15 M1, M2, M3, M4, M5, M6 INCLUDED HOURS: "ExtraHours" (if any): DIVER'S TEAM (if any, circle): DT, RT, ZT, NT, S&E, M	NOTES/EXPLANATION: For pool slots (SROP/DVHS): 1) if you were at dryland (dry) that day, then you MAY attend the "with" or "without" sessions 2) If you did NOT attend dryland that day, you MUST attend sessions marked (w/o).	TRY-IT-OUT (TIO) PROGRAM OFFERING Try-it-Out (TIO's) ~ WATER options are the earlier (30-, 60-, or 90-minute) sessions. DRYLAND sessions are the earlier (30- or 60-minute) sessions. Coach's discretion (for completion as scheduled) during any session.	1 SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p SROP 30 ~ 7-730p, 730-8p (water)	Thursday 2 SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p SROP 30 ~ 7-730p, 730-8p (water) SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 7-830p (w/o dry) SROP 90 ~ 730-9p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/dry)	SignUp - See GoogleDoc 03nov23 To SignUp	Saturday 4 SRDL 30 ~ 8-830a, 10-1030a, 11-1130a SRDL 60 ~ 8-9a, 9-10a, 10-11a SRDL 90 ~ 8-930a, 9-1030a, 10-1130a SRDL 2hr ~ 8-10a, 830-1030a, 930-1130a DVHS 30 ~ 12-1230p, 1230-1p DVHS 60 ~ 1130a-1230p (w/o dry) DVHS 60 ~ 12-1p (w/dry) DVHS 90 ~ 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)
5 Veteran's Day Weekend	6 SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p SROP 30 ~ 7-730p, 730-8p (water) SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry)	7 SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p SROP 30 ~ 7-730p, 730-8p (water) SROP 60 ~ 630-730p (w/o dry) SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry)	8 SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p SROP 30 ~ 7-730p, 730-8p (water) SROP 60 ~ 630-730p (w/o dry) SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 7-80p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry)	9 SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p SROP 30 ~ 7-730p, 730-8p (water) SROP 60 ~ 630-730p (w/o dry) SROP 90 ~ 7-8p (w/dry) SROP 90 ~ 7-830p (w/o dry) SROP 90 ~ 730-9p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry)	ALL DAY DRYLAND SignUp - See GoogleDoc 10nov23 POOL CLOSED FOR THE	ALL DAY DRYLAND SignUp - See GoogleDoc 11nov24 POOL CLOSED FOR THE
	THIS IS FOR NOV	PAGE-1 /EMBER	SROP 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 7-9p (w/dry)	inclusions. Please CIRCLE ON corespond to your Level. You times or request more time that TEAM DIVERS ~ each team (De and Masters) have specific/pre length of session(s) per slot/w requests, ONLY CIRCLE whole program listing. Please review tab of our website.	is specific timeslot restrictions and ILY WHOLE SESSIONS as listed tha may not write-in your own session

			November 2023			
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12	13	14	15	16	17	18
DIVER'S NAME:	SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p	SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p	SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p	SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p	SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p, 5-6p	SRDL 30 ~ 8-830a, 10-1030a, 11-1130a SRDL 60 ~ 8-9a, 9-10a, 10-11a
	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p	SRDL 90 ~ 8-930a, 9-1030a, 10-1130a
PROG LEVEL (circle one):	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-630p	SRDL 2hr ~ 4-650p, 430-630p, 5-7p	SRDL 2hr ~ 4-650p, 430-630p, 5-630p	SRDL 2hr ~ 4-6p	SRDL 2hr ~ 8-10a, 830-1030a, 930-1130a
1, 2, 4, 6, 8, 10, 12, 15	3KDE 2III ~ 4-0p, 430-030p, 3-7p	3KDL 2III ~ 4-0p, 430-630p, 3-7p	3KDL 2III ~ 4-0p, 430-030p, 5-7p	3KDL 2III ~ 4-0p, 430-630p, 5-7p	3NDL 2111 ~ 4-0p	5 100, 550 1050a, 550 1150a
M1, M2, M3, M4, M5, M6	SROP 30 ~ 7-730p, 730-8p (water)	SROP 30 ~ 7-730p, 730-8p (water)	SROP 30 ~ 7-730p, 730-8p (water)	SROP 30 ~ 7-730p, 730-8p (water)	SROP 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 12-1230p, 1230-1p
	SROP 60 ~ 630-730p (w/o dry)	SROP 60 ~ 630-730p (w/o dry)	SROP 60 ~ 630-730p (w/o dry)	SROP 60 ~ 630-730p (w/o dry)	SROP 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 1130a-1230p (w/o dry)
INCLUDED HOURS:	SROP 60 ~ 7-8p (w/dry)	SROP 60 ~ 7-8p (w/dry)	SROP 60 ~ 7-8p (w/dry)	SROP 60 ~ 7-8p (w/dry)	SROP 60 ~ 7-8p (w/dry)	DVHS 60 ~ 12-1p (w/dry)
	SROP 90 ~ 630-8p (w/o dry)	SROP 90 ~ 630-8p (w/o dry)	SROP 90 ~ 630-8p (w/o dry)	SROP 90 ~ 630-8p (w/o dry)	SROP 90 ~ 630-8p (w/o dry)	DVHS 90 ~ 1130a-1p, 12-130p (w/o dry)
"ExtraHours" (if any):	SROP 90 ~ 7-830p (w/dry)	SROP 90 ~ 7-830p (w/dry)	SROP 90 ~ 7-830p (w/dry)	SROP 90 ~ 7-830p (w/dry)	SROP 90 ~ 7-830p (w/dry)	DVHS 90 ~ 11a-1230p, 1130a-1p (w/dry)
, ,,	SROP 90 ~ 730-9p (w/dry)	SROP 90 ~ 730-9p (w/dry)	SROP 90 ~ 730-9p (w/dry)	SROP 90 ~ 730-9p (w/dry)	SROP 90 ~ 730-9p (w/dry)	DVHS 2hr ~ 1130a-130p (w/o dry)
DIVER'S TEAM (if any, circle):	SROP 2hr ~ 630-830p (w/o dry)	SROP 2hr ~ 630-830p (w/o dry)	SROP 2hr ~ 630-830p (w/o dry)	SROP 2hr ~ 630-830p (w/o dry)	SROP 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 12-2p (w/dry)
DT, RT, ZT, NT, S&E, M	SROP 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 7-9p (w/dry)	
19 MIWOK TOWER 1130-2pm	20	21	22	23	24	25
CIRCLE THIS SESSION						
AND Send a text to Coach Eric	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	CLOSED FOR	CLOSED FOR	CLOSED FOR	CLOSED FOR
(925-586-0169)	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p		020022 : 011		
Fees \$30 per diver	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	THANKSGIVING	THANKSGIVING	THANKSGIVING	THANKSGIVING
	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	HOLIDAY	HOLIDAY	HOLIDAY	HOLIDAY
NOTES/EXPLANATION:	SROP 30 ~ 7-730p, 730-8p (water)	SDOD 20 7 720m 720 8m (water)				
	SROP 60 ~ 630-730p (w/o dry)	SROP 30 ~ 7-730p, 730-8p (water) SROP 60 ~ 630-730p (w/o dry)				
For pool slots (SROP/DVHS):	SROP 60 ~ 7-8p (w/dry)	SROP 60 ~ 7-8p (w/dry)		HIS IS PAGI	2	
1) if you were at dryland (dry) that day, then you MAY attend the		SROP 90 ~ 630-8p (w/o dry)	Fo	D NOVENE	CD	
"with" or "without" sessions	SROP 90 ~ 7-830p (w/dry)	SROP 90 ~ 7-830p (w/dry)	FO	R NOVEME	SEK	
	SROP 90 ~ 730-9p (w/dry)	SROP 90 ~ 730-9p (w/dry)		40.00	• •	
2) If you did NOT attend dryland	SROP 2hr ~ 630-830p (w/o dry)	SROP 2hr ~ 630-830p (w/o dry)		13-30nov23	3)	
that day, you MUST attend sessions marked (w/o).	SROP 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 7-9p (w/dry)			•	
26	Okay a/o 01nov, may change due to the move. Mark your choices as if today's schedule is normal.	Okay a/o 01nov, may change due to the move. Mark your choices as if today's schedule is normal.	the move. Mark your choices as if today's schedule is normal.	the move. Mark your choices as if today's schedule is normal.	Levels, Cale	ndar Notes:
TRY-IT-OUT (TIO)	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p		
PROGRAM OFFERING	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p		as specific timeslot restrictions and
	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p		NLY WHOLE SESSIONS as listed that
	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p		may not write-in your own session
Try-it-Out (TIO's) ~ WATER	CDOD 20 7 720m 700 0m (mm)	CDOD 20 7 720 700 0 (CDOD 20 7 720m 700 0m (mm)	CDOD 20 7 720m 700 00 (0001)	times or request more time that	an anotted.
options are the earlier (30-, 60-	SROP 30 ~ 7-730p, 730-8p (water)	SROP 30 ~ 7-730p, 730-8p (water) SROP 60 ~ 630-730p (w/o dry)	SROP 30 ~ 7-730p, 730-8p (water)	SROP 30 ~ 7-730p, 730-8p (water)	TEAM DIVERS ~ each team (De	ev1-3, Region, Zone, National, S&E,
, or 90-minute) sessions.	SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry)	SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry)	SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry)	SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry)	and Masters) have specific/pre	escribed session configurations for
DRYLAND sessions are the	SROP 90 ~ 630-8p (w/o dry)	SROP 90 ~ 630-8p (w/o dry)	SROP 90 ~ 630-8p (w/dry)	SROP 90 ~ 630-8p (w/o dry)	. , ,	eek. When submitting your calendar
earlier (30- or 60-minute)	SROP 90 ~ 030-6p (w/d uly) SROP 90 ~ 7-830p (w/dry)	SROP 90 ~ 7-830p (w/dry)	SROP 90 ~ 7-830p (w/dry)	SROP 90 ~ 7-830p (w/dry)	•	e sessions that are equal to your with the right-hand column on the Fees
Sessions. Coach's discretion (for completion as	SROP 90 ~ 730-9p (w/dry)	SROP 90 ~ 730-9p (w/dry)	SROP 90 ~ 730-9p (w/dry)	SROP 90 ~ 730-9p (w/dry)	tab of our website.	The right-hand column on the rees
scheduled) during any session.	SROP 2hr ~ 630-830p (w/o dry)	SROP 2hr ~ 630-830p (w/o dry)	SROP 2hr ~ 630-830p (w/o dry)	SROP 2hr ~ 630-830p (w/o dry)		program includes, please email us:
	SROP 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 7-9p (w/dry)	admin@CALdiving.org	
		II.	1	1		

Sunday	Monday	Tuesday	December 2023 Wednesday	Thursday	Friday	Saturday
Sunday	monday	Tuesday	•	•	Fnday	*
			Levels, Cale	ndar Notes:	1	2
WEDIO WALE	NOTES/EXPLANATION:	TRY-IT-OUT (TIO)				
IVER'S NAME:		PROGRAM OFFERING			SRDL 30 ~ 4-430p, 5-530p	SRDL 30 ~ 8-830a, 10-1030a, 11-1130a
			ALL DIVERS ~ each LEVEL has specific timeslot restrictions and		SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 8-9a, 9-10a, 10-11a
ROG LEVEL (circle one):				ILY WHOLE SESSIONS as listed	SRDL 90 ~ 4-530p, 430-6p	SRDL 90 ~ 8-930a, 9-1030a, 10-1130a
1, 2, 4, 6, 8, 10, 12, 15				You may not write-in your own	SRDL 2hr ~ 4-6p	SRDL 2hr ~ 8-10a, 830-1030a, 930-1130a
M1, M2, M3, M4, M5, M6	For pool slots (SROP/DVHS):	Try-it-Out (TIO's) ~ WATER	session times or request more	time than allotted.		
	1) if you were at dryland (dry) that day, then you MAY attend	options are the earlier (30-,	TEAM DIVERS ~ cach toam (De	ev1-3, Region, Zone, National, S&E,	SROP 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 12-1230p, 1230-1p
	the "with" or "without" sessions	60-, or 90-minute) sessions.		escribed session configurations for	SROP 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 1130a-1230p (w/o dry)
ICLUDED HOURS:	the with of without sessions	DRYLAND sessions are the	length of session(s) per slot/w		SROP 60 ~ 7-8p (w/dry)	DVHS 60 ~ 12-1p (w/dry)
	2) If you did NOT attend	earlier (30- or 60-minute)		LE whole sessions that are equal	SROP 90 ~ 630-8p (w/o dry)	DVHS 90 ~ 1130a-1p, 12-130p (w/o dry)
ExtraHours" (if any):	dryland that day, you MUST	sessions.		e review the right-hand column on	SROP 90 ~ 7-830p (w/dry)	DVHS 90 ~ 11a-1230p, 1130a-1p (w/dry)
	attend sessions marked (w/o).	Coach's discretion (for completion as	the Fees tab of our website.	•	SROP 90 ~ 730-9p (w/dry)	DVHS 2hr ~ 1130a-130p (w/o dry)
IVER'S TEAM (if any, circle):	, ,	scheduled) during any session.	If you are not sure what your p	rogram includes, please email us:	SROP 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 12-2p (w/dry)
OT, RT, ZT, NT, S&E, M			admin@CALdiving.org		SROP 2hr ~ 7-9p (w/dry)	
3	4	5	6	7	8	9
						ALL DAY DRYLAND
	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p	
	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	
THIS IS PAGE-1	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p	
	., ., .	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p	
FOR DECEMBER	ORDE 2111 - 4 OP, 400 000P, 0 7P	51.52 211 × 4 6p, 450 656p, 5 7p	ONDE 2111 14 4 6P, 400 000P, 0 7P	ORBE 2111 15 4 Op, 400 000p, 0 1p	ONDE ZIII ··· 4 OP	0 0 1 0
01-16Dec23	SROP 30 ~ 7-730p, 730-8p (water)	SROP 30 ~ 7-730p, 730-8p (water)	SROP 30 ~ 7-730p, 730-8p (water)	SROP 30 ~ 7-730p, 730-8p (water)	SROP 30 ~ 7-730p, 730-8p (water)	See GoogleDoc
01-10Dec23						09nov23
	SROP 60 ~ 630-730p (w/o dry)	SROP 60 ~ 630-730p (w/o dry)	SROP 60 ~ 630-730p (w/o dry)	SROP 60 ~ 630-730p (w/o dry)	SROP 60 ~ 630-730p (w/o dry)	09110723
	SROP 60 ~ 7-8p (w/dry)	SROP 60 ~ 7-8p (w/dry)	SROP 60 ~ 7-8p (w/dry)	SROP 60 ~ 7-8p (w/dry)	SROP 60 ~ 7-8p (w/dry)	to SignUp
	SROP 90 ~ 630-8p (w/o dry)	SROP 90 ~ 630-8p (w/o dry)	SROP 90 ~ 630-8p (w/o dry)	SROP 90 ~ 630-8p (w/o dry)	SROP 90 ~ 630-8p (w/o dry)	to digitop
		SROP 90 ~ 7-830p (w/dry)	SROP 90 ~ 7-830p (w/dry)	SROP 90 ~ 7-830p (w/dry)	SROP 90 ~ 7-830p (w/dry)	
		SROP 90 ~ 730-9p (w/dry)	SROP 90 ~ 730-9p (w/dry)	SROP 90 ~ 730-9p (w/dry)	SROP 90 ~ 730-9p (w/dry)	
	SROP 2hr ~ 630-830p (w/o dry)	SROP 2hr ~ 630-830p (w/o dry)	SROP 2hr ~ 630-830p (w/o dry)	SROP 2hr ~ 630-830p (w/o dry)	SROP 2hr ~ 630-830p (w/o dry)	
	SROP 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 7-9p (w/dry)	
0 MIWOK TOWER 11am-130pm	11	12	13	14	15	16
CIRCLE THIS SESSION AND ~	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p	SRDL 30 ~ 8-830a, 10-1030a, 11-1130a
Send a text to Coach Eric	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 8-9a, 9-10a, 10-11a
(925-586-0169)	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p	SRDL 90 ~ 8-930a, 9-1030a, 10-1130a
Fees \$30 or by Team	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p	SRDL 2hr ~ 8-10a, 830-1030a, 930-1130a
	DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 12-1230p, 1230-1p
		DVHS 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 1130a-1230p (w/o dry)
	DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 12-1p (w/dry)
	* * **	DVHS 90 ~ 630-8p (w/o dry)	DVHS 90 ~ 630-8p (w/o dry)	DVHS 90 ~ 630-8p (w/o dry)	DVHS 90 ~ 630-8p (w/o dry)	DVHS 90 ~ 1130a-1p, 12-130p (w/o dry)
		DVHS 90 ~ 7-830p (w/dry)	DVHS 90 ~ 7-830p (w/dry)	DVHS 90 ~ 7-830p (w/dry)	DVHS 90 ~ 7-830p (w/dry)	DVHS 90 ~ 11a-1230p, 1130a-1p (w/dry)
	DVHS 90 ~ 730-9p (w/drv)	DVHS 90 ~ 730-9p (w/drv)	DVHS 90 ~ /30-9p (w/drv)			DVHS 2nr ~ 1130a-130b (W/o drv)
		DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry)	DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry)	DVHS 90 ~ 730-9p (w/dry) DVHS 2br ~ 630-830p (w/o dry)	DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 1130a-130p (w/o dry)
	DVHS 2hr ~ 630-830p (w/o dry)	DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)	DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)	DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)	DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)	DVHS 2hr ~ 113ua-13up (w/o ary) DVHS 2hr ~ 12-2p (w/dry)

Sunday	Monday	Tuesday	December 2023 Wednesday	Thursday	Friday	Saturday
Sunday	wonday	Tuesday	*	,	rnay	Saturday
DIVER'S NAME: PROG LEVEL (circle one): 1, 2, 4, 6, 8, 10, 12, 15 M1, M2, M3, M4, M5, M6 INCLUDED HOURS: "ExtraHours" (if any): DIVER'S TEAM (if any, circle):	NOTES/EXPLANATION: For pool slots (SROP/DVHS): 1) if you were at dryland (dry) that day, then you MAY attend the "with" or "without" sessions 2) If you did NOT attend dryland that day, you MUST attend sessions marked (w/o).	TRY-IT-OUT (TIO) PROGRAM OFFERING Try-it-Out (TIO's) ~ WATER options are the earlier (30-, 60-, or 90-minute) sessions. DRYLAND sessions are the earlier (30- or 60-minute) sessions. Coach's discretion (for completion as scheduled) during any session.	inclusions. Please CIRCLE ONL that corespond to your Level. Y session times or request more to TEAM DIVERS ~ each team (Dev and Masters) have specific/pres length of session(s) per slot/wecalendar requests, ONLY CIRCL to your program listing. Please the Fees tab of our website.	specific timeslot restrictions and Y WHOLE SESSIONS as listed 'ou may not write-in your own ime than allotted. r1-3, Region, Zone, National, S&E, cribed session configurations for	FOR DE 17-3	S PAGE-2 ECEMBER 1Dec23
DT, RT, ZT, NT, S&E, M			admin@CALdiving.org			
17	18 SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p	19 SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p	20 SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p	21	22	23
	SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p	CLOSED HAPPY	CLOSED HAPPY	CLOSED HAPPY
	DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 90 ~ 730-9p (w/dry)	DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry)	DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry)	HOLIDAYS	HOLIDAYS	HOLIDAYS
	DVHS 2hr ~ 7-9p (w/dry)	DVHS 2hr ~ 7-9p (w/dry)	DVHS 2hr ~ 7-9p (w/dry)			
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						
CLOSED HAPPY HOLIDAYS	Notes:	Sessions will be ~ See You in t	egin again on We	ednesday, 03jan2	4. Enjoy the bre	ak.

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

			January 2024			
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	NOTES/EXPLANATION:					
DIVER'S NAME:						
	For pool slots ~ SROP/DVHS					
PROG LEVEL (circle one):	Tot poor stots - SIXOF/DVIIO		-	HC IC DAG	Г ^	
1, 2, 4, 6, 8, 10, 12, 15	1) if you were at dryland (dry)			HIS IS PAG	L-Z	
M1, M2, M3, M4, M5, M6	that day, then you MAY attend	<mark>l</mark>			DV	
	the "with" (w/) or "without"			OR JANUA	KI	
INCLUDED HOURS:	(w/o) sessions			24 24:002	A	
	2) If you did NOT attend			21-31jan2	4	
"ExtraHours" (if any):	dryland the same day as you			-		
	want to attend a water sssion,				1	
DIVER'S TEAM (if any, circle):	you MUST attend sessions					
DT, RT, ZT, NT, S&E, M	marked (w/o).					
21 MIWOK TOWER 1130-2pm	22	23	24	25	26	27
marche rouzek rico zpiii						
CIRCLE THIS SESSION	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p	SRDL 30 ~ 8-830a, 10-1030a, 11-1130a
AND	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 8-9a, 9-10a, 10-11a
Send a text to Coach Eric	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p	SRDL 90 ~ 8-930a, 9-1030a, 10-1130a
(925-586-0169) Fees \$30 per diver	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p	SRDL 2hr ~ 8-10a, 830-1030a, 930-1130a
i ees \$50 per diver	DVIII 00 7 700 700 0 (DVIII 00 7 700 700 00 (000 00)	DVIII 00 7 700 700 0 (11111)	DVIII 0 00 - 7 700 - 700 0 - (DVIII 00 7 700 700 0 (DWI 0 00 40 4000 4000 400
	DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry)	DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry)	DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry)	DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry)	DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry)	DVHS 30 ~ 12-1230p, 1230-1p DVHS 60 ~ 1130a-1230p (w/o dry)
If you have not been to a Tower	DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 12-1p (w/dry)
session, you should reach out to	DVHS 90 ~ 630-8p (w/o dry)	DVHS 90 ~ 630-8p (w/o dry)	DVHS 90 ~ 630-8p (w/o dry)	DVHS 90 ~ 630-8p (w/o dry)	DVHS 90 ~ 630-8p (w/o dry)	DVHS 90 ~ 1130a-1p (w/o dry)
Coach Eric (925-586-0169) via	DVHS 90 ~ 7-830p (w/dry)	DVHS 90 ~ 7-830p (w/dry)	DVHS 90 ~ 7-830p (w/dry)	DVHS 90 ~ 7-830p (w/dry)	DVHS 90 ~ 7-830p (w/dry)	DVHS 90 ~ 12-130p, 1230-2p (w/dry)
text to discuss what a Tower session involves and if it might	DVHS 90 ~ 730-9p (w/dry)	DVHS 90 ~ 730-9p (w/dry)	DVHS 90 ~ 730-9p (w/dry)	DVHS 90 ~ 730-9p (w/dry)	DVHS 90 ~ 730-9p (w/dry)	DVHS 2hr ~ 1130a-130p (w/o dry)
be good for you or your diver.	DVHS 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 12-2p (w/dry)
, ,	DVHS 2hr ~ 7-9p (w/dry)	DVHS 2hr ~ 7-9p (w/dry)	DVHS 2hr ~ 7-9p (w/dry)	DVHS 2hr ~ 7-9p (w/dry)	DVHS 2hr ~ 7-9p (w/dry)	
28	29	30	31			
			-	Levels and (Calendar Note	S:
	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p			
	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p			
	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	ALL DIVERS ~ each LE	EVEL has specific timeslot res	trictions and inclusions. Please
	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p		•	nd to your Level. You may not writ
				in your own	session times or request mo	re time than allotted.
	DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 7-730p, 730-8p (water)	TEAM DO :	(D. 40 D.)	4. 100= 1
	DVHS 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 630-730p (w/o dry)			ational, S&E, and Masters) have
	DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry)		•	of session(s) per slot/week. When le sessions that are equal to your
	DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry)	DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry)	DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry)	0,7	•	ne sessions that are equal to your non the Fees tab of our website.
	DVHS 90 ~ 7-050p (w/dry)	DVHS 90 ~ 7-8309 (w/dry)	DVHS 90 ~ 7-830p (w/dry)	program namy. 1 least	Tonon the right-hand column	. C
	DVHS 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 630-830p (w/o dry)	If you are not sure what	your program includes, please	email us: admin@CALdiving.org
	DVHS 2hr ~ 7-9p (w/dry)	DVHS 2hr ~ 7-9p (w/dry)	DVHS 2hr ~ 7-9p (w/dry)			
	i .	1	1			

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

A NOT attend same day as you end a water sssion, attend sessions o). 20 20 20 20 20 20 20 20 20 2	Try-it-Out (TIO) Indicated of 3 sessions (Taken in order as: VITER options are: (30-, 60 YLAND sessions are (30 oach's discretion for control of the sessions are (30 oach's discretion for control of the sessions are (30 oach's discretion for control of the sessions are (30 oach's discretion for control of the sessions are (30 oach's discretion for control of the sessions are (30 oach's discretion for control of the sessions are (30 oach's discretion for control of the sessions)		F("HIS IS PAG OR FEBRU 18-29feb2	ARY
ots ~ SROP/DVHS ore at dryland (dry) en you MAY attend w/) or "without" ons I NOT attend same day as you and a water sssion, attend sessions o). 20 sop, 5-530p, 6-630p SRDL 30	Try-it-Out (TIO) Indicated of 3 sessions (Taken in order as: VITER options are: (30-, 60 YLAND sessions are (30 oach's discretion for control of the sessions are (30 oach's discretion for control of the sessions are (30 oach's discretion for control of the sessions are (30 oach's discretion for control of the sessions are (30 oach's discretion for control of the sessions are (30 oach's discretion for control of the sessions are (30 oach's discretion for control of the sessions)	clusive Sessions ~ (2-water + 1-dryland) Vater-Dryland-Water 60-, or 90-minute) sessions 00- or 60-minute) sessions completion of any session)	F(OR FEBRU 18-29feb2	ARY 24
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en you MAY attend w/) or "without" ons I NOT attend same day as you end a water sssion, attend sessions o). 20 20 20 20 20 20 20 20 20 2	Total of 3 sessions (Taken in order as: V TER options are: (30-, 6 YLAND sessions are (3 pach's discretion for co	(2-water + 1-dryland) Vater-Dryland-Water 60-, or 90-minute) sessions 60- or 60-minute) sessions completion of any session)	F(OR FEBRU 18-29feb2	ARY 24
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80p, 5-530p, 6-630p SRDL 30	~ 4-430p, 5-530p, 6-630p			23	24
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	- + +oop, o ooop, o ooop		SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p	SRDL 30 ~ 8-830a, 10-1030a, 11-1130a
o, 5-6p SRDL 60		SRDL 60 ~ 4-5p, 5-6p			SRDL 60 ~ 8-9a, 9-10a, 10-11a
SRDL 90	~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p	SRDL 90 ~ 8-930a, 9-1030a, 10-1130a
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80p, 730-8p (water) DVHS 30	~ 7-730p, 730-8p (water)	DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 12-1230p, 1230-1p
		DVHS 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 1130a-1230p (w/o dry)
			* * * * * * * * * * * * * * * * * * * *		DVHS 60 ~ 12-1p (w/dry)
					DVHS 90 ~ 1130a-1p (w/o dry) DVHS 90 ~ 12-130p, 1230-2p (w/dry)
			* * * **		DVHS 2hr ~ 1130a-130p (w/o dry)
0-830p (w/o dry) DVHS 2hr	r ~ 630-830p (w/o dry)	DVHS 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 12-2p (w/dry)
DVHS 2hr	r ~ 7-9p (w/dry)	DVHS 2hr ~ 7-9p (w/dry)	DVHS 2hr ~ 7-9p (w/dry)	DVHS 2hr ~ 7-9p (w/dry)	
27		28	29	Levels Cale	ndar Notes:
20n E 520n C 620n SPDI 20	4 420n E E20n E E20n	SBDI 20 4 420n E 520n 6 620n	SDDI 20 4 420n F 520n 6 620n	Lovois, Gaioi	ildai itotos.
				ALL DIVERS	a consider the constant of the constant
•	• • •	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p		
p, 430-630p, 5-7p SRDL 2hr	~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p		may not write-in your own session
				times or request more time tha	in allotted.
**		DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 7-730p, 730-8p (water)	TEAM DIVERS ~ each team (De	ev1-3 Region Zone National S&F
		1 1 1			scribed session configurations for
	* * * * * * * * * * * * * * * * * * * *		1 1 1	. , .	eek. When submitting your calendar
			* * * **		
		DVHS 90 ~ 730-9p (w/dry)	DVHS 90 ~ 730-9p (w/dry)	tab of our website.	the right-hand column on the rees
0-830p (w/o dry) DVHS 2hr	r ~ 630-830p (w/o dry)	DVHS 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 630-830p (w/o dry)		rogram includes, please email us:
DVHS 2hr	r ~ 7-9p (w/dry)	DVHS 2hr ~ 7-9p (w/dry)	DVHS 2hr ~ 7-9p (w/dry)	admin@CALdiving.org	
3 6 3 6 3 6 3 6 6 3 6 6	27 280p, 5-5ap (w/dry) (by 630p, 430-630p, 5-69) (w/dry) (by 640p)	SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 7-830p (w/o dry) DVHS 90 ~ 7-830p (w/o dry) DVHS 90 ~ 7-830p (w/o dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry) SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p SRDL 2hr ~ 4-6p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-6	SRDL 60 ~ 4-5p, 5-6p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 630-730p (w/o dry) DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 78-80p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry) DVHS 2hr ~ 630-830p, 5-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p SRDL 2hr ~ 4-6p, 430-630p, 5-7p SRDL 2hr ~ 4-6p, 430-630p, 5-7p DVHS 30 ~ 7-730p, 730-8p (water) DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 7-8p (w/dry) DVHS 60 ~ 7-8p (w/dry) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 7-80-8p (w/o dry) DVHS 90 ~ 7-80-9p (w/dry) DVHS 90 ~ 7-80-9p (w/dry) DVHS 90 ~ 7-8	SRDL 60 - 4-5p, 5-6p SRDL 60 - 4-5p, 5-6p SRDL 90 - 4-530p, 430-6p, 5-630p SRDL 90 - 4-530p, 430-6p, 5-630p SRDL 2hr - 4-6p, 430-630p, 5-7p DVHS 30 - 7-730p, 730-8p (water) DVHS 30 - 7-730p, 730-8p (water) DVHS 60 - 630-730p (w/o dry) DVHS 60 - 630-730p (w/o dry) DVHS 60 - 630-730p (w/o dry) DVHS 60 - 7-8p (w/dry) DVHS 60 - 7-8p (w/dry) DVHS 90 - 630-8p (w/o dry) DVHS 90 - 630-8p (w/o dry) DVHS 90 - 7-830p (w/dry) DVHS 90 - 730-9p (w/dry) DVHS 90 - 730-9p (w/dry) DVHS 2hr - 630-830p (w/o dry) DVHS 2hr - 630-830p (w/o dry) DVHS 2hr - 7-9p (w/dry) DVHS 2hr - 6-30-80p (w/dry) DVHS 30 - 7-730p, 730-8p (water) DVHS 30 - 7-730p, 730-8p (w/dry) DVHS 60 - 7	SRDL 60 - 4-5p, 5-6p SRDL 90 - 4-530p, 430-6p, 5-630p SRDL 90 - 4-530p, 430-6p, 5-630p SRDL 90 - 4-530p, 430-6p, 5-630p SRDL 2hr - 4-6p, 430-630p, 5-7p SRDL 2hr - 4-6p SRDL 2h

			March 2024			
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sunday DIVER'S NAME: PROG LEVEL (circle one): 1, 2, 4, 6, 8, 10, 12, 15 M1, M2, M3, M4, M5, M6 INCLUDED HOURS/WEEK: "ExtraHours" (if any): DIVER'S TEAM (if any, circle): DT, RT, ZT, NT, S&E, M 3	NOTES/EXPLANATION ~ For pool slots ~ SROP/DVHS 1) if you were at dryland (dry) that day, then you MAY attend the "with" (w/) or "without" (w/o) wet sessions 2) If you did NOT attend dryland the same day and you want to attend a water session, you MUST attend sessions marked (w/o). 4 SRDL 30 - 4-430p, 5-530p, 6-630p	"TRY-IT-CPROGRAM" Try-it-Out (TIO) In Total of 3 sessions Taken in order as: WATER options are: (30-, DRYLAND sessions are ((coach's discretion for c	Wednesday DUT" (TIO) I OFFERING Clusive Sessions ~ (2-water + 1-dryland) Water-Dryland-Water 60-, or 90-minute) sessions 30- or 60-minute) sessions ompletion of any session)	7 SRDL 30 ~ 4~430p, 5-530p, 6~630p	1 SRDL 30 - 4-430p, 5-530p SRDL 60 - 4-5p, 5-6p SRDL 90 - 4-530p, 430-6p SRDL 2hr - 4-6p DVHS 30 - 7-730p, 730-8p (water) DVHS 60 - 630-730p (w/o dry) DVHS 90 - 630-8p (w/o dry) DVHS 90 - 730-9p (w/dry) DVHS 90 - 730-9p (w/dry) DVHS 2hr - 630-830p (w/o dry) DVHS 2hr - 7-9p (w/dry) SRDL 30 - 4-430p, 5-530p	2 SRDL 30 - 8-830a, 10-1030a, 11-1130a SRDL 60 - 8-9a, 9-10a, 10-11a SRDL 90 - 8-930a, 9-1030a, 10-1130a SRDL 2hr - 8-10a, 830-1030a, 930-1130a DVHS 30 - 12-1230p, 1230-1p DVHS 60 - 1130a-1230p (wo dry) DVHS 60 - 12-1p (w/dry) DVHS 90 - 1130a-1p (w/o dry) DVHS 90 - 12-30p, 1230-2p (w/dry) DVHS 2hr - 1130a-130p (w/o dry) DVHS 2hr - 12-2p (w/dry) 9 SRDL 30 - 8-830a, 10-1030a, 11-1130a
	SRDL 60 - 4-5p, 5-69 SRDL 90 - 4-530p, 430-6p, 5-630p SRDL 2hr - 4-6p, 430-630p, 5-7p DVHS 30 - 7-730p, 730-8p (water) DVHS 60 - 630-730p (wlo dry) DVHS 60 - 7-8p (wldry) DVHS 90 - 7-80-9p (wld ory) DVHS 90 - 7-830p (wldry) DVHS 90 - 7-830p (wldry) DVHS 91 - 7-830p (wldry) DVHS 2hr - 630-830p (wlo dry) DVHS 2hr - 530-830p (wlo dry) DVHS 2hr - 7-9p (wldry)	SRDL 60 - 4-5p, 5-6p SRDL 90 - 4-530p, 430-6p, 5-630p SRDL 2hr - 4-6p, 430-630p, 5-7p DVHS 30 - 7-730p, 730-8p (water) DVHS 60 - 630-730p (wlo dry) DVHS 60 - 7-8p (wldry) DVHS 90 - 7-80-6p (wlo dry) DVHS 90 - 7-830p (wldry) DVHS 90 - 7-830p (wldry) DVHS 90 - 7-830p (wldry) DVHS 2hr - 630-830p (wlo dry) DVHS 2hr - 630-830p (wlo dry)	SRDL 60 - 4-5p, 5-6p SRDL 90 - 4-530p, 430-6p, 5-630p SRDL 2hr - 4-6p, 430-630p, 5-7p DVHS 30 - 7-730p, 730-8p (water) DVHS 60 - 630-730p, (wid dry) DVHS 60 - 7-8p (wid ry) DVHS 90 - 7-830p, (wid ry) DVHS 90 - 7-830p, (wid ry) DVHS 90 - 730-9p (wid ry) DVHS 2hr - 630-830p (wid ry) DVHS 2hr - 630-830p (wid ry)	SRDL 60 - 4-5p, 5-6p SRDL 90 - 4-530p, 430-6p, 5-630p SRDL 2hr - 4-6p, 430-630p, 5-7p DVHS 30 - 7-730p, 730-8p (water) DVHS 60 - 630-730p (w/o dry) DVHS 60 - 7-8p (w/dry) DVHS 90 - 7-830p (w/dry) DVHS 90 - 7-830p (w/dry) DVHS 90 - 730-9p (w/dry) DVHS 90 - 730-9p (w/dry) DVHS 2hr - 630-830p (w/o dry) DVHS 2hr - 7-9p (w/dry)	SRDL 60 - 4-5p, 5-6p SRDL 90 - 4-530p, 430-6p SRDL 2hr - 4-6p DVHS 30 - 7-730p, 730-8p (water) DVHS 60 - 630-730p (w/o dry) DVHS 60 - 630-8p (w/o dry) DVHS 90 - 630-8p (w/o dry) DVHS 90 - 7-830p (w/dry) DVHS 90 - 730-9p (w/dry) DVHS 2hr - 630-830p (w/o dry) DVHS 2hr - 7-9p (w/dry)	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 - 1130a-17 (w/o dry) DVHS 90 - 12-130p, 1230-2p (w/dry) DVHS 90 - 1130a-130p (w/o dry) DVHS 2hr - 1130a-130p (w/o dry)
10 MIWOK TOWER 1130-2pm	11	12	13	14	15 AAU RWB ~ Tualatin, OR	16 AAU RWB ~ Tualatin, OR
CIRCLE THIS SESSION AND Send a text to Coach Eric (925-586-0169) Fees \$30 per diver	SRDL 30 - 4-430p, 5-530p SRDL 60 - 4-5p, 5-6p SRDL 90 - 4-530p, 430-6p SRDL 2hr - 4-6p	SRDL 30 - 4-430p, 5-530p SRDL 60 - 4-5p, 5-6p SRDL 90 - 4-530p, 430-6p SRDL 2hr - 4-6p	SRDL 30 - 4-430p, 5-530p SRDL 60 - 4-5p, 5-6p SRDL 90 - 4-530p, 430-6p SRDL 2hr - 4-6p	SRDL 30 - 4-430p, 5-530p SRDL 60 - 4-5p, 5-6p SRDL 90 - 4-530p, 430-6p SRDL 2br - 4-6p	SRDL 30 - 4-430p, 5-530p SRDL 60 - 4-5p, 5-6p SRDL 90 - 4-530p, 430-6p SRDL 2br - 4-6p	SRDL 30 - 9-930a, 930-10a SRDL 60 - 9-10a, 930-1030a SRDL 90 - 9-1030a
If you have not been to a Tower session, you should reach out to Coach Eric (925-586-0169) via text to discuss what a Tower session involves and if it might be good for you or your diver.	DVHS 2hr ~ 7-9n (w/dry)	DVHS 30 - 7-730p, 730-8p (water) DVHS 60 - 7-8p (widry) DVHS 90 - 7-830g (widry) DVHS 90 - 7-830g (widry) DVHS 90 - 730-9p (widry) DVHS 2hr - 7-9p (widry)	DVHS 30 - 7-730p, 730-8p (water) DVHS 60 - 7-8p (widry) DVHS 90 - 7-830p (widry) DVHS 90 - 7-730-9p (widry) DVHS 2hr - 7-9p (widry)	DVHS 30 - 7-730p, 730-8p (water) DVHS 80 - 7-8p (widry) DVHS 90 - 7-830p (widry) DVHS 90 - 730-9p (widry) DVHS 2hr - 7-9p (widry)	DVHS 30 - 7-730p, 730-8p (water) DVHS 60 - 7-8p (widry) DVHS 90 - 7-830p (widry) DVHS 90 - 730-9p (widry) DVHS 2hr - 7-9p (widry)	DVHS 30 - 12-1230p, 1230-1p DVHS 60 - 1130a-1230p (w/o dry) DVHS 60 - 12-1p (w/dry) DVHS 90 - 1130a-1p (w/o dry) DVHS 90 - 12-130p, 1230-2p (w/dry) DVHS 2hr - 1130a-130p (w/o dry) DVHS 2hr - 12-2p (w/dry)
		THIS IS PAGE OR MARCH, 2 01-16mar24	2024		inclusions. Please CIRCLE ON corespond to your Level. You itimes or request more time that TEAM DIVERS ~ each team (De and Masters) have specific/prelength of session(s) per slot/we requests, ONLY CIRCLE whole program listing. Please review tab of our website.	s specific timeslot restrictions and LY WHOLE SESSIONS as listed that may not write-in your own session

Sunday	Monday	Tuesday	Wednesday			
			Wednesday	Thursday	Friday	Saturday
DIVER'S NAME:	NOTES/EXPLANATION ~		OUT" (TIO) I OFFERING			
PROG LEVEL (circle one): 1, 2, 4, 6, 8, 10, 12, 15	For pool slots ~ SROP/DVHS 1) if you were at dryland (dry)				THIS IS PAG	
M1, M2, M3, M4, M5, M6	that day, then you MAY attend the "with" (w/) or "without" (w/o) wet sessions	Total of 3 sessions	clusive Sessions ~ (2-water + 1-dryland) Water-Dryland-Water	į į	FOR MARCH, 17-31mar2	
ExtraHours" (if any):	2) If you did NOT attend dryland the same day and you	WATER options are: (30-,	60-, or 90-minute) sessions		17-3 IIIIai2	.4
DIVER'S TEAM (if any, circle): DT, RT, ZT, NT, S&E, M	want to attend a water session, you MUST attend sessions marked (w/o).	,	30- or 60-minute) sessions ompletion of any session)			
17 AAU RWB ~ Tualatin, OR	18	19	20	21	22	23
	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p	SRDL 30 ~ 8-830a, 10-1030a, 11-1130a
	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 8-9a, 9-10a, 10-11a
	SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 90 ~ 4-530p, 430-6p SRDL 2hr ~ 4-6p	SRDL 90 ~ 8-930a, 9-1030a, 10-1130a SRDL 2hr ~ 8-10a, 830-1030a, 930-1130a
	DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 12-1230p, 1230-1p
	DVHS 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 1130a-1230p (w/o dry)
	DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 12-1p (w/dry)
	DVHS 90 ~ 630-8p (w/o dry)	DVHS 90 ~ 630-8p (w/o dry)	DVHS 90 ~ 630-8p (w/o dry)	DVHS 90 ~ 630-8p (w/o dry)	DVHS 90 ~ 630-8p (w/o dry)	DVHS 90 ~ 1130a-1p (w/o dry)
	DVHS 90 ~ 7-830p (w/dry)	DVHS 90 ~ 7-830p (w/dry)	DVHS 90 ~ 7-830p (w/dry)	DVHS 90 ~ 7-830p (w/dry)	DVHS 90 ~ 7-830p (w/dry)	DVHS 90 ~ 12-130p, 1230-2p (w/dry)
	DVHS 90 ~ 730-9p (w/dry)	DVHS 90 ~ 730-9p (w/dry)	DVHS 90 ~ 730-9p (w/dry)	DVHS 90 ~ 730-9p (w/dry)	DVHS 90 ~ 730-9p (w/dry)	DVHS 2hr ~ 1130a-130p (w/o dry)
	DVHS 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 12-2p (w/dry)
	DVHS 2hr ~ 7-9p (w/dry)	DVHS 2hr ~ 7-9p (w/dry)	DVHS 2hr ~ 7-9p (w/dry)	DVHS 2hr ~ 7-9p (w/dry)	DVHS 2hr ~ 7-9p (w/dry)	
24	25	26	27	28	29	30
	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p	SRDL 30 ~ 8-830a, 10-1030a, 11-1130a
	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 8-9a, 9-10a, 10-11a
	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p	SRDL 90 ~ 8-930a, 9-1030a, 10-1130a
	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p	SRDL 2hr ~ 8-10a, 830-1030a, 930-1130a
	DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 12-1230p, 1230-1p
	DVHS 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 1130a-1230p (w/o dry)
	DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 12-1p (w/dry)
	DVHS 90 ~ 630-8p (w/o dry)	DVHS 90 ~ 630-8p (w/o dry)	DVHS 90 ~ 630-8p (w/o dry)	DVHS 90 ~ 630-8p (w/o dry)	DVHS 90 ~ 630-8p (w/o dry)	DVHS 90 ~ 1130a-1p (w/o dry)
	DVHS 90 ~ 7-830p (w/dry)	DVHS 90 ~ 7-830p (w/dry)	DVHS 90 ~ 7-830p (w/dry)	DVHS 90 ~ 7-830p (w/dry)	DVHS 90 ~ 7-830p (w/dry)	DVHS 90 ~ 12-130p, 1230-2p (w/dry)
	DVHS 90 ~ 730-9p (w/dry)	DVHS 90 ~ 730-9p (w/dry)	DVHS 90 ~ 730-9p (w/dry)	DVHS 90 ~ 730-9p (w/dry)	DVHS 90 ~ 730-9p (w/dry)	DVHS 2hr ~ 1130a-130p (w/o dry)
	DVHS 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 12-2p (w/dry)
	DVHS 2hr ~ 7-9p (w/dry)	DVHS 2hr ~ 7-9p (w/dry)	DVHS 2hr ~ 7-9p (w/dry)	DVHS 2hr ~ 7-9p (w/dry)	DVHS 2hr ~ 7-9p (w/dry)	
31					Levels, Cale	ndar Notes:
					inclusions. Please CIRCLE ON	s specific timeslot restrictions and ILY WHOLE SESSIONS as listed that may not write-in your own session n allotted.
					and Masters) have specific/pre length of session(s) per slot/w requests, ONLY CIRCLE whole program listing. Please review tab of our website.	v1-3, Region, Zone, National, S&E, scribed session configurations for sek. When submitting your calendar sessions that are equal to your the right-hand column on the Fees rogram includes, please email us:

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

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

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

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

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

(coach's discretion for completion of any session)

Levels, Calendar Notes:

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

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

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

			April 2024			
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
14 MIWOK TOWER 1130-2pm	15	16	17	18	19	20
CIRCLE THIS SESSION	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p	SRDL 30 ~ 4-430p, 5-530p	SRDL 30 ~ 8-830a, 9-930a, 10-1030a
AND	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 8-9a, 9-10a, 10-11a
Send a text to Coach Eric	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p	SRDL 90 ~ 4-530p, 430-6p	SRDL 90 ~ 8-930a, 9-1030a
(925-586-0169) Fees \$30 per diver	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p	SRDL 2hr ~ 4-6p	SRDL 2hr ~ 8-10a, 830-1030a
i ees 430 per diver						
	SROP 30 ~ 7-730p, 730-8p (water)	SROP 30 ~ 7-730p, 730-8p (water)	SROP 30 ~ 7-730p, 730-8p (water)	SROP 30 ~ 7-730p, 730-8p (water)	SROP 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 12-1230p, 1230-1p
If you have not been to a Tower	SROP 60 ~ 630-730p (w/o dry)	SROP 60 ~ 630-730p (w/o dry)	SROP 60 ~ 630-730p (w/o dry)	SROP 60 ~ 630-730p (w/o dry)	SROP 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 1130a-1230p (w/o dry)
session, you should reach out to	SROP 60 ~ 7-8p (w/dry)	SROP 60 ~ 7-8p (w/dry)	SROP 60 ~ 7-8p (w/dry)	SROP 60 ~ 7-8p (w/dry)	SROP 60 ~ 7-8p (w/dry)	DVHS 60 ~ 12-1p (w/dry)
Coach Eric (925-586-0169) via	SROP 90 ~ 630-8p (w/o dry)	SROP 90 ~ 630-8p (w/o dry)	SROP 90 ~ 630-8p (w/o dry)	SROP 90 ~ 630-8p (w/o dry)	SROP 90 ~ 630-8p (w/o dry)	DVHS 90 ~ 1130a-1p (w/o dry)
text to discuss what a Tower	SROP 90 ~ 7-830p (w/dry)	SROP 90 ~ 7-830p (w/dry)	SROP 90 ~ 7-830p (w/dry)	SROP 90 ~ 7-830p (w/dry)	SROP 90 ~ 7-830p (w/dry)	DVHS 90 ~ 12-130p, 1230-2p (w/dry)
session involves and if it might	SROP 90 ~ 730-9p (w/dry)	SROP 90 ~ 730-9p (w/dry)	SROP 90 ~ 730-9p (w/dry)	SROP 90 ~ 730-9p (w/dry)	SROP 90 ~ 730-9p (w/dry)	DVHS 2hr ~ 1130a-130p (w/o dry)
be good for you or your diver.	SROP 2hr ~ 630-830p (w/o dry)	SROP 2hr ~ 630-830p (w/o dry)	SROP 2hr ~ 630-830p (w/o dry)	SROP 2hr ~ 630-830p (w/o dry)	SROP 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 12-2p (w/dry)
. , ,	SROP 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 7-9p (w/dry)	
21	22	23 HS WACC Champ's, Berkeley, CA	24 HS EBAL Champ's, Livermore, CA	25	26	27 HS DAL Champ's, Moraga, CA
						SPECIAL NOTE(time/place)
	SRDL 30 ~ 4-430p, 5-530p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p	DRY/WET ~ CHANGES TODAY
DIVER'S NAME:	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 30 ~ 8-830a, 830-9a, 9-930a
	SRDL 90 ~ 4-530p, 430-6p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p	SRDL 60 ~ 8-9a, 9-10a
PROG LEVEL (circle one):	SRDL 2hr ~ 4-6p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p	SRDL 90 ~ 8-930a, 9-1030a
1, 2, 4, 6, 8, 10, 12, 15						SRDL 2hr ~ 8-10a
M1, M2, M3, M4, M5, M6	DVHS 30 ~ 7-730p, 730-8p (water)	SROP 30 ~ 7-730p, 730-8p (water)	SROP 30 ~ 7-730p, 730-8p (water)	SROP 30 ~ 7-730p, 730-8p (water)	SROP 30 ~ 7-730p, 730-8p (water)	
	DVHS 60 ~ 630-730p (w/o dry)	SROP 60 ~ 630-730p (w/o dry)	SROP 60 ~ 630-730p (w/o dry)	SROP 60 ~ 630-730p (w/o dry)	SROP 60 ~ 630-730p (w/o dry)	SROP 30 ~ 10-1030a, 11-1130a
	DVHS 60 ~ 7-8p (w/dry)	SROP 60 ~ 7-8p (w/dry)	SROP 60 ~ 7-8p (w/dry)	SROP 60 ~ 7-8p (w/dry)	SROP 60 ~ 7-8p (w/dry)	SROP 60 ~ 0930a-1030a (w/o dry)
INCLUDED HOURS/WEEK:	DVHS 90 ~ 630-8p (w/o dry)	SROP 90 ~ 630-8p (w/o dry)	SROP 90 ~ 630-8p (w/o dry)	SROP 90 ~ 630-8p (w/o dry)	SROP 90 ~ 630-8p (w/o dry)	SROP 60 ~ 10-11a (w/dry)
	DVHS 90 ~ 7-830p (w/dry)	SROP 90 ~ 7-830p (w/dry)	SROP 90 ~ 7-830p (w/dry)	SROP 90 ~ 7-830p (w/dry)	SROP 90 ~ 7-830p (w/dry)	SROP 90 ~ 930a-11p (w/o dry)
"ExtraHours" (if any):	DVHS 90 ~ 730-9p (w/dry)	SROP 90 ~ 730-9p (w/dry)	SROP 90 ~ 730-9p (w/dry)	SROP 90 ~ 730-9p (w/dry)	SROP 90 ~ 730-9p (w/dry)	SROP 90 ~ 10-1130a, 1030-12p (w/dry)
	DVHS 2hr ~ 630-830p (w/o dry)	SROP 2hr ~ 630-830p (w/o dry)	SROP 2hr ~ 630-830p (w/o dry)	SROP 2hr ~ 630-830p (w/o dry)	SROP 2hr ~ 630-830p (w/o dry)	SROP 2.5hrs ~ 0930a-12p (w/o dry)
DIVER'S TEAM (if any, circle):	DVHS 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 10a-12p (w/dry)
DT, RT, ZT, NT, S&E, M						
	29	30		()	Levels, Caler	ndar Notes:
NOTES/EXPLANATION ~			"TRY-IT-	OUT" (TIO)	Levels, Calei	idai Notes.
NOTEO/EXI EXNATION	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	PROGRAM	/I OFFERING		
	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p			ALL DIVERS ~ each LEVEL has	s specific timeslot restrictions and
For pool slots ~ SROP/DVHS	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p				LY WHOLE SESSIONS as listed that
	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p			corespond to your Level. You	may not write-in your own session
1) if you were at dryland (dry) that			Try-it-Out (TIO) I	nclusive Sessions ~	times or request more time that	n allotted.
day, then you MAY attend the	SROP 30 ~ 7-730p, 730-8p (water)	SROP 30 ~ 7-730p, 730-8p (water)	. ,		TEAM DIVERS	4 0 Danier 7-1-1 N. ft . 1 007
"with" (w/) or "without" (w/o) wet	SROP 60 ~ 630-730p (w/o dry)	SROP 60 ~ 630-730p (w/o dry)		(2-water + 1-dryland)		v1-3, Region, Zone, National, S&E,
sessions	SROP 60 ~ 7-8p (w/dry)	SROP 60 ~ 7-8p (w/dry)	Taken in order as:	Water-Dryland-Water		scribed session configurations for ek. When submitting your calendar
2) If you did NOT attend dryland	SROP 90 ~ 630-8p (w/o dry)	SROP 90 ~ 630-8p (w/o dry)				sessions that are equal to your
the same day and you want to	SROP 90 ~ 7-830p (w/dry)	SROP 90 ~ 7-830p (w/dry)		, 60-, or 90-minute) sessions		the right-hand column on the Fees
attend a water session, you	SROP 90 ~ 730-9p (w/dry)	SROP 90 ~ 730-9p (w/dry)	DRYLAND sessions are	(30- or 60-minute) sessions	tab of our website.	•
MUST attend sessions marked	SROP 2hr ~ 630-830p (w/o dry)	SROP 2hr ~ 630-830p (w/o dry)				rogram includes, please email us:
(w/o).	SROP 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 7-9p (w/dry)	(coach's discretion for	completion of any session)	admin@CALdiving.org	
		This is	Page-2 For April ~ 14	4-30apr24		
		11113 13	. ~30 = 101 April ~ 1-	. Jupiz-		

			May 2024			
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 HS NCS Champ's, Concord, CA	2	3 USAD Region-7, Chicago, IL	4 USAD Region-7, Chicago, IL
			SRDL 30 ~ 4-430p, 5-530p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p	SRDL 30 ~ 9-930a, 10-1030a
			SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 9-10a, 10-11a
	THIS IS PAGE-	1	SRDL 90 ~ 4-530p, 430-6p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p	SRDL 90 ~ 9-1030a
		•	SRDL 2hr ~ 4-6p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p	
	FOR MAY, 2024	‡				
	01.11may 24		SROP 30 ~ 7-730p, 730-8p (water)	SROP 30 ~ 7-730p, 730-8p (water)	SROP 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 12-1230p, 1230-1p
	01-11may24		SROP 60 ~ 630-730p (w/o dry)	SROP 60 ~ 630-730p (w/o dry)	SROP 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 1130a-1230p (w/o dry)
			SROP 60 ~ 7-8p (w/dry)	SROP 60 ~ 7-8p (w/dry)	SROP 60 ~ 7-8p (w/dry)	DVHS 60 ~ 12-1p (w/dry)
			SROP 90 ~ 630-8p (w/o dry)	SROP 90 ~ 630-8p (w/o dry)	SROP 90 ~ 630-8p (w/o dry)	DVHS 90 ~ 1130a-1p (w/o dry)
			SROP 90 ~ 7-830p (w/dry)	SROP 90 ~ 7-830p (w/dry)	SROP 90 ~ 7-830p (w/dry)	DVHS 90 ~ 12-130p, 1230-2p (w/dry)
			SROP 90 ~ 730-9p (w/dry)	SROP 90 ~ 730-9p (w/dry)	SROP 90 ~ 730-9p (w/dry)	DVHS 2hr ~ 1130a-130p (w/o dry)
			SROP 2hr ~ 630-830p (w/o dry)	SROP 2hr ~ 630-830p (w/o dry)	SROP 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 12-2p (w/dry)
			SROP 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 7-9p (w/dry)	
USAD Region-7, Chicago, IL	6	7	8	9 HS State Champ's, Clovis, CA	10	11
	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p	SRDL 30 ~ 4-430p, 5-530p	SRDL 30 ~ 4-430p, 5-530p	SRDL 30 ~ 8-830a, 10-1030a, 11-1130a
	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 8-9a, 9-10a, 10-11a				
	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p	SRDL 90 ~ 4-530p, 430-6p	SRDL 90 ~ 4-530p, 430-6p	SRDL 90 ~ 8-930a, 9-1030a, 10-1130a
	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p	SRDL 2hr ~ 4-6p	SRDL 2hr ~ 4-6p	SRDL 2hr ~ 8-10a, 830-1030a, 930-1130
	SROP 30 ~ 7-730p, 730-8p (water)	SROP 30 ~ 12-1230p, 1230-1p				
	SROP 60 ~ 630-730p (w/o dry)	SROP 60 ~ 1130a-1230p (w/o dry)				
	SROP 60 ~ 7-8p (w/dry)	SROP 60 ~ 12-1p (w/dry)				
	SROP 90 ~ 630-8p (w/o dry)	SROP 90 ~ 1130a-1p (w/o dry)				
	SROP 90 ~ 7-830p (w/dry)	SROP 90 ~ 12-130p, 1230-2p (w/dry)				
	SROP 90 ~ 730-9p (w/dry)	SROP 2hr ~ 1130a-130p (w/o dry)				
	SROP 2hr ~ 630-830p (w/o dry)	SROP 2hr ~ 12-2p (w/dry)				
	SROP 2hr ~ 7-9p (w/dry)					
	Levels, Cale	ndar Notes:	SLOT NOTES 8	EXPLANATIONS ~	"TDV 17	
	Levels, cale	11uai 110tes.	OLOT NOTES 6	CALCARATIONS	"IRY-II	r-out" (Tio)
/ER'S NAME:					PROGRA	M OFFERING

PROG LEVEL (circle one): 1, 2, 4, 6, 8, 10, 12, 15 M1, M2, M3, M4, M5, M6

INCLUDED HOURS/WEEK:

"ExtraHours" (if any): _____

DIVER'S TEAM (if any, circle): DT, RT, ZT, NT, S&E, M

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

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

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

For pool slots ~ SROP/DVHS

- 1) If you were at dryland (dry) that day, then you MAY attend the "with" (w/) or "without" (w/o) water (wet) sessions
- 2) If you did NOT attend dryland that day AND you want to attend water that day, you MUST attend sessions marked (w/o).

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

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

			May 2024			
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	13	14	15	16	17	18
	I					
	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p	SRDL 30 ~ 8-830a, 10-1030a, 11-1130a
	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 8-9a, 9-10a, 10-11a
	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p	SRDL 90 ~ 8-930a, 9-1030a, 10-1130a
	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p	SRDL 2hr ~ 8-10a, 830-1030a, 930-1130a
THIS IS PAGE-2	I					
	SROP 30 ~ 7-730p, 730-8p (water)	SROP 30 ~ 7-730p, 730-8p (water)	SROP 30 ~ 7-730p, 730-8p (water)	SROP 30 ~ 7-730p, 730-8p (water)	SROP 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 12-1230p, 1230-1p
FOR MAY, 2024	SROP 60 ~ 630-730p (w/o dry)	SROP 60 ~ 630-730p (w/o dry)	SROP 60 ~ 630-730p (w/o dry)	SROP 60 ~ 630-730p (w/o dry)	SROP 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 1130a-1230p (w/o dry)
	SROP 60 ~ 7-8p (w/dry)	SROP 60 ~ 7-8p (w/dry)	SROP 60 ~ 7-8p (w/dry)	SROP 60 ~ 7-8p (w/dry)	SROP 60 ~ 7-8p (w/dry)	DVHS 60 ~ 12-1p (w/dry)
12-31may24	SROP 90 ~ 630-8p (w/o dry)	SROP 90 ~ 630-8p (w/o dry)	SROP 90 ~ 630-8p (w/o dry)	SROP 90 ~ 630-8p (w/o dry)	SROP 90 ~ 630-8p (w/o dry)	DVHS 90 ~ 1130a-1p (w/o dry)
	SROP 90 ~ 7-830p (w/dry)	SROP 90 ~ 7-830p (w/dry)	SROP 90 ~ 7-830p (w/dry)	SROP 90 ~ 7-830p (w/dry)	SROP 90 ~ 7-830p (w/dry)	DVHS 90 ~ 12-130p, 1230-2p (w/dry)
	SROP 90 ~ 730-9p (w/dry)	SROP 90 ~ 730-9p (w/dry)	SROP 90 ~ 730-9p (w/dry)	SROP 90 ~ 730-9p (w/dry)	SROP 90 ~ 730-9p (w/dry)	DVHS 2hr ~ 1130a-130p (w/o dry)
	SROP 2hr ~ 630-830p (w/o dry)	SROP 2hr ~ 630-830p (w/o dry)	SROP 2hr ~ 630-830p (w/o dry)	SROP 2hr ~ 630-830p (w/o dry)	SROP 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 12-2p (w/dry)
	SROP 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 7-9p (w/dry)	
1	<u> </u>					
	20	21	22	23	24	²⁵ DVHS
	1					SUBSTANTIAL TIME CHANGES
	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p	SRDL 30 ~ 7-730, 8-830a, 9-930a
	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 7-8a, 8-9a, 9-10a
	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p	SRDL 90 ~ 7-830a, 8-930a
	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p	SRDL 2hr ~ 7-9a, 8-10a
	SROP 30 ~ 7-730p, 730-8p (water)	SROP 30 ~ 7-730p, 730-8p (water)	SROP 30 ~ 7-730p, 730-8p (water)	SROP 30 ~ 7-730p, 730-8p (water)	SROP 30 ~ 7-730p, 730-8p (water)	DVHS/SROP? 30 ~ 1030-11a, 11-1130a
	SROP 60 ~ 630-730p (w/o dry)	SROP 60 ~ 630-730p (w/o dry)	SROP 60 ~ 630-730p (w/o dry)	SROP 60 ~ 630-730p (w/o dry)	SROP 60 ~ 630-730p (w/o dry)	DVHS/SROP? 60 ~ 10-11a (w/o dry)
	SROP 60 ~ 7-8p (w/dry)	SROP 60 ~ 7-8p (w/dry)	SROP 60 ~ 7-8p (w/dry)	SROP 60 ~ 7-8p (w/dry)	SROP 60 ~ 7-8p (w/dry)	DVHS/SROP? 60 ~ 1030-1130a, 11a-12p (w/dr
	SROP 90 ~ 630-8p (w/o dry)	SROP 90 ~ 630-8p (w/o dry)	SROP 90 ~ 630-8p (w/o dry)	SROP 90 ~ 630-8p (w/o dry)	SROP 90 ~ 630-8p (w/o dry)	DVHS/SROP? 90 ~ 10-1130a (w/o dry)
	SROP 90 ~ 7-830p (w/dry)	SROP 90 ~ 7-830p (w/dry)	SROP 90 ~ 7-830p (w/dry)	SROP 90 ~ 7-830p (w/dry)	SROP 90 ~ 7-830p (w/dry)	DVHS/SROP? 90 ~ 1030a-12p, 11a-1230p (w/d
	SROP 90 ~ 730-9p (w/dry)	SROP 90 ~ 730-9p (w/dry)	SROP 90 ~ 730-9p (w/dry)	SROP 90 ~ 730-9p (w/dry)	SROP 90 ~ 730-9p (w/dry)	DVHS 2hr ~ 10a-12p (w/o dry)
	SROP 2hr ~ 630-830p (w/o dry)	SROP 2hr ~ 630-830p (w/o dry)	SROP 2hr ~ 630-830p (w/o dry)	SROP 2hr ~ 630-830p (w/o dry)	SROP 2hr ~ 630-830p (w/o dry)	DVHS/SROP? 2hr ~ 1030a-1230p (w/dry)
	SROP 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 7-9p (w/dry)	
	1					
MIWOK TOWER 1130-2pm	27 CLOSED FOR HOLIDAY	28	29	30	31	1 SROP SUBSTANTIAL TIME CHANGES
CIDCLE THE SESSION	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p	SRDL 30 ~ 7-730, 8-830a, 9-930a
CIRCLE I HIS SESSION	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 7-8a, 8-9a, 9-10a
Send a text to Coach Eric	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p	SRDL 90 ~ 7-830a, 8-930a
	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p	SRDL 2hr ~ 7-9a, 8-10a
Fees \$30 per diver		ONDE 2111 1 4 OP, 400 000P, 0 1P	O. D. 2111 4 5p, 455 555p, 5 1 p	5.152 2111 × 4 5p, 455 555p, 5 7p	Charles 4 Sp	
·	SROP 30 ~ 7-730p, 730-8p (water)	SROP 30 ~ 7-730p, 730-8p (water)	SROP 30 ~ 7-730p, 730-8p (water)	SROP 30 ~ 7-730p, 730-8p (water)	SROP 30 ~ 7-730p, 730-8p (water)	DVHS/SROP? 30 ~ 1030-11a, 11-1130a
	SROP 60 ~ 630-730p (w/o dry)	SROP 60 ~ 630-730p (w/o dry)	SROP 60 ~ 630-730p (w/o dry)	SROP 60 ~ 630-730p (w/o dry)	SROP 60 ~ 630-730p (w/o dry)	DVHS/SROP? 60 ~ 10-11a (w/o dry)
f you have not been to a Tower	SROP 60 ~ 7-8p (w/dry)	SROP 60 ~ 7-8p (w/dry)	SROP 60 ~ 7-8p (w/dry)	SROP 60 ~ 7-8p (w/dry)	SROP 60 ~ 7-8p (w/dry)	DVHS/SROP? 60 ~ 1030-1130a, 11a-12p (w/dr
ession, you should reach out to	SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 630-8p (w/o dry)					
oach Eric (925-586-0169) via text		SROP 90 ~ 630-8p (w/o dry)	SROP 90 ~ 630-8p (w/o dry)	SROP 90 ~ 630-8p (w/o dry)	SROP 90 ~ 630-8p (w/o dry)	DVHS/SROP? 90 ~ 10-1130a (w/o dry)
o discuss what a Tower session	SROP 90 ~ 7-830p (w/dry)	SROP 90 ~ 7-830p (w/dry)	SROP 90 ~ 7-830p (w/dry)	SROP 90 ~ 7-830p (w/dry)	SROP 90 ~ 7-830p (w/dry)	DVHS/SROP? 90 ~ 1030a-12p, 11a-1230p (w/d
nvolves and if it might be good	SROP 90 ~ 730-9p (w/dry)	SROP 90 ~ 730-9p (w/dry)	SROP 90 ~ 730-9p (w/dry)	SROP 90 ~ 730-9p (w/dry)	SROP 90 ~ 730-9p (w/dry)	DVHS 2hr ~ 10a-12p (w/o dry)
for you or your diver.	SROP 2hr ~ 630-830p (w/o dry)	SROP 2hr ~ 630-830p (w/o dry)	SROP 2hr ~ 630-830p (w/o dry)	SROP 2hr ~ 630-830p (w/o dry)	SROP 2hr ~ 630-830p (w/o dry)	DVHS/SROP? 2hr ~ 1030a-1230p (w/dry)
	SROP 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 7-9p (w/dry)	
	Lavala Calar	der Netee.	OLOT NOTEO A	EVEL ANATIONS		
	Levels, Calen	iuar notes:	SLUI NUIES &	EXPLANATIONS ~	"TRY-I	T-OUT" (TIO)
VER'S NAME:						AM OFFÈRING
	ALL DIVEDS	anasifia timaalatt			FROGRA	ANI OFF LINING
	inclusions. Please CIRCLE ONL	specific timeslot restrictions and	For pool slots	~ SROP/DVHS		
ROG LEVEL (circle one):	that corespond to your Level. You					
, 2, 4, 0, 0, 10, 12, 13	session times or request more ti		1) If you were at driller	d (dm) that day then you		
M1, M2, M3, M4, M5, M6	,		i) ii you were at drylan	d (dry) that day, then you		O) Inclusive Sessions ~
		1-3, Region, Zone, National, S&E,		" (w/) or "without" (w/o)	Total of 3 sessi	ons (2-water + 1-dryland)
CLUDED HOUDSIMEEK.	and Masters) have specific/preso	cribed session configurations for	water (we	et) sessions		as: Water-Dryland-Water
OLOBED HOURS/WEEK:	length of session(s) per slot/wee		•		Taken in order	Lo rator Digitalia Trator
	calendar requests, ONLY CIRCLI		2) If you did NOT affor	nd dryland that day AND	WATER ontions are:	(30-, 60-, or 90-minute) sessions
					(oo , oo-, or oo-millute) sessions	
ExtraHours" (if any):	to your program listing. Please	review the right-hand column on			DRYLAND sessions	are (30- or 60-minute) sessions
ExtraHours" (if any):	the Fees tab of our website.		you want to attend wa	ater that day, you MUST	DRYLAND sessions	are (30- or 60-minute) sessions
ExtraHours" (if any):			you want to attend wa			are (30- or 60-minute) sessions for completion of any session)

			June 2024			
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<u>'</u>
						SRDL 30 ~ 7-730, 8-830a, 9-930a
						SRDL 60 ~ 7-8a, 8-9a, 9-10a
						SRDL 90 ~ 7-830a, 8-930a
						SRDL 2hr ~ 7-9a, 8-10a
						SROP 30 ~ 1030-11a, 11-1130a
						SROP 60 ~ 10-11a (w/o dry)
						SROP 60 ~ 1030-1130a, 11a-12p (w/dry)
						SROP 90 ~ 10-1130a (w/o dry)
						SROP 90 ~ 1030a-12p, 11a-1230p (w/dry)
						SROP 2hr ~ 10a-12p (w/o dry)
						SROP 2hr ~ 1030a-1230p (w/dry)
						Private dryland appointments ~ 130-7
						Private dryland appointments ~ 130-7
	3	4	5	6	7	8
	Private dryland appointments ~ 1-4p	Private dryland appointments ~ 1-4p	Private dryland appointments ~ 1-4p	Private dryland appointments ~ 1-4p	Private dryland appointments ~ 1-4p	
	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p	SRDL 30 ~ 7-730, 8-830a, 9-930a
	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 7-8a, 8-9a, 9-10a
	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p	SRDL 90 ~ 7-830a, 8-930a
	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p	SRDL 2hr ~ 7-9a, 8-10a
	SDOD 20 7 720= 720 0= (CDOD 20 7 720- 720 0- (SDOD 20 7 720 720 00 (wester)		SDOD 20 7 720- 720 0- (SDOD 20 4020 44- 44 4420-
	SROP 30 ~ 7-730p, 730-8p (water)	SROP 30 ~ 7-730p, 730-8p (water)	SROP 30 ~ 7-730p, 730-8p (water)		SROP 30 ~ 7-730p, 730-8p (water)	SROP 30 ~ 1030-11a, 11-1130a SROP 60 ~ 10-11a (w/o dry)
	SROP 60 ~ 630-730p (w/o dry)	SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry)	SROP 60 ~ 630-730p (w/o dry)		SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry)	SROP 60 ~ 10-11a (w/o dry) SROP 60 ~ 1030-1130a, 11a-12p (w/dry)
	SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 630-8p (w/o dry)	SROP 90 ~ 630-8p (w/o dry)	SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 630-8p (w/o dry)	SCHOOL GRADUATION	SROP 90 ~ 7-8p (w/dry) SROP 90 ~ 630-8p (w/o dry)	SROP 90 ~ 10-1130a (w/o dry)
	SROP 90 ~ 630-8p (w/d dry) SROP 90 ~ 7-830p (w/dry)	SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 7-830p (w/dry)	SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 7-830p (w/dry)	NO WATER TIME	SROP 90 ~ 630-8p (w/d dry) SROP 90 ~ 7-830p (w/dry)	SROP 90 ~ 10-1130a (w/o dry) SROP 90 ~ 1030a-12p, 11a-1230p (w/dry)
	SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 730-9p (w/dry)	SROP 90 ~ 7-830P (w/dry)	SROP 90 ~ 7-630P (w/dry)	NO WAILK HIME	SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 730-9p (w/dry)	SROP 2hr ~ 10a-12p (w/o dry)
	5.15. 55 755 SP (W/dry)	SROP 2hr ~ 630-830p (w/o dry)	SROP 2hr ~ 630-830p (w/o dry)		SROP 2hr ~ 630-830p (w/o dry)	SROP 2hr ~ 1030a-1230p (w/dry)
	SROP 2hr ~ 630-830n (w/o dry)		0.10. 2 000 000p (W/O di y)			5.10. 2 1000 1200p (w/dry)
	SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/dry)		SROP 2hr ~ 7-9p (w/drv)		SROP 2hr ~ 7-9p (w/drv)	
	SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 7-9p (w/dry)		SROP 2hr ~ 7-9p (w/dry)	
			SROP 2hr ~ 7-9p (w/dry)		SROP 2hr ~ 7-9p (w/dry)	Private dryland appointments ~ 130-7
			SROP 2hr ~ 7-9p (w/dry)		SROP 2hr ~ 7-9p (w/dry)	Private dryland appointments ~ 130-7

PAGE 10f3 JUNE '24 01-08jun

PLEASE PAY CLOSE ATTENTION ON A DAILY BASIS TO HOURS/SLOTS/POOLS.

DIVER'S NAME:

PROG LEVEL (circle one): 1, 2, 4, 6, 8, 10, 12, 15 M1, M2, M3, M4, M5, M6

INCLUDED HOURS/WEEK: _

"ExtraHours" (if any): _____

DIVER'S TEAM (if any, circle):
DT, RT, ZT, NT, S&E, M

Levels, Calendar Notes:

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

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

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

SLOT NOTES & EXPLANATIONS ~

For pool slots ~ SROP/DVHS

1) If you were at dryland (dry) that day, then you MAY attend the "with" (w/) or "without" (w/o) water (wet) sessions

2) If you did NOT attend dryland that day AND you want to attend water that day, you MUST attend sessions marked (w/o).

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

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

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

			June 2024			
Sun day.	Monday	Tuesday	Madagaday	Thursday	Friday	Saturday
9	10 San Ramon City LTD Camp ~ 4-5p @DVHS	11 San Ramon City LTD Camp ~ 4-5p @DVHS	12 San Ramon City LTD Camp ~ 4-5p @DVHS	13 San Ramon City LTD Camp ~ 4-5p @DVHS	14 San Ramon City LTD Camp ~ 4-5p @DVHS	15
	Private dryland appointments ~ 7-930a	Private dryland appointments ~ 7-930a	Private dryland appointments ~ 7-11a	Private dryland appointments ~ 7-930a	Private dryland appointments ~ 7-930a	
	SRDL 30 ~ 9-930, 10-1030, 1230-1	SRDL 30 ~ 9-930, 10-1030, 1230-1	SRDL 30 ~ 11-1130, 12-1230, 1-130	SRDL 30 ~ 9-930, 10-1030, 1230-1	SRDL 30 ~ 9-930, 10-1030, 1230-1	SRDL ~ 8-830a, 830-9a (30min slots)
	SRDL 60 ~ 930-1030, 10-11, 1130-11230	SRDL 60 ~ 930-1030, 10-11, 1130-11230	SRDL 60 ~ 1-2, 2-3	SRDL 60 ~ 930-1030, 10-11, 1130-11230	SRDL 60 ~ 930-1030, 10-11, 1130-11230	SRDL ~ 8-9a (only 60min slot)
	SRDL 90 ~ 9-1030, 10-1130, 1130-1	SRDL 90 ~ 9-1030, 10-1130, 1130-1	SRDL 90 ~ 11-1230, 1230-2	SRDL 90 ~ 9-1030, 10-1130, 1130-1	SRDL 90 ~ 9-1030, 10-1130, 1130-1	SRDL ~ 8-930a, 830-10a (90min slots)
	SRDL 2hr ~ 9-11, 930-1130, 10-12	SRDL 2hr ~ 9-11, 930-1130, 10-12	SRDL 2hr ~ 11-1, 1130-130, 12-2	SRDL 2hr ~ 9-11, 930-1130, 10-12	SRDL 2hr ~ 9-11, 930-1130, 10-12	SRDL ~ 8-10a (2hr session)
	SRDL 3hr ~ 9-12, 930-1230, 10-1	SRDL 3hr ~ 9-12, 930-1230, 10-1	SRDL 3hr ~ 11-2, 1130-230, 12-3	SRDL 3hr ~ 9-12, 930-1230, 10-1	SRDL 3hr ~ 9-12, 930-1230, 10-1	
	SRDL 4hr ~ 9-1	SRDL 4hr ~ 9-1	SRDL 4hr ~ 11-3	SRDL 4hr ~ 9-1	SRDL 4hr ~ 9-1	SROP ~ 930-1030a (only 60min slot)
						SROP ~ 930-11a (90min w/o SRDL)
	DVHS 30 ~ 2-230, 230-3 (w/ or w/o dry)	DVHS 30 ~ 2-230, 230-3 (w/ or w/o dry)	SROP 30 ~ 5-530, 530-6 (w/ or w/o dry)	DVHS 30 ~ 2-230, 230-3 (w/ or w/o dry)	DVHS 30 ~ 2-230, 230-3 (w/ or w/o dry)	SROP ~ 10a-1130a (90min w/SRDL)
	DVHS 60 ~ 130-230 (w/o dry)	DVHS 60 ~ 130-230 (w/o dry)	SROP 60 ~ 430-530 (w/o dry)	DVHS 60 ~ 130-230 (w/o dry)	DVHS 60 ~ 130-230 (w/o dry)	SROP ~ 10a-12p (2hr w/SRDL)
	DVHS 60 ~ 2-3 (w/dry)	DVHS 60 ~ 2-3 (w/dry)	SROP 60 ~ 4-5, 5-6 (w/dry)	DVHS 60 ~ 2-3 (w/dry)	DVHS 60 ~ 2-3 (w/dry)	
	DVHS 90 ~ 130-3 (w/o dry)	DVHS 90 ~ 130-3 (w/o dry)	SROP 90 ~ 430-6 (w/o dry)	DVHS 90 ~ 130-3 (w/o dry)	DVHS 90 ~ 130-3 (w/o dry)	
	DVHS 90 ~ 2-330, 230-4 (w/dry)	DVHS 90 ~ 2-330, 230-4 (w/dry)	SROP 90 ~ 5-630, 530-7 (w/dry)	DVHS 90 ~ 2-330, 230-4 (w/dry)	DVHS 90 ~ 2-330, 230-4 (w/dry)	
	DVHS 2hr ~ 2-4 (w/dry)	DVHS 2hr ~ 2-4 (w/dry)	SROP 2hr ~ 5-7 (w/dry)	DVHS 2hr ~ 2-4 (w/dry)	DVHS 2hr ~ 2-4 (w/dry)	
	SROP 60 ~ 530-630p (w/o dry)	SROP 60 ~ 530-630p (w/o dry)		SROP 60 ~ 530-630p (w/o dry)	SROP 60 ~ 530-630p (w/o dry)	
	SROP 60 ~ 6-7 (w/dry)	SROP 60 ~ 6-7 (w/dry)		SROP 60 ~ 6-7 (w/dry)	SROP 60 ~ 6-7 (w/dry)	22
	SROP 90 ~ 530-7p (w/o dry)	SROP 90 ~ 530-7p (w/o dry)		SROP 90 ~ 530-7p (w/o dry)	SROP 90 ~ 530-7p (w/o dry)	Private dryland appointments ~ 1-7pm
¹⁶ MIWOK TOWER 1130-2pm	17	18	19	20	21	22 DIVING MEET ~ Miwok, Novato
	Private dryland appointments ~ 7-11a	Private dryland appointments ~ 7-930a	Private dryland appointments ~ 7-11a	Private dryland appointments ~ 7-11a	Private dryland appointments ~ 7-11a	(FC1-8, beginner/Intermediate)
CIRCLE THIS SESSION	SRDL 30 ~ 11-1130, 1130-12, 1-130	SRDL 30 ~ 9-930, 10-1030, 1230-1	SRDL 30 ~ 11-1130, 1130-12, 1-130	SRDL 30 ~ 11-1130, 1130-12, 1-130	SRDL 30 ~ 11-1130, 1130-12, 1-130	Event on DiveLive
AND	SRDL 60 ~ 1-2, 2-3	SRDL 60 ~ 930-1030, 10-11, 1130-11230	SRDL 60 ~ 1-2, 2-3	SRDL 60 ~ 1-2, 2-3	SRDL 60 ~ 11-12, 12-1, 1-2	
	SRDL 90 ~ 11-1230, 1230-2	SRDL 90 ~ 9-1030, 10-1130, 1130-1	SRDL 90 ~ 11-1230, 1230-2	SRDL 90 ~ 11-1230, 1230-2, 1-230	SRDL 90 ~ 11-1230, 1230-2, 1-230	
	SRDL 2hr ~ 11-1, 1130-130, 12-2	SRDL 2hr ~ 9-11, 930-1130, 10-12	SRDL 2hr ~ 11-1, 1130-130, 12-2	SRDL 2hr ~ 11-1, 1130-130, 12-2	SRDL 2hr ~ 11-1, 1130-130, 12-2	
Fees \$30 per diver	SRDL 3hr ~ 11-2, 1130-230, 12-3	SRDL 3hr ~ 9-12, 930-1230, 10-1	SRDL 3hr ~ 11-2, 1130-230, 12-3	SRDL 3hr ~ 11-2, 1130-230, 12-3	SRDL 3hr ~ 11-2, 1130-230	NO CLUB PRACTICE
	SRDL 4hr ~ 11-3	SRDL 4hr ~ 9-1	SRDL 4hr ~ 11-3	SRDL 4hr ~ 11-3	SRDL 4hr ~ 1030-230	All are expected to
16 h						particpate in this event
If you have not been to a Tower	SROP 30 ~ 4-430, 430-5 (w/ or w/o dry)	DVHS 30 ~ 2-230, 230-3 (w/ or w/o dry)	SROP 30 ~ 4-430, 430-5 (w/ or w/o dry)	SROP 30 ~ 4-430, 430-5 (w/ or w/o dry)	SROP 30 ~ 4-430, 430-5 (w/ or w/o dry)	
session, you should reach out to Coach Eric (925-586-0169) via	SROP 60 ~ 330-430 (w/o dry)	DVHS 60 ~ 130-230 (w/o dry)	SROP 60 ~ 330-430 (w/o dry)	SROP 60 ~ 330-430 (w/o dry)	SROP 60 ~ 330-430 (w/o dry)	
text to discuss what a Tower	SROP 60 ~ 4-5, 5-6 (w/dry)	DVHS 60 ~ 2-3 (w/dry)	SROP 60 ~ 4-5, 5-6 (w/dry)	SROP 60 ~ 4-5, 5-6 (w/dry)	SROP 60 ~ 4-5, 5-6 (w/dry)	
session involves and if it might	SROP 90 ~ 330-5 (w/o dry)	DVHS 90 ~ 130-3 (w/o dry)	SROP 90 ~ 330-5 (w/o dry)	SROP 90 ~ 330-5 (w/o dry)	SROP 90 ~ 330-5 (w/o dry)	
be good for you or your diver.	SROP 90 ~ 4-530, 5-630 (w/dry)	DVHS 90 ~ 2-330, 230-4 (w/dry)	SROP 90 ~ 4-530, 5-630 (w/dry)	SROP 90 ~ 4-530, 5-630 (w/dry)	SROP 90 ~ 4-530, 5-630 (w/dry)	
	SROP 2hr ~ 4-6, 5-7 (w/dry)	DVHS 2hr ~ 2-4 (w/dry)	SROP 2hr ~ 4-6, 5-7 (w/dry)	SROP 2hr ~ 4-6, 5-7 (w/dry)	SROP 2hr ~ 4-6, 5-7 (w/dry)	
	SROP 3hr ~ 4-7 (w/dry)		SROP 3hr ~ 4-7 (w/dry)	SROP 3hr ~ 4-7 (w/dry)	SROP 3hr ~ 4-7 (w/dry)	
		SROP 60 ~ 530-630p (w/o dry)				
		SROP 60 ~ 6-7 (w/dry)				
		SROP 90 ~ 530-7p (w/o dry)				
PAGE 2of3	Notes:					
		DI EACE DAY O	LOCE ATTENTION ON A	DAIL V DACIC TO LICUIDO	VICLOTOIDOOL C	
JUNE '24		PLEASE PAY C	LOSE ATTENTION ON A	DAILY BASIS TO HOURS	13LU13/PUULS.	
09-22jun						
-						
	Levels. Caler	idar Notes:	SLOT NOTES &	EXPLANATIONS ~	"TDV I	T-OUT" (TIO)

DIVER'S NAME:

PROG LEVEL (circle one): 1, 2, 4, 6, 8, 10, 12, 15 M1, M2, M3, M4, M5, M6

INCLUDED HOURS/WEEK:

"ExtraHours" (if any): _____

DIVER'S TEAM (if any, circle): DT, RT, ZT, NT, S&E, M

Levels, Calendar Notes:

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

TEAM DIVERS ~ each team (Dev1-3, Region, Zone, National, S&E, and Masters) have specific/prescribed session configurations for length of session(s) per slot/week. When submitting your calendar requests, ONLY CIRCLE whole sessions that are equal to your program listing. Please review the right-hand column on the Fees tab of our website. If you are not sure what your program includes, please email us: admin@CALdiving.org

SLOT NOTES & EXPLANATIONS

For pool slots ~ SROP/DVHS

1) If you were at dryland (dry) that day, then you MAY attend the "with" (w/) or "without" (w/o) water (wet) sessions

2) If you did NOT attend dryland that day AND you want to attend water that day, you MUST attend sessions marked (w/o).

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

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

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

			June 2024			
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23 DIVING MEET ~ Miwok, Novato	24	25	26 USAD Zone-D, Madison, WI	27 USAD Zone-D, Madison, WI	28 USAD Zone-D, Madison, WI	USAD Zone-D Madison, WI
(JO Divers)	San Ramon City LTD Camp ~ 8-11a @SROP	San Ramon City LTD Camp ~ 8-11a @SROP	San Ramon City LTD Camp ~ 8-11a @SROP	San Ramon City LTD Camp ~ 8-11a @SROP	San Ramon City LTD Camp ~ 8-11a @SROP	
Event on DiveLive						
	SRDL 30 ~ 12-1230, 1230-1, 1-130	SRDL 30 ~ 9-930, 10-1030, 1230-1	SRDL 30 ~ 12-1230, 1230-1, 1-130	SRDL 30 ~ 12-1230, 1230-1, 1-130	SRDL 30 ~ 12-1230, 1230-1, 1-130	SRDL ~ 8-830a, 830-9a (30min slots)
	SRDL 60 ~ 12-1, 1-2, 2-3	SRDL 60 ~ 930-1030, 10-11, 1130-11230	SRDL 60 ~ 12-1, 1-2, 2-3	SRDL 60 ~ 12-1, 1-2, 2-3	SRDL 60 ~ 12-1, 1-2, 2-3	SRDL ~ 8-9a (only 60min slot)
	SRDL 90 ~ 12-130, 1230-2, 1-230	SRDL 90 ~ 9-1030, 10-1130, 1130-1	SRDL 90 ~ 12-130, 1230-2, 1-230	SRDL 90 ~ 12-130, 1230-2, 1-230	SRDL 90 ~ 12-130, 1230-2, 1-230	SRDL ~ 8-930a, 830-10a (90min slots)
	SRDL 2hr ~ 12-2, 1-3	SRDL 2hr ~ 9-11, 930-1130, 10-12	SRDL 2hr ~ 12-2, 1-3	SRDL 2hr ~ 12-2, 1-3	SRDL 2hr ~ 12-2, 1-3	SRDL ~ 8-10a (2hr session)
	SRDL 3hr ~ 12-3	SRDL 3hr ~ 9-12, 930-1230, 10-1	SRDL 3hr ~ 12-3	SRDL 3hr ~ 12-3	SRDL 3hr ~ 12-3	
		SRDL 4hr ~ 9-1				SROP ~ 930-1030a (only 60min slot)
						SROP ~ 930-11a (90min w/o SRDL)
D4050 (0	SROP 30 ~ 4-430, 430-5 (w/ or w/o dry)	DVHS 30 ~ 2-230, 230-3 (w/ or w/o dry)	SROP 30 ~ 4-430, 430-5 (w/ or w/o dry)	SROP 30 ~ 4-430, 430-5 (w/ or w/o dry)	SROP 30 ~ 4-430, 430-5 (w/ or w/o dry)	SROP ~ 10a-1130a (90min w/SRDL)
PAGE 3of3	SROP 60 ~ 330-430 (w/o dry)	DVHS 60 ~ 130-230 (w/o dry)	SROP 60 ~ 330-430 (w/o dry)	SROP 60 ~ 330-430 (w/o dry)	SROP 60 ~ 330-430 (w/o dry)	SROP ~ 10a-12p (2hr w/SRDL)
JUNE '24	SROP 60 ~ 4-5, 5-6 (w/dry)	DVHS 60 ~ 2-3 (w/dry)	SROP 60 ~ 4-5, 5-6 (w/dry)	SROP 60 ~ 4-5, 5-6 (w/dry)	SROP 60 ~ 4-5, 5-6 (w/dry)	
JUNE 24	SROP 90 ~ 330-5 (w/o dry)	DVHS 90 ~ 130-3 (w/o dry)	SROP 90 ~ 330-5 (w/o dry)	SROP 90 ~ 330-5 (w/o dry)	SROP 90 ~ 330-5 (w/o dry)	
23-30jun	SROP 90 ~ 4-530, 5-630 (w/dry)	DVHS 90 ~ 2-330, 230-4 (w/dry)	SROP 90 ~ 4-530, 5-630 (w/dry)	SROP 90 ~ 4-530, 5-630 (w/dry)	SROP 90 ~ 4-530, 5-630 (w/dry)	
20 00jan	SROP 2hr ~ 4-6, 5-7 (w/dry)	DVHS 2hr ~ 2-4 (w/dry)	SROP 2hr ~ 4-6, 5-7 (w/dry)	SROP 2hr ~ 4-6, 5-7 (w/dry)	SROP 2hr ~ 4-6, 5-7 (w/dry)	
	SROP 3hr ~ 4-7 (w/dry)		SROP 3hr ~ 4-7 (w/dry)	SROP 3hr ~ 4-7 (w/dry)	SROP 3hr ~ 4-7 (w/dry)	
		SROP 60 ~ 530-630p (w/o dry)				
		SROP 60 ~ 6-7 (w/dry)				
		SROP 90 ~ 530-7p (w/o dry)				
30 USAD Zone-D Madison, WI	Notoci					
Diving Camp w/Coach Eric	Notes:					

DIVER'S NAME:

PROG LEVEL (circle one): 1, 2, 4, 6, 8, 10, 12, 15 M1, M2, M3, M4, M5, M6

INCLUDED HOURS/WEEK: __

"ExtraHours" (if any): _____

DIVER'S TEAM (if any, circle): DT, RT, ZT, NT, S&E, M

Levels, Calendar Notes:

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

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

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

SLOT NOTES & EXPLANATIONS ~

PLEASE PAY CLOSE ATTENTION ON A DAILY BASIS TO HOURS/SLOTS/POOLS.

For pool slots ~ SROP/DVHS

- 1) If you were at dryland (dry) that day, then you MAY attend the "with" (w/) or "without" (w/o) water (wet) sessions
- 2) If you did NOT attend dryland that day AND you want to attend water that day, you MUST attend sessions marked (w/o).

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

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

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

			July 2024			
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
USAD Zone-D Madison, WI	1 Indiana Diving Camp w/Coach Eric	2 Indiana Diving Camp w/Coach Eric	3 Indiana Diving Camp w/Coach Eric	4 Indiana Diving Camp w/Coach Eric	5 Indiana Diving Camp w/Coach Eric	6 DIVING MEET ~ DVD, Stockton
Indiana Diving Camp w/Coach Eric						1-day meet ~ FC1-8 and JO
drive from Madison to Indianapolis w/Coach Eric	SRDL 30 ~ 12-1230, 1230-1, 1-130	SRDL 30 ~ 9-930, 10-1030, 1230-1	SRDL 30 ~ 12-1230, 1230-1, 1-130		SRDL 30 ~ 130-2, 2-230	(an AAU event on DiveMeets)
	SRDL 60 ~ 1230-130, 1-2, 130-230	SRDL 60 ~ 930-1030, 10-11, 1130-11230	SRDL 60 ~ 1230-130, 1-2, 130-230		SRDL 60 ~ 130-230, 2-3	
	SRDL 90 ~ 1230-2, 1-230	SRDL 90 ~ 9-1030, 10-1130, 1130-1	SRDL 90 ~ 1230-2, 1-230		SRDL 90 ~ 130-3, 2-330	
	SRDL 2hr ~ 1230-230	SRDL 2hr ~ 9-11, 930-1130, 10-12	SRDL 2hr ~ 1230-230		SRDL 2hr ~ 130-330	
		SRDL 3hr ~ 9-12, 930-1230, 10-1				NO CLUB PRACTICE
	SROP 30 ~ 4-430, 430-5 (w/ or w/o dry)	SRDL 4hr ~ 9-1	SROP 30 ~ 4-430, 430-5 (w/ or w/o dry)		SROP 30 ~ 5-530, 530-6 (w/ or w/o dry)	All are expected to
	SROP 60 ~ 330-430 (w/o dry)		SROP 60 ~ 330-430 (w/o dry)	CLOSED FOR HOLIDAY	SROP 60 ~ 430-530 (w/o dry)	particpate in this ever
	SROP 60 ~ 4-5, 5-6 (w/dry)	DVHS 30 ~ 2-230, 230-3 (w/ or w/o dry)	SROP 60 ~ 4-5, 5-6 (w/dry)		SROP 60 ~ 5-6 (w/dry)	partiopato in tino oro.
	SROP 90 ~ 330-5 (w/o dry)	DVHS 60 ~ 130-230 (w/o dry)	SROP 90 ~ 330-5 (w/o dry)		SROP 90 ~ 430-6 (w/o dry)	
	SROP 90 ~ 4-530 (w/dry)	DVHS 60 ~ 2-3 (w/dry)	SROP 90 ~ 4-530 (w/dry)		SROP 90 ~ 530-7 (w/dry)	
	SROP 2hr ~ 4-6 (w/dry)	DVHS 90 ~ 130-3 (w/o dry)	SROP 2hr ~ 4-6 (w/dry)		SROP 2hr ~ 5-7 (w/dry)	
		DVHS 90 ~ 2-330, 230-4 (w/dry)				
		DVHS 2hr ~ 2-4 (w/dry)				
	8 San Ramon City LTD Camp ~ 4-5p @DVHS	9 San Ramon City LTD Camp ~ 4-5p @DVHS	10 San Ramon City LTD Camp ~ 4-5p @SROP	11 San Ramon City LTD Camp ~ 4-5p @DVHS	12 San Ramon City LTD Camp ~ 4-5p @DVHS	13
	Private dryland appointments ~ 7-9a	Private dryland appointments ~ 7-9a	Private dryland appointments ~ 7-11a	Private dryland appointments ~ 7-9a	Private dryland appointments ~ 7-9a	
	SRDL 30 ~ 9-930, 10-1030, 1230-1	SRDL 30 ~ 9-930, 10-1030, 1230-1	SRDL 30 ~ 11-1130, 12-1230, 1-130	SRDL 30 ~ 9-930, 10-1030, 1230-1	SRDL 30 ~ 9-930, 10-1030, 1230-1	SRDL ~ 8-830a, 830-9a (30min slots)
	SRDL 60 ~ 930-1030, 10-11, 1130-11230	SRDL 60 ~ 930-1030, 10-11, 1130-11230	SRDL 60 ~ 1-2, 2-3	SRDL 60 ~ 930-1030, 10-11, 1130-11230	SRDL 60 ~ 930-1030, 10-11, 1130-11230	SRDL ~ 8-9a (only 60min slot)
	SRDL 90 ~ 9-1030, 10-1130, 1130-1	SRDL 90 ~ 9-1030, 10-1130, 1130-1	SRDL 90 ~ 11-1230, 1230-2	SRDL 90 ~ 9-1030, 10-1130, 1130-1	SRDL 90 ~ 9-1030, 10-1130, 1130-1	SRDL ~ 8-930a, 830-10a (90min slots)
	SRDL 2hr ~ 9-11, 930-1130, 10-12	SRDL 2hr ~ 9-11, 930-1130, 10-12	SRDL 2hr ~ 11-1, 1130-130, 12-2	SRDL 2hr ~ 9-11, 930-1130, 10-12	SRDL 2hr ~ 9-11, 930-1130, 10-12	SRDL ~ 8-10a (2hr session)
	SRDL 3hr ~ 9-12, 930-1230, 10-1	SRDL 3hr ~ 9-12, 930-1230, 10-1	SRDL 3hr ~ 11-2, 1130-230, 12-3	SRDL 3hr ~ 9-12, 930-1230, 10-1	SRDL 3hr ~ 9-12, 930-1230, 10-1	
	SRDL 4hr ~ 9-1	SRDL 4hr ~ 9-1	SRDL 4hr ~ 11-3	SRDL 4hr ~ 9-1	SRDL 4hr ~ 9-1	SROP 30 ~ 10-1030, 1030-11 (w/ or w/o dry)
						SROP 60 ~ 930-1030 (w/o dry)
	DVHS 30 ~ 2-230, 230-3 (w/ or w/o dry)	DVHS 30 ~ 2-230, 230-3 (w/ or w/o dry)	SROP 30 ~ 5-530, 530-6 (w/ or w/o dry)	DVHS 30 ~ 2-230, 230-3 (w/ or w/o dry)	DVHS 30 ~ 2-230, 230-3 (w/ or w/o dry)	SROP 60 ~ 10-11 (w/dry)
	DVHS 60 ~ 130-230 (w/o dry)	DVHS 60 ~ 130-230 (w/o dry)	SROP 60 ~ 430-530 (w/o dry)	DVHS 60 ~ 130-230 (w/o dry)	DVHS 60 ~ 130-230 (w/o dry)	SROP 90 ~ 930-11 (w/o dry)
	DVHS 60 ~ 2-3 (w/dry)	DVHS 60 ~ 2-3 (w/dry)	SROP 60 ~ 5-6 (w/dry)	DVHS 60 ~ 2-3 (w/dry)	DVHS 60 ~ 2-3 (w/dry)	SROP 90 ~ 10-1130 (w/dry)
	DVHS 90 ~ 130-3 (w/o dry)	DVHS 90 ~ 130-3 (w/o dry)	SROP 90 ~ 430-6 (w/o dry)	DVHS 90 ~ 130-3 (w/o dry)	DVHS 90 ~ 130-3 (w/o dry)	SROP 2hr ~ 10-12 (w/dry)
	DVHS 90 ~ 2-330, 230-4 (w/dry)	DVHS 90 ~ 2-330, 230-4 (w/dry)	SROP 90 ~ 5-630, 530-7 (w/dry)	DVHS 90 ~ 2-330, 230-4 (w/dry)	DVHS 90 ~ 2-330, 230-4 (w/dry)	
	DVHS 2hr ~ 2-4 (w/dry)	DVHS 2hr ~ 2-4 (w/dry)	SROP 2hr ~ 5-7 (w/dry)	DVHS 2hr ~ 2-4 (w/dry)	DVHS 2hr ~ 2-4 (w/dry)	
	SROP 60 ~ 530-630p (w/o dry)	SROP 60 ~ 530-630p (w/o dry)		SROP 60 ~ 530-630p (w/o dry)	SROP 60 ~ 530-630p (w/o dry)	
	SROP 60 ~ 6-7 (w/dry)	SROP 60 ~ 6-7 (w/dry)		SROP 60 ~ 6-7 (w/dry)	SROP 60 ~ 6-7 (w/dry)	Private dryland appointments ~ 1-7pm
	SROP 90 ~ 530-7p (w/o dry)	SROP 90 ~ 530-7p (w/o dry)		SROP 90 ~ 530-7p (w/o dry)	SROP 90 ~ 530-7p (w/o dry)	
	Noton					
PAGE 1of3	Notes:					
		DIEACEDAY	LOSE ATTENTION ON A	DAIL V DACIC TO HOURS	PICLOTCIDOOL C	

PAGE 1of3 JULY '24 01-13jul

PLEASE PAY CLOSE ATTENTION ON A DAILY BASIS TO HOURS/SLOTS/POOLS.

DIVER'S NAME:

PROG LEVEL (circle one): 1, 2, 4, 6, 8, 10, 12, 15 M1, M2, M3, M4, M5, M6

INCLUDED HOURS/WEEK: _

"ExtraHours" (if any): _____

DIVER'S TEAM (if any, circle):
DT, RT, ZT, NT, S&E, M

Levels, Calendar Notes:

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

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

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

SLOT NOTES & EXPLANATIONS ~

For pool slots ~ SROP/DVHS

1) If you were at dryland (dry) that day, then you MAY attend the "with" (w/) or "without" (w/o) water (wet) sessions

2) If you did NOT attend dryland that day AND you want to attend water that day, you MUST attend sessions marked (w/o).

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

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

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

July 2024 Sunday Monday Tuesday Wednesday Thursday Friday Saturday 17 AAU Nationals, Ft. Lauderdale, FL 18 AAU Nationals, Ft. Lauderdale, FL 19 AAU Nationals, Ft. Lauderdale, FL MIWOK TOWER 1130-2pm Private dryland appointments ~ 7-12p Private dryland appointments ~ 7-9a SRDL 30 ~ 12-1230, 1230-1, 1-130 SRDL 30 ~ 9-930, 10-1030, 1230-1 SRDL 30 ~ 12-1230, 1230-1, 1-130 SRDL 30 ~ 12-1230, 1230-1, 1-130 SRDL 30 ~ 12-1230, 1230-1, 1-130 SRDL ~ 8-830a, 830-9a (30min slots) CIRCLE THIS SESSION SRDL 60 ~ 12-1, 1-2, 2-3 SRDL 60 ~ 930-1030, 10-11, 1130-11230 SRDL 60 ~ 1230-130, 1-2, 130-230 SRDL 60 ~ 1230-130, 1-2, 130-230 SRDL 60 ~ 1230-130, 1-2, 130-230 SRDL ~ 8-9a (only 60min slot) AND Send a text to Coach Eric SRDL 90 ~ 12-130, 1230-2, 1-230 SRDL 90 ~ 9-1030, 10-1130, 1130-1 SRDI 90 ~ 1230-2 1-230 SRDI 90 ~ 1230-2 1-230 SRDI 90 ~ 1230-2 1-230 SRDL ~ 8-930a, 830-10a (90min slots) (925-586-0169) SRDL 2hr ~ 12-2, 1-3 SRDL 2hr ~ 9-11, 930-1130, 10-12 SRDL 2hr ~ 1230-230 SRDL 2hr ~ 1230-230 SRDL 2hr ~ 1230-230 SRDL ~ 8-10a (2hr session) Fees \$30 per diver SDDI 3hr ~ 12.3 SRDL 3hr ~ 9-12, 930-1230, 10-1 SRDL 4hr ~ 9-1 SROP 30 ~ 4-430, 430-5 (w/ or w/o drv) SROP 30 ~ 4-430, 430-5 (w/ or w/o drv) SROP 30 ~ 4-430, 430-5 (w/ or w/o drv) SROP 30 ~ 10-1030, 1030-11 (w/ or w/o dry) SROP 60 ~ 930-1030 (w/o dry) SROP 60 ~ 330-430 (w/o dry) SROP 60 ~ 330-430 (w/o dry) SROP 60 ~ 330-430 (w/o dry) If you have not been to a Tower SROP 60 ~ 10-11 (w/dry) SROP 30 ~ 4-430, 430-5 (w/ or w/o dry) DVHS 30 ~ 2-230, 230-3 (w/ or w/o dry) SROP 60 ~ 4-5, 5-6 (w/dry) SROP 60 ~ 4-5, 5-6 (w/dry) SROP 60 ~ 4-5, 5-6 (w/dry) session, you should reach out to SROP 60 ~ 330-430 (w/o dry) DVHS 60 ~ 130-230 (w/o dry) SROP 90 ~ 330-5 (w/o dry) SROP 90 ~ 330-5 (w/o dry) SROP 90 ~ 330-5 (w/o dry) SROP 90 ~ 930-11 (w/o dry) Coach Eric (925-586-0169) via SROP 90 ~ 4-530 (w/dry) SROP 90 ~ 4-530 (w/dry) SROP 90 ~ 10-1130 (w/drv) SROP 60 ~ 4-5, 5-6 (w/dry) DVHS 60 ~ 2-3 (w/dry) SROP 90 ~ 4-530 (w/dry) text to discuss what a Tower SROP 90 ~ 330-5 (w/o dry) DVHS 90 ~ 130-3 (w/o dry) SROP 2hr ~ 4-6 (w/dry) SROP 2hr ~ 4-6 (w/dry) SROP 2hr ~ 4-6 (w/dry) SROP 2hr ~ 10-12 (w/drv) session involves and if it might SROP 90 ~ 4-530, 5-630 (w/dry) DVHS 90 ~ 2-330, 230-4 (w/dry) be good for you or your diver. SROP 2hr ~ 4-6, 5-7 (w/dry) DVHS 2hr ~ 2-4 (w/dry) SROP 3hr ~ 4-7 (w/dry) SROP 60 ~ 530-630p (w/o dry) SROP 60 ~ 6-7 (w/dry) SROP 90 ~ 530-7p (w/o dry) AAU Nationals, Ft. Lauderdale, FL 22 AAU Nationals, Ft. Lauderdale, FL San Ramon City LTD Camp ~ NO CAMP TODAY San Ramon City LTD Camp ~ 8-11a @SROP San Ramon City LTD Camp ~ 8-11a @SROP San Ramon City LTD Camp ~ 8-11a @SROI SRDL ~ 8-830a, 830-9a (30min slots) SRDL 30 ~ 12-1230, 1230-1, 1-130 SRDL 30 ~ 12-1230, 1230-1 SRDL ~ 8-9a (only 60min slot) SRDL 60 ~ 1230-130, 1-2, 130-230 SRDL 60 ~ 12-1, 1-2 SRDL 60 ~ 12-1, 1-2 SRDL 60 ~ 12-1, 1-2 SRDL 60 ~ 12-1 SRDL ~ 8-930a, 830-10a (90min slots) SRDL 90 ~ 1230-2, 1-230 SRDL 90 ~ 12-130, 1230-2 SRDL 90 ~ 12-130, 1230-2 SRDL 90 ~ 12-130, 1230-2 SRDL 90 ~ 12-130 SRDL ~ 8-10a (2hr session) SRDL 2hr ~ 1230-230 SRDL 2hr ~ 12-2 SRDL 2hr ~ 12-2 SRDL 2hr ~ 12-2 SROP 30 ~ 10-1030, 1030-11 (w/ or w/o dry) SROP 60 ~ 930-1030 (w/o dry) SROP 60 ~ 10-11 (w/dry) SROP 90 ~ 930-11 (w/o dry) SROP 30 ~ 4-430, 430-5 (w/ or w/o dry) DVHS 30 ~ 2-230, 230-3 (w/ or w/o dry) DVHS 30 ~ 2-230, 230-3 (w/ or w/o dry) DVHS 30 ~ 2-230, 230-3 (w/ or w/o dry) DVHS 30 ~ 2-230, 230-3 (w/ or w/o dry) SROP 90 ~ 10-1130 (w/drv) SROP 60 ~ 330-430 (w/o dry) DVHS 60 ~ 130-230 (w/o dry) DVHS 60 ~ 130-230 (w/o dry) DVHS 60 ~ 130-230 (w/o dry) DVHS 60 ~ 2-3 (w/dry) SROP 60 ~ 4-5, 5-6 (w/drv) SROP 2hr ~ 10-12 (w/drv) DVHS 60 ~ 2-3 (w/drv) SROP 90 ~ 330-5 (w/o drv) DVHS 90 ~ 2-330, 230-4 (w/drv) DVHS 90 ~ 130-3 (w/o dry) DVHS 90 ~ 130-3 (w/o dry) DVHS 90 ~ 130-3 (w/o dry) SROP 90 ~ 4-530 (w/drv) DVHS 90 ~ 2-330, 230-4 (w/dry) DVHS 90 ~ 2-330, 230-4 (w/dry) DVHS 90 ~ 2-330, 230-4 (w/dry) DVHS 2hr ~ 2-4 (w/dry) SROP 2hr ~ 4-6 (w/dry) DVHS 2hr ~ 2-4 (w/dry) DVHS 2hr ~ 2-4 (w/dry) DVHS 2hr ~ 2-4 (w/dry) Private dryland appointments ~ 1-7pm SROP 60 ~ 530-630p (w/o dry) SROP 60 ~ 530-630p (w/o dry) SROP 60 ~ 530-630p (w/o dry) SROP 60 ~ 6-7 (w/dry) SROP 60 ~ 6-7 (w/dry) SROP 60 ~ 6-7 (w/dry) SROP 90 ~ 530-7p (w/o dry) SROP 90 ~ 530-7p (w/o drv) SROP 90 ~ 530-7p (w/o dry) Notes: PAGE 2of3 PLEASE PAY CLOSE ATTENTION ON A DAILY BASIS TO HOURS/SLOTS/POOLS. **JULY '24** 14-27jul Levels, Calendar Notes: SLOT NOTES & EXPLANATIONS ~ "TRY-IT-OUT" (TIO) DIVER'S NAME: PROGRAM OFFERING ALL DIVERS ~ each LEVEL has specific timeslot restrictions For pool slots ~ SROP/DVHS and inclusions. Please CIRCLE ONLY WHOLE SESSIONS as PROG LEVEL (circle one): listed that corespond to your Level. You may not write-in your 1, 2, 4, 6, 8, 10, 12, 15 own session times or request more time than allotted. M1, M2, M3, M4, M5, M6 1) If you were at dryland (dry) that day, then you Try-it-Out (TIO) Inclusive Sessions ~ MAY attend the "with" (w/) or "without" (w/o) Total of 3 sessions (2-water + 1-dryland) TEAM DIVERS ~ each team (Dev1-3, Region, Zone, National, water (wet) sessions S&E, and Masters) have specific/prescribed session Taken in order as: Water-Dryland-Water INCLUDED HOURS/WEEK: configurations for length of session(s) per slot/week. When submitting your calendar requests, ONLY CIRCLE whole 2) If you did NOT attend dryland that day AND WATER options are: (30-, 60-, or 90-minute) sessions "ExtraHours" (if any): _____ sessions that are equal to your program listing. Please review DRYLAND sessions are (30- or 60-minute) sessions you want to attend water that day, you MUST the right-hand column on the Fees tab of our website. If you are not sure what your program includes, please email us: DIVER'S TEAM (if any, circle): attend sessions marked (w/o). admin@CALdiving.org (coach's discretion for completion of any session) DT, RT, ZT, NT, S&E, M

July 2024							
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
28	29 Private dryland appointments ~ 7-12p SRDL 30 ~ 12-1230, 1230-1, 1-130 SRDL 60 ~ 12-1, 1-2, 2-3 SRDL 90 ~ 12-130, 1230-2, 1-230 SRDL 2hr ~ 12-2, 1-3 SRDL 3hr ~ 12-3 SROP 30 ~ 4-430, 430-5 (w/ or w/o dry) SROP 60 ~ 330-430 (w/o dry) SROP 60 ~ 4-5, 5-6 (w/dry) SROP 90 ~ 330-5 (w/o dry) SROP 90 ~ 4-530, 5-630 (w/dry) SROP 2hr ~ 4-6, 5-7 (w/dry) SROP 3hr ~ 4-7 (w/dry)	30 Private dryland appointments ~ 7-9a SRDL 30 ~ 9-930, 10-1030, 1230-1 SRDL 60 ~ 930-1030, 10-11, 1130-11230 SRDL 90 ~ 9-1030, 10-11, 1130-11230 SRDL 2hr ~ 9-11, 930-1130, 10-12 SRDL 3hr ~ 9-12, 930-1230, 10-1 SRDL 4hr ~ 9-1 DVHS 30 ~ 2-230, 230-3 (w/ or w/o dry) DVHS 60 ~ 130-230 (w/o dry) DVHS 90 ~ 2-3 (w/dry) DVHS 90 ~ 2-330, 230-4 (w/dry) DVHS 90 ~ 2-340, 230-4 (w/dry) SRDP 60 ~ 530-630p (w/o dry) SROP 60 ~ 6-7 (w/dry) SROP 90 ~ 530-7p (w/o dry)	31 USAD Nationals, Morgantown, WV	Notes:			
PAGE 3of3 JULY '24 28-31jul	Notes:	PLEASE PAY C	LOSE ATTENTION ON A	DAILY BASIS TO HOURS/	SLOTS/POOLS.		
DIVER'S NAME: PROG LEVEL (circle one): 1, 2, 4, 6, 8, 10, 12, 15 M1, M2, M3, M4, M5, M6 INCLUDED HOURS/WEEK: "ExtraHours" (if any): DIVER'S TEAM (if any, circle): DT, RT, ZT, NT, S&E, M	inclusions. Please CIRCLE ONL that corespond to your Level. Y session times or request more ti TEAM DIVERS ~ each team (Dev and Masters) have specific/presilength of session(s) per slot/wee calendar requests, ONLY CIRCL	specific timeslot restrictions and Y WHOLE SESSIONS as listed ou may not write-in your own me than allotted. 1-3, Region, Zone, National, S&E, cribed session configurations for ek. When submitting your E whole sessions that are equal review the right-hand column on	For pool slots 1) If you were at dryland MAY attend the "with" water (we 2) If you did NOT atten you want to attend wa	~ SROP/DVHS I (dry) that day, then you (w/) or "without" (w/o) t) sessions d dryland that day AND ter that day, you MUST s marked (w/o).	Try-it-Out (TIC Total of 3 sessic Taken in order a WATER options are: (DRYLAND sessions a	Official (TIO) AM OFFERING Official (TIO) Inclusive Sessions ~ ons (2-water + 1-dryland) as: Water-Dryland-Water 30-, 60-, or 90-minute) sessions are (30- or 60-minute) sessions for completion of any session)	

August 2024 Sunday Monday Tuesday Wednesday Thursday Saturday USAD Nationals, Morgantown, WV 2 USAD Nationals, Morgantown, WV USAD Nationals, Morgantown, WV SRDL 30 ~ 12-1230. 1230-1. 1-130 SRDL 30 ~ 12-1230. 1230-1. 1-130 SRDL 30 ~ 8-830, 830-9 SRDL 60 ~ 12-1. 1-2 SRDL 60 ~ 12-1. 1-2 SRDL 60 ~ 8-9 SRDL 90 ~ 12-130. 1230-2. 1-230 SRDL 90 ~ 12-130. 1230-2. 1-230 SRDL 90 ~ 8-930 SRDL 2hr ~ 12-2, 1230-230 SRDL 2hr ~ 12-2, 1230-230 SROP 30 ~ 10-1030, 1030-11 (w/ or w/o dry) SROP 60 ~ 10-11 (w/ or w/o dry) SROP 30 ~ 4-430, 430-5 (w/ or w/o dry) SROP 30 ~ 4-430, 430-5 (w/ or w/o dry) SROP 90 ~ 10-1130 (w/ or w/o drv) SROP 60 ~ 330-430 (w/o drv) SROP 2hr ~ 10-12 (w/ or w/o dry) SROP 60 ~ 330-430 (w/o dry) SROP 60 ~ 4-5. 5-6 (w/drv) SROP 60 ~ 4-5. 5-6 (w/drv) SROP 90 ~ 330-5 (w/o dry) SROP 90 ~ 330-5 (w/o dry) SROP 90 ~ 4-530 (w/dry) SROP 90 ~ 4-530 (w/dry) SROP 2hr ~ 4-6 (w/dry) SROP 2hr ~ 4-6 (w/dry) USAD Nationals, Morgantown, WV USAD Nationals, Morgantown, WV San Ramon City LTD Camp ~ 4-5p @DVHS Bob Sherman Invite ~ Lafayette, CA USAD Nationals, Morgantown, WV San Ramon City LTD Camp ~ 4-5p @DVHS LIVE on DiveMeets NOW as an AAU Event Private dryland appointments ~ 7-9a Private dryland appointments ~ 7-9a Private dryland appointments ~ 7-9a SRDL 30 ~ 9-930. 10-1030 SRDL 30 ~ 9-930, 10-1030 SRDL 30 ~ 9-930. 10-1030. 1230-1 SRDL 30 ~ 9-930. 10-1030. 1230-1 SRDL 30 ~ 10-1030. 1030-11 SRDL 60 ~ 930-1030 SRDI 60 ~ 930-1030 SRDL 60 ~ 930-1030, 10-11, 1130-1230 SRDL 60 ~ 930-1030, 10-11, 1130-1230 SRDL 60 ~ 10-11, 1130-1230 NO CLUB PRACTICE SRDL 60 ~ 10-11, 11-12 SRDL 60 ~ 10-11, 11-12 SRDL 90 ~ 9-1030. 10-1130. 1130-1 SRDL 90 ~ 9-1030. 10-1130. 1130-1 SRDI 90 ~ 9-1030 10-1130 SRDL 90 ~ 930-11, 10-1130 SRDL 90 ~ 930-11, 10-1130 SRDL 2hr ~ 9-11, 930-1130, 10-12 SRDL 2hr ~ 9-11, 930-1130, 10-12 SRDL 2hr ~ 9-11, 930-1130, 10-12 ALL beginner/intermediate SRDL 90 ~ 1030-12 SRDL 90 ~ 1030-12 SRDL 3hr ~ 9-12. 930-1230. 10-1 SRDL 3hr ~ 9-12. 930-1230. 10-1 SRDL 3hr ~ 9-12. 930-1230 divers (FC1-8) are expected SRDL 2hr ~ 930-1130. 1030-1230 SRDL 2hr ~ 930-1130. 1030-1230 SRDL 4hr ~ 9-1 SRDL 4hr ~ 9-1 to particpate in this event. DVHS 30 ~ 2-230, 230-3 (w/ or w/o dry) DVHS 30 ~ 2-230, 230-3 (w/ or w/o dry) DVHS 30 ~ 2-230, 230-3 (w/ or w/o dry) DVHS 30 ~ 2-230, 230-3 (w/ or w/o dry) DVHS 30 ~ 2-230. 230-3 (w/ or w/o drv) DVHS 60 ~ 130-230 (w/o dry) JO's may participate. DVHS 60 ~ 2-3 (w/dry) DVHS 90 ~ 130-3 (w/o dry) DVHS 90 ~ 2-330, 230-4 (w/drv) DVHS 90 ~ 2-330. 230-4 (w/drv) The event is 1m only DVHS 2hr ~ 2-4 (w/dry) SROP 60 ~ 530-630p (w/o dry) SROP 60 ~ 530-630p (w/o dry) SROP 60 ~ 530-630p (w/o dry) SROP 60 ~ 6-7 (w/dry) SROP 60 ~ 6-7 (w/dry) SROP 60 ~ 6-7 (w/dry) SROP 90 ~ 530-7p (w/o dry) SROP 90 ~ 530-7p (w/o dry) SROP 90 ~ 530-7p (w/o dry) Notes: PAGE 1of3 PLEASE PAY CLOSE ATTENTION ON A DAILY BASIS TO: OPERATING HOURS, SLOTS, and POOLS. **AUGUST '24** 01-10aug Levels, Calendar Notes: SLOT NOTES & EXPLANATIONS ~ "TRY-IT-OUT" (TIO) DIVER'S NAME PROGRAM OFFERING ALL DIVERS ~ each LEVEL has specific timeslot restrictions and For pool slots ~ SROP/DVHS inclusions. Please CIRCLE ONLY WHOLE SESSIONS as listed PROG LEVEL (circle one): that corespond to your Level. You may not write-in your own 1, 2, 4, 6, 8, 10, 12, 15 session times or request more time than allotted. M1, M2, M3, M4, M5, M6 1) If you were at dryland (dry) that day, then you Trv-it-Out (TIO) Inclusive Sessions ~ MAY attend the "with" (w/) or "without" (w/o) water Total of 3 sessions (2-water + 1-dryland) TEAM DIVERS ~ each team (Dev1-3, Region, Zone, National, S&E, and Masters) have specific/prescribed session configurations for (wet) sessions Taken in order as: Water-Dryland-Water INCLUDED HOURS/WEEK: length of session(s) per slot/week. When submitting your calendar requests, ONLY CIRCLE whole sessions that are equal 2) If you did NOT attend dryland that day AND you WATER options are: (30-, 60-, or 90-minute) sessions "ExtraHours" (if any): _____ to your program listing. Please review the right-hand column on DRYLAND sessions are (30- or 60-minute) sessions want to attend water that day, you MUST attend the Fees tab of our website. If you are not sure what your program includes, please email us: DIVER'S TEAM (if any, circle): sessions marked (w/o). (coach's discretion for completion of any session) admin@CALdiving.org DT, RT, ZT, NT, S&E, M

SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 30 ~ 4-430, 5-530, 6-630 SPDI 30 - 4-430 5-530 6-630 SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 30 ~ 4-430, 5-530 SRDL 30 ~ 8-830. 9-930 SRDL 60 ~ 4-5. 5-6 SRDI 60 ~ 4-5 5-6 SRDI 60 ~ 8-9 830-930 9-10 SRDL 90 ~ 8-930, 9-1030 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 90 ~ 4-530, 430-6 SRDL 2hr ~ 4-6. 430-630. 5-7 SRDL 2hr ~ 4-6. 430-630. 5-7 SRDI 2hr ~ 4-6 430-630 5-7 SRDI 2hr ~ 4-6 430-630 5-7 SRDI 2hr ~ 4-6 SRDL 2hr ~ 8-10. 830-1030 SROP 30 ~ 11-1130 (w/dry OR w/o dry) SPOP 30 -- 7-730 SROP 30 ~ 730-8 SROP 30 ~ 1130-12 (w/dry OR w/o dry) SROP 60 ~ 630-730 (w/o dry) SROP 60 ~ 1030-1130 (w/o dry) SROP 60 ~ 7-8 (w/drv) SROP 60 ~ 11-12. 1130-1230 (w/drv) SROP 90 ~ 630-8 (w/o dry) SROP 90 ~ 1030-12 (w/o dry) SROP 90 ~ 7-830 (w/drv) SROP 90 ~ 11-1230 (w/drv) SROP 90 ~ 730-9 (w/dry) SROP 90 ~ 730-9 (w/dry) SROP 90 ~ 730-9 (w/drv) SROP 90 ~ 730-9 (w/drv) SROP 90 ~ 730-9 (w/drv) SROP 90 ~ 1130-1 (w/dry) SROP 2hr ~ 630-830 (w/o dry) SROP 2hr ~ 1030-1230 (w/o dry) SROP 2hr ~ 7-9 (w/dry) SROP 2hr ~ 11-1 (w/dry) MIWOK TOWER 1130-2pm Private dryland appointments ~ 12-4p Private dryland appointments ~ 7-8 + 2-7p CIRCLE THIS SESSION SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 30 ~ 4-430, 5-530 SRDL 30 ~ 8-830, 9-930 AND Send a text to Coach Eric SRDL 60 ~ 4-5, 5-6 SRDL 60 ~ 8-9. 830-930. 9-10 (925-586-0169) SRDL 90 ~ 4-530, 430-6, 5-630 SRDI 90 ~ 8-930 9-1030 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 90 ~ 4-530, 430-6 Fees \$30 per diver SRDL 2hr ~ 4-6, 430-630, 5-7 SRDL 2hr ~ 4-6 SRDL 2hr ~ 8-10. 830-1030

SROP 30 ~ 7-730

SROP 30 ~ 730-8

SROP 60 ~ 7-8 (w/drv)

SROP 60 ~ 630-730 (w/o drv)

SROP 90 ~ 630-8 (w/o drv)

SROP 90 ~ 7-830 (w/dry)

SROP 90 ~ 730-9 (w/drv)

SROP 2hr ~ 7-9 (w/dry)

SROP 2hr ~ 630-830 (w/o dry)

August 2024 Wednesday

14 SRVUSD 1st Day Of School

Private dryland appointments ~ 12-4p

Thursday

Private dryland appointments ~ 12-4p

SROP 30 ~ 7-730

SROP 30 ~ 730-8

SROP 60 ~ 7-8 (w/dry)

SROP 60 ~ 630-730 (w/o drv)

SROP 90 ~ 630-8 (w/o dry)

SROP 90 ~ 7-830 (w/dry)

SROP 90 ~ 730-9 (w/drv)

SROP 2hr ~ 7-9 (w/dry)

SLOT NOTES & EXPLANATIONS ~

For pool slots ~ SROP/DVHS

1) If you were at dryland (dry) that day, then you

MAY attend the "with" (w/) or "without" (w/o) water

(wet) sessions

2) If you did NOT attend dryland that day AND you

want to attend water that day, you MUST attend

sessions marked (w/o).

SROP 2hr ~ 630-830 (w/o dry)

Private dryland appointments ~ 12-4p

SROP 30 ~ 7-730

SROP 30 ~ 730-8

SROP 60 ~ 630-730 (w/o drv)

SROP 90 ~ 630-8 (w/o dry)

SROP 90 ~ 7-830 (w/dry)

SROP 90 ~ 730-9 (w/drv)

SROP 2hr ~ 7-9 (w/dry)

SROP 2hr ~ 630-830 (w/o dry)

SROP 60 ~ 7-8 (w/drv)

Saturday

Private dryland appointments ~ 7-8 + 2-7p

SROP 30 ~ 11-1130 (w/dry OR w/o dry)

SROP 30 ~ 1130-12 (w/dry OR w/o dry)

SROP 60 ~ 11-12. 1130-1230 (w/drv)

SROP 60 ~ 1030-1130 (w/o dry)

SROP 90 ~ 1030-12 (w/o drv)

SROP 90 ~ 11-1230 (w/dry)

SROP 90 ~ 1130-1 (w/drv)

SROP 2hr ~ 11-1 (w/dry)

"TRY-IT-OUT" (TIO)

PROGRAM OFFERING

Trv-it-Out (TIO) Inclusive Sessions ~

Total of 3 sessions (2-water + 1-dryland)

Taken in order as: Water-Dryland-Water

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

DRYLAND sessions are (30- or 60-minute) sessions

(coach's discretion for completion of any session)

SROP 2hr ~ 1030-1230 (w/o dry)

If you have not been to a Tower session, you should reach out to Coach Eric (925-586-0169) via text to discuss what a Tower session involves and if it might be good for you or your diver.

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AUGUST '24 11-24aug

DIVER'S NAME

PROG LEVEL (circle one):

INCLUDED HOURS/WEEK:

"ExtraHours" (if any):

DIVER'S TEAM (if any, circle):

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

1, 2, 4, 6, 8, 10, 12, 15

M1, M2, M3, M4, M5, M6

SROP 2hr ~ 630-830 (w/o dry) SROP 2hr ~ 630-830 (w/o dry) SROP 2hr ~ 7-9 (w/dry) SROP 2hr ~ 7-9 (w/dry) Notes: PLEASE PAY CLOSE ATTENTION ON A DAILY BASIS TO: OPERATING HOURS, SLOTS, and POOLS, 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

Monday

Private dryland appointments ~ 12-4p

12

SROP 30 ~ 7-730

SROP 30 ~ 730-8

SROP 60 ~ 630-730 (w/o dry)

SROP 60 ~ 7-8 (w/drv)

SROP 90 ~ 630-8 (w/o dry)

SROP 90 ~ 7-830 (w/dry)

SROP 90 ~ 730-9 (w/drv)

Levels, Calendar Notes:

session times or request more time than allotted.

the Fees tab of our website.

admin@CALdiving.org

TEAM DIVERS ~ each team (Dev1-3, Region, Zone, National, S&E, and Masters) have specific/prescribed session configurations for

to your program listing. Please review the right-hand column on

If you are not sure what your program includes, please email us:

length of session(s) per slot/week. When submitting your calendar requests. ONLY CIRCLE whole sessions that are equal

SROP 30 ~ 7-730

SROP 30 ~ 730-8

SROP 60 ~ 7-8 (w/drv)

SROP 60 ~ 630-730 (w/o drv)

SROP 90 ~ 630-8 (w/o drv)

SROP 90 ~ 7-830 (w/dry)

SROP 90 ~ 730-9 (w/drv)

Tuesday

Private dryland appointments ~ 12-4p

August 2024 Wednesday Thursday Saturday 31 Private dryland appointments ~ 12-4p Private dryland appointments ~ 7-8 + 2-7p SRDL 30 ~ 4-430. 5-530. 6-630 SRDL 30 ~ 4-430. 5-530 SRDL 30 ~ 8-830. 9-930 SRDL 60 ~ 4-5, 5-6 SRDL 60 ~ 8-9, 830-930, 9-10 SRDL 90 ~ 4-530, 430-6. 5-630 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 90 ~ 4-530, 430-6 SRDL 2hr ~ 8-10, 830-1030 SRDL 2hr ~ 4-6, 430-630, 5-7 SRDL 2hr ~ 4-6 SROP 30 ~ 7-730 SROP 30 ~ 11-1130 (w/dry OR w/o dry) SROP 30 ~ 730-8 SROP 30 ~ 1130-12 (w/dry OR w/o dry) SROP 60 ~ 630-730 (w/o drv) SROP 60 ~ 1030-1130 (w/o dry) SROP 60 ~ 7-8 (w/dry) SROP 60 ~ 11-12, 1130-1230 (w/dry) SROP 90 ~ 630-8 (w/o dry) SROP 90 ~ 1030-12 (w/o dry) SROP 90 ~ 7-830 (w/dry) SROP 90 ~ 11-1230 (w/dry) SROP 90 ~ 730-9 (w/dry) SROP 90 ~ 1130-1 (w/dry) SROP 2hr ~ 630-830 (w/o dry) SROP 2hr ~ 1030-1230 (w/o dry) SROP 2hr ~ 7-9 (w/dry) SROP 2hr ~ 11-1 (w/dry) Notes: PAGE 3of3 PLEASE PAY CLOSE ATTENTION ON A DAILY BASIS TO: OPERATING HOURS, SLOTS, and POOLS. **AUGUST '24** 25-31auq Levels, Calendar Notes: **SLOT NOTES & EXPLANATIONS ~** "TRY-IT-OUT" (TIO) DIVER'S NAME: PROGRAM OFFERING ALL DIVERS ~ each LEVEL has specific timeslot restrictions and For pool slots ~ SROP/DVHS inclusions. Please CIRCLE ONLY WHOLE SESSIONS as listed PROG LEVEL (circle one): that corespond to your Level. You may not write-in your own 1, 2, 4, 6, 8, 10, 12, 15 session times or request more time than allotted. 1) If you were at dryland (dry) that day, then you M1, M2, M3, M4, M5, M6 Try-it-Out (TIO) Inclusive Sessions ~ MAY attend the "with" (w/) or "without" (w/o) water Total of 3 sessions (2-water + 1-dryland) TEAM DIVERS ~ each team (Dev1-3, Region, Zone, National, S&E, (wet) sessions and Masters) have specific/prescribed session configurations for Taken in order as: Water-Dryland-Water INCLUDED HOURS/WEEK length of session(s) per slot/week. When submitting your calendar requests, ONLY CIRCLE whole sessions that are equal 2) If you did NOT attend dryland that day AND you WATER options are: (30-, 60-, or 90-minute) sessions "ExtraHours" (if any): _____ to your program listing. Please review the right-hand column on DRYLAND sessions are (30- or 60-minute) sessions want to attend water that day, you MUST attend the Fees tab of our website. If you are not sure what your program includes, please email us: sessions marked (w/o). DIVER'S TEAM (if any, circle): (coach's discretion for completion of any session) admin@CALdiving.org DT, RT, ZT, NT, S&E, M