

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>NOTES/EXPLANATION:</p> <p>With (w) and Without (w/o) DRYLAND (dry):</p> <p>For pool slots (SROP/DVHS): 1) if you were at dryland (dry) that day, then you MAY attend the "with" or "without" sessions</p> <p>2) If you did NOT attend dryland that day, you MUST attend without (w/o) sessions.</p>	<p>DIVER'S NAME: _____</p> <p>PROG LEVEL (circle one): 1, 2, 4, 6, 8, 10, 12, 15 M1, M2, M3, M4, M5, M6</p> <p>INCLUDED HOURS: _____</p> <p>"ExtraHours" (if any): _____</p> <p>DIVER'S TEAM (if any, circle): DT, RT, ZT, NT, S&E, M</p>	<p>TRY-IT-OUT PROGRAM OFFERING ~</p> <p>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.</p> <p>ALL DIVERS ~ each LEVEL has specific timeslot restrictions and inclusions. Please CIRCLE ONLY WHOLE SESSIONS as listed that correspond to your Level. You may not write-in your own session times.</p> <p>TEAM DIVERS ~ each team (Dev1-2, Region, Zone, National, S&E, and Masters) have specific/prescribed session configurations for length of session(s) per slot/week. When submitting your calendar requests, ONLY CIRCLE whole sessions that are equal to your program listing. Please review the right-hand column on the Fees tab of our website for details.</p> <p>If you are not sure what your program includes, please email us: admin@CALdiving.org</p>			<p>1</p> <p>CLOSED FOR HOLIDAY</p>	<p>2</p> <p>CLOSED FOR HOLIDAY</p>
<p>3</p> <p>CLOSED FOR HOLIDAY</p> <p>NOTE: PRIVATE DRYLAND SESSIONS ARE AVAILABLE EVERY DAY BY APPOINTMENT (7-DAYS/WEEK) Email ~ admin@CALdiving.org</p>	<p>4</p> <p>CLOSED FOR HOLIDAY</p>	<p>5</p> <p>SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p SRDL 90 ~ 4-530p</p> <p>SROP 30 ~ 7-730p, 730-8p SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/dry)</p>	<p>6</p> <p>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</p> <p>SROP 30 ~ 7-730p, 730-8p SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/dry)</p>	<p>7</p> <p>POSS girls WP ~ LATE START (tba)</p> <p>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</p> <p>SROP 30 ~ 7-730p, 730-8p SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/dry)</p>	<p>8</p> <p>SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p SRDL 90 ~ 4-530p</p> <p>SROP 30 ~ 7-730p, 730-8p SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/dry)</p>	<p>9</p> <p>SRDL 30 ~ 8-830a, 830-9a SRDL 60 ~ 8-9a, 830-930a SRDL 90 ~ 8-930a</p> <p>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)</p>
<p>10</p> <p>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</p> <p>SROP 30 ~ 7-730p, 730-8p SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/dry)</p>	<p>11</p> <p>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</p> <p>SROP 30 ~ 7-730p, 730-8p SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/dry)</p>	<p>12</p> <p>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</p> <p>SROP 30 ~ 7-730p, 730-8p SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/dry)</p>	<p>13</p> <p>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</p> <p>SROP 30 ~ 7-730p, 730-8p SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/dry)</p>	<p>14</p> <p>POSS girls WP ~ LATE START (tba)</p> <p>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</p> <p>SROP 30 ~ 7-730p, 730-8p SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/dry)</p>	<p>15</p> <p>SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 2hr ~ 4-6p</p> <p>SROP 30 ~ 7-730p, 730-8p SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/dry)</p>	<p>16</p> <p>SRDL 30 ~ 8-830a, 830-9a SRDL 60 ~ 8-9a, 830-930a SRDL 90 ~ 8-930a, 830-10a SRDL 2hr ~ 8-10a, 830-1030a</p> <p>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)</p>

**THIS IS PAGE-1 OF SEPTEMBER, 2023
(01-16sept23)**

September 2023

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<p>THIS IS PAGE-2 OF SEPTEMBER, 2023 (17-30sept23)</p>						
<p>17 MIWOK TOWER 1130-2pm</p> <p>CIRCLE THIS SESSION AND - Send a text to Coach Eric (925-586-0169)</p>	<p>18</p> <p>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</p> <p>SROP 30 ~ 7-730p, 730-8p SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/dry)</p>	<p>19</p> <p>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</p> <p>SROP 30 ~ 7-730p, 730-8p SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/dry)</p>	<p>20</p> <p>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</p> <p>SROP 30 ~ 7-730p, 730-8p SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/dry)</p>	<p>21 POSS girls WP ~ LATE START (tba)</p> <p>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</p> <p>SROP 30 ~ 7-730p, 730-8p SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/dry)</p>	<p>22</p> <p>SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 2hr ~ 4-6p</p> <p>SROP 30 ~ 7-730p, 730-8p SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/dry)</p>	<p>23</p> <p>SRDL 30 ~ 8-830a, 830-9a SRDL 60 ~ 8-9a, 830-930a SRDL 90 ~ 8-930a, 830-10a SRDL 2hr ~ 8-10a, 830-1030a</p> <p>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)</p>
<p>24</p>	<p>25</p> <p>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</p> <p>SROP 30 ~ 7-730p, 730-8p SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/dry)</p>	<p>26</p> <p>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</p> <p>SROP 30 ~ 7-730p, 730-8p SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/dry)</p>	<p>27</p> <p>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</p> <p>SROP 30 ~ 7-730p, 730-8p SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/dry)</p>	<p>28 POSS girls WP ~ LATE START (tba)</p> <p>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</p> <p>SROP 30 ~ 7-730p, 730-8p SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/dry)</p>	<p>29</p> <p>SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 2hr ~ 4-6p</p> <p>SROP 30 ~ 7-730p, 730-8p SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/dry)</p>	<p>30</p> <p>SRDL 30 ~ 8-830a, 830-9a SRDL 60 ~ 8-9a, 830-930a SRDL 90 ~ 8-930a, 830-10a SRDL 2hr ~ 8-10a</p> <p>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)</p>

October 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>NOTES/EXPLANATION:</p> <p>For pool slots (SROP/DVHS): 1) if you were at dryland (dry) that day, then you MAY attend the "with" or "without" sessions</p> <p>2) If you did NOT attend dryland that day, you MUST attend without (w/o) sessions.</p>	<p>2</p> <p>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</p> <p>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)</p>	<p>3</p> <p>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</p> <p>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)</p>	<p>4</p> <p>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</p> <p>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)</p>	<p>5</p> <p>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</p> <p>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)</p>	<p>6</p> <p>SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 2hr ~ 4-6p</p> <p>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)</p>	<p>7</p> <p align="center">REGULAR PRACTICE CANCELLED</p> <p align="center">DIVING MEET STOCKTON, CA ** (ALL LEVELS INVITED) **</p>
<p>8</p> <p>DIVER'S NAME: _____</p> <p>PROG LEVEL (circle one): 1, 2, 4, 6, 8, 10, 12, 15 M1, M2, M3, M4, M5, M6</p> <p>INCLUDED HOURS: _____</p> <p>"ExtraHours" (if any): _____</p> <p>DIVER'S TEAM (if any, circle): DT, RT, ZT, NT, S&E, M</p>	<p>9</p> <p>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</p> <p>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)</p>	<p>10</p> <p>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</p> <p>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)</p>	<p>11</p> <p>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</p> <p>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)</p>	<p>12</p> <p>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</p> <p>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)</p>	<p>13</p> <p>SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 2hr ~ 4-6p</p> <p>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)</p>	<p>14</p> <p>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</p> <p>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)</p>
			Notes:	<p>TRY-IT-OUT PROGRAM OFFERING ~</p> <p>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.</p>		
<p>This is Page-1 for October (01-14oct23)</p>						
<p>ALL DIVERS ~ each LEVEL has specific timeslot restrictions and inclusions. Please CIRCLE ONLY WHOLE SESSIONS as listed that correspond to your Level. You may not write-in your own session times.</p> <p>TEAM DIVERS ~ each team (Dev1-2, Region, Zone, National, S&E, and Masters) have specific/prescribed session configurations for length of session(s) per slot/week. When submitting your calendar requests, ONLY CIRCLE whole sessions that are equal to your program listing. Please review the right-hand column on the Fees tab of our website for details.</p> <p>If you are not sure what your program includes, please email us: admin@CALdiving.org</p>						

October 2023

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

November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>DIVER'S NAME: _____</p> <p>PROG LEVEL (circle one): 1, 2, 4, 6, 8, 10, 12, 15 M1, M2, M3, M4, M5, M6</p> <p>INCLUDED HOURS: _____</p> <p>"ExtraHours" (if any): _____</p> <p>DIVER'S TEAM (if any, circle): DT, RT, ZT, NT, S&E, M</p>	<p>NOTES/EXPLANATION:</p> <p>For pool slots (SROP/DVHS): 1) if you were at dryland (dry) that day, then you MAY attend the "with" or "without" sessions</p> <p>2) If you did NOT attend dryland that day, you MUST attend sessions marked (w/o).</p>	<p>TRY-IT-OUT (TIO) PROGRAM OFFERING</p> <p>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.</p>	<p>1</p> <p>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</p> <p>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)</p>	<p>2</p> <p>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</p> <p>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)</p>	<p>3</p> <p>ALL DAY DRYLAND</p> <p>SignUp - See GoogleDoc 03nov23 To SignUp</p>	<p>4</p> <p>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</p> <p>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)</p>
		<p>5</p> <p align="center">Veteran's Day Weekend</p>	<p>6</p> <p>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</p> <p>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)</p>	<p>7</p> <p>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</p> <p>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)</p>	<p>8</p> <p>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</p> <p>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)</p>	<p>9</p> <p>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</p> <p>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)</p>
<p align="center">THIS IS PAGE-1 FOR NOVEMBER (01-11nov23)</p>						<p>Levels, Calendar Notes:</p> <p>ALL DIVERS ~ each LEVEL has specific timeslot restrictions and inclusions. Please CIRCLE ONLY WHOLE SESSIONS as listed that correspond to your Level. You may not write-in your own session times or request more time than allotted.</p> <p>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.</p> <p>If you are not sure what your program includes, please email us: admin@CALdiving.org</p>

November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday				
<p>12</p> <p>DIVER'S NAME: _____</p> <p>PROG LEVEL (circle one): 1, 2, 4, 6, 8, 10, 12, 15 M1, M2, M3, M4, M5, M6</p> <p>INCLUDED HOURS: _____</p> <p>"ExtraHours" (if any): _____</p> <p>DIVER'S TEAM (if any, circle): DT, RT, ZT, NT, S&E, M</p>	<p>13</p> <p>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</p> <p>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)</p>	<p>14</p> <p>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</p> <p>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)</p>	<p>15</p> <p>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</p> <p>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)</p>	<p>16</p> <p>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</p> <p>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)</p>	<p>17</p> <p>SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 2hr ~ 4-6p</p> <p>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)</p>	<p>18</p> <p>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</p> <p>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)</p>				
<p>19</p> <p>MIWOK TOWER 1130-2pm</p> <p>CIRCLE THIS SESSION AND Send a text to Coach Eric (925-586-0169) Fees \$30 per diver</p> <p>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).</p>	<p>20</p> <p>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</p> <p>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)</p>	<p>21</p> <p>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</p> <p>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)</p>	<p align="center">CLOSED FOR THANKSGIVING HOLIDAY</p>				<p>22</p> <p align="center">CLOSED FOR THANKSGIVING HOLIDAY</p>	<p>23</p> <p align="center">CLOSED FOR THANKSGIVING HOLIDAY</p>	<p>24</p> <p align="center">CLOSED FOR THANKSGIVING HOLIDAY</p>	<p>25</p> <p align="center">CLOSED FOR THANKSGIVING HOLIDAY</p>
<p align="center">THIS IS PAGE-2 FOR NOVEMBER (13-30nov23)</p>										
<p>26</p> <p>TRY-IT-OUT (TIO) PROGRAM OFFERING</p> <p>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.</p>	<p>27 <i>Okay a/o 01nov, may change due to the move. Mark your choices as if today's schedule is normal.</i></p> <p>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</p> <p>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)</p>	<p>28 <i>Okay a/o 01nov, may change due to the move. Mark your choices as if today's schedule is normal.</i></p> <p>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</p> <p>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)</p>	<p>29 <i>Okay a/o 01nov, may change due to the move. Mark your choices as if today's schedule is normal.</i></p> <p>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</p> <p>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)</p>	<p>30 <i>Okay a/o 01nov, may change due to the move. Mark your choices as if today's schedule is normal.</i></p> <p>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</p> <p>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)</p>	<p>Levels, Calendar Notes:</p> <p>ALL DIVERS ~ each LEVEL has specific timeslot restrictions and inclusions. Please CIRCLE ONLY WHOLE SESSIONS as listed that correspond to your Level. You may not write-in your own session times or request more time than allotted.</p> <p>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.</p> <p>If you are not sure what your program includes, please email us: admin@CALdiving.org</p>					

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday					
DIVER'S NAME: _____ PROG LEVEL (circle one): 1, 2, 4, 6, 8, 10, 12, 15 M1, M2, M3, M4, M5, M6 INCLUDED HOURS: _____ "ExtraHours" (if any): _____ DIVER'S TEAM (if any, circle): DT, RT, ZT, NT, S&E, M	NOTES/EXPLANATION: For pool slots (SRDP/DVHS): 1) if you were at dryland (dry) that day, then you MAY attend the "with" or "without" sessions 2) If you did NOT attend dryland that day, you MUST attend sessions marked (w/o).	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.	Levels, Calendar Notes: ALL DIVERS ~ each LEVEL has specific timeslot restrictions and inclusions. Please CIRCLE ONLY WHOLE SESSIONS as listed that correspond to your Level. You may not write-in your own session times or request more time than allotted. TEAM DIVERS ~ each team (Dev1-3, Region, Zone, National, S&E, and Masters) have specific/prescribed session configurations for length of session(s) per slot/week. When submitting your calendar requests, ONLY CIRCLE whole sessions that are equal to your program listing. Please review the right-hand column on the Fees tab of our website. If you are not sure what your program includes, please email us: admin@CALdiving.org		<p style="text-align: center;">THIS IS PAGE-2 FOR DECEMBER 17-31Dec23</p>						
			17	18			19	20	21	22	23
	SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)	SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)	SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)	SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)	CLOSED HAPPY HOLIDAYS		CLOSED HAPPY HOLIDAYS		CLOSED HAPPY HOLIDAYS		
24	25	26	27	28	29	30					
CLOSED HAPPY HOLIDAYS		CLOSED HAPPY HOLIDAYS		CLOSED HAPPY HOLIDAYS		CLOSED HAPPY HOLIDAYS		CLOSED HAPPY HOLIDAYS		CLOSED HAPPY HOLIDAYS	
31	<p style="text-align: center;">Happy New Year!</p> <p>Notes: Sessions will begin again on Wednesday, 03Jan24. Enjoy the break.</p> <p style="text-align: center;">~ See You in the Air!</p>										

January 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
<p>DIVER'S NAME: _____</p> <p>PROG LEVEL (circle one): 1, 2, 4, 6, 8, 10, 12, 15 M1, M2, M3, M4, M5, M6</p> <p>INCLUDED HOURS: _____</p> <p>"ExtraHours" (if any): _____</p> <p>DIVER'S TEAM (if any, circle): DT, RT, ZT, NT, S&E, M</p>	<p>1 NO PRACTICE TODAY</p> <p>HAPPY NEW YEAR!</p>	<p>2 NO PRACTICE TODAY</p> <p>TRY-IT-OUT (TIO) PROGRAM OFFERING</p> <p>WATER ~ options are offered as the earlier session(s): (30-, 60-, or 90-minute)</p> <p>DRYLAND ~ options are the earlier session(s): (30- or 60-minute)</p> <p>Coach's discretion (regarding completion of any TIO program as scheduled) during any session.</p>	<p>3</p> <p>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</p> <p>DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)</p>	<p>4</p> <p>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</p> <p>DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)</p>	<p>5</p> <p>SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 2hr ~ 4-6p</p> <p>DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)</p>	<p>6</p> <p>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</p> <p>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)</p>		
	<p>NOTES/EXPLANATION:</p> <p>For pool slots ~ SROP/DVHS</p> <p>1) if you were at dryland (dry) that day, then you MAY attend the "with" (w/) or "without" (w/o) sessions</p> <p>2) If you did NOT attend dryland the same day as you want to attend a water session, you MUST attend sessions marked (w/o).</p>	<p>8</p> <p>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</p> <p>DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)</p>	<p>9</p> <p>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</p> <p>DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)</p>	<p>10</p> <p>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</p> <p>DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)</p>	<p>11</p> <p>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</p> <p>DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)</p>	<p>12</p> <p>SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 2hr ~ 4-6p</p> <p>DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)</p>	<p>13</p> <p>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</p> <p>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)</p>	
		<p>14 Levels and Calendar Notes:</p> <p>ALL DIVERS ~ each LEVEL has specific timeslot restrictions and inclusions. Please CIRCLE ONLY WHOLE SESSIONS as listed that correspond to your Level. You may not write-in your own session times or request more time than allotted.</p> <p>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.</p> <p>If you are not sure what your program includes, please email us: admin@CALdiving.org</p>	<p>15</p> <p>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</p> <p>DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)</p>	<p>16</p> <p>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</p> <p>DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)</p>	<p>17</p> <p>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</p> <p>DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)</p>	<p>18</p> <p>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</p> <p>DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)</p>	<p>19</p> <p>SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 2hr ~ 4-6p</p> <p>DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)</p>	<p>20</p> <p>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</p> <p>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)</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>DIVER'S NAME: _____</p> <p>PROG LEVEL (circle one): 1, 2, 4, 6, 8, 10, 12, 15 M1, M2, M3, M4, M5, M6</p> <p>INCLUDED HOURS: _____</p> <p>"ExtraHours" (if any): _____</p> <p>DIVER'S TEAM (if any, circle): DT, RT, ZT, NT, S&E, M</p>	<p>NOTES/EXPLANATION:</p> <p>For pool slots ~ SROP/DVHS</p> <p>1) if you were at dryland (dry) that day, then you MAY attend the "with" (w/) or "without" (w/o) sessions</p> <p>2) If you did NOT attend dryland the same day as you want to attend a water session, you MUST attend sessions marked (w/o).</p>					
<p>21 MIWOK TOWER 1130-2pm</p>	<p>22</p> <p>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</p> <p>DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)</p>	<p>23</p> <p>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</p> <p>DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)</p>	<p>24</p> <p>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</p> <p>DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)</p>	<p>25</p> <p>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</p> <p>DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)</p>	<p>26</p> <p>SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 2hr ~ 4-6p</p> <p>DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)</p>	<p>27</p> <p>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</p> <p>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)</p>
<p>28</p>	<p>29</p> <p>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</p> <p>DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)</p>	<p>30</p> <p>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</p> <p>DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)</p>	<p>31</p> <p>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</p> <p>DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)</p>	<p>Levels and Calendar Notes:</p> <p>ALL DIVERS ~ each LEVEL has specific timeslot restrictions and inclusions. Please CIRCLE ONLY WHOLE SESSIONS as listed that correspond to your Level. You may not write-in your own session times or request more time than allotted.</p> <p>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.</p> <p>If you are not sure what your program includes, please email us: admin@CALdiving.org</p>		

**THIS IS PAGE-2
FOR JANUARY
21-31jan24**

February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>DIVER'S NAME: _____</p> <p>PROG LEVEL (circle one): 1, 2, 4, 6, 8, 10, 12, 15 M1, M2, M3, M4, M5, M6</p> <p>INCLUDED HOURS: _____</p> <p>"ExtraHours" (if any): _____</p> <p>DIVER'S TEAM (if any, circle): DT, RT, ZT, NT, S&E, M</p>	<p align="center"><u>NOTES/EXPLANATION ~</u></p> <p>For pool slots ~ SROP/DVHS</p> <p>1) if you were at dryland (dry) that day, then you MAY attend the "with" (w/) or "without" (w/o) sessions</p> <p>2) If you did NOT attend dryland the same day as you want to attend a water session, you MUST attend sessions marked (w/o).</p>	<p>"TRY-IT-OUT" (TIO) PROGRAM OFFERING</p> <p align="center">Try-it-Out (TIO) Inclusive Sessions ~ Total of 3 sessions (2-water + 1-dryland) Taken in order as: Water-Dryland-Water</p> <p align="center">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)</p>		<p align="center">1</p> <p>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</p> <p>DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)</p>	<p align="center">2</p> <p>SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 2hr ~ 4-6p</p> <p>DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)</p>	<p align="center">3</p> <p align="center">Local Diving Meet ~ 03-04feb24 NO REGULAR PRACTICE Miwok Aquatic Center, Novato</p> <p align="center">Event is on DiveMeets</p> <p align="center">ALL DIVERS / ALL LEVELS INVITED</p> <p align="center">MUST BE REGISTERED WITH USAD</p>
<p align="center">4</p> <p align="center">Local Diving Meet ~ 03-04feb24 CONTINUED Miwok Aquatic Center, Novato</p>	<p align="center">5</p> <p align="center">START OF HIGH SCHOOL DIVING</p>	<p align="center">6</p> <p>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</p> <p>DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)</p>	<p align="center">7</p> <p>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</p> <p>DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)</p>	<p align="center">8</p> <p>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</p> <p>DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)</p>	<p align="center">9</p> <p>SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 2hr ~ 4-6p</p> <p>DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)</p>	<p align="center">10</p> <p>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</p> <p>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)</p>
<p align="center">11</p> <p>Levels, Calendar Notes ~ ALL DIVERS ~ each LEVEL has specific timeslot restrictions and inclusions. Please CIRCLE ONLY WHOLE SESSIONS as listed that correspond to your Level. You may not write-in your own session times or request more time than allotted.</p> <p>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</p>	<p align="center">12</p> <p>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</p> <p>DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)</p>	<p align="center">13</p> <p>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</p> <p>DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)</p>	<p align="center">14</p> <p>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</p> <p>DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)</p>	<p align="center">15</p> <p>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</p> <p>DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)</p>	<p align="center">16</p> <p>SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 2hr ~ 4-6p</p> <p>DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)</p>	<p align="center">17</p> <p>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</p> <p>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)</p>

February 2024

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

March 2024						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
DIVER'S NAME: _____ PROG LEVEL (circle one): 1, 2, 4, 6, 8, 10, 12, 15 M1, M2, M3, M4, M5, M6 INCLUDED HOURS/WEEK: _____ "ExtraHours" (if any): _____ DIVER'S TEAM (if any, circle): DT, RT, ZT, NT, S&E, M	NOTES/EXPLANATION ~ For pool slots ~ SROP/DVHS 1) if you were at dryland (dry) that day, then you MAY attend the "with" (w) or "without" (w/o) wet sessions 2) If you did NOT attend dryland the same day and you want to attend a water session, you MUST attend sessions marked (w/o).	"TRY-IT-OUT" (TIO) PROGRAM OFFERING			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 60 - 7-8p (w/dry) DVHS 90 - 630-8p (w/o dry) DVHS 90 - 7-830p (w/dry) DVHS 90 - 730-9p (w/dry) DVHS 2hr - 630-830p (w/o dry) DVHS 2hr - 7-9p (w/dry)	2 SRDL 30 - 8-830a, 10-1030a, 11-1130a SRDL 60 - 8-9a, 9-10a, 10-11a SRDL 90 - 8-930a, 9-1030a, 10-1130a SRDL 2hr - 8-10a, 830-1030a, 930-1130a DVHS 30 - 12-1230p, 1230-1p DVHS 60 - 1130a-1230p (w/o dry) DVHS 60 - 12-1p (w/dry) DVHS 90 - 1130a-1p (w/o dry) DVHS 90 - 12-130p, 1230-2p (w/dry) DVHS 2hr - 1130a-130p (w/o dry) DVHS 2hr - 12-2p (w/dry)
	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)					
3	4	5	6	7	8	9
	SRDL 30 - 4-430p, 5-530p, 6-630p SRDL 60 - 4-5p, 5-6p SRDL 90 - 4-530p, 430-6p, 5-630p SRDL 2hr - 4-6p, 430-630p, 5-7p DVHS 30 - 7-730p, 730-8p (water) DVHS 60 - 630-730p (w/o dry) DVHS 60 - 7-8p (w/dry) DVHS 90 - 630-8p (w/o dry) DVHS 90 - 7-830p (w/dry) DVHS 90 - 730-9p (w/dry) DVHS 2hr - 630-830p (w/o dry) DVHS 2hr - 7-9p (w/dry)	SRDL 30 - 4-430p, 5-530p, 6-630p SRDL 60 - 4-5p, 5-6p SRDL 90 - 4-530p, 430-6p, 5-630p SRDL 2hr - 4-6p, 430-630p, 5-7p DVHS 30 - 7-730p, 730-8p (water) DVHS 60 - 630-730p (w/o dry) DVHS 60 - 7-8p (w/dry) DVHS 90 - 630-8p (w/o dry) DVHS 90 - 7-830p (w/dry) DVHS 90 - 730-9p (w/dry) DVHS 2hr - 630-830p (w/o dry) DVHS 2hr - 7-9p (w/dry)	SRDL 30 - 4-430p, 5-530p, 6-630p SRDL 60 - 4-5p, 5-6p SRDL 90 - 4-530p, 430-6p, 5-630p SRDL 2hr - 4-6p, 430-630p, 5-7p DVHS 30 - 7-730p, 730-8p (water) DVHS 60 - 630-730p (w/o dry) DVHS 60 - 7-8p (w/dry) DVHS 90 - 630-8p (w/o dry) DVHS 90 - 7-830p (w/dry) DVHS 90 - 730-9p (w/dry) DVHS 2hr - 630-830p (w/o dry) DVHS 2hr - 7-9p (w/dry)	SRDL 30 - 4-430p, 5-530p, 6-630p SRDL 60 - 4-5p, 5-6p SRDL 90 - 4-530p, 430-6p, 5-630p SRDL 2hr - 4-6p, 430-630p, 5-7p DVHS 30 - 7-730p, 730-8p (water) DVHS 60 - 630-730p (w/o dry) DVHS 60 - 7-8p (w/dry) DVHS 90 - 630-8p (w/o dry) DVHS 90 - 7-830p (w/dry) DVHS 90 - 730-9p (w/dry) DVHS 2hr - 630-830p (w/o dry) DVHS 2hr - 7-9p (w/dry)	SRDL 30 - 4-430p, 5-530p SRDL 60 - 4-5p, 5-6p SRDL 90 - 4-530p, 430-6p SRDL 2hr - 4-6p DVHS 30 - 7-730p, 730-8p (water) DVHS 60 - 630-730p (w/o dry) DVHS 60 - 7-8p (w/dry) DVHS 90 - 630-8p (w/o dry) DVHS 90 - 7-830p (w/dry) DVHS 90 - 730-9p (w/dry) DVHS 2hr - 630-830p (w/o dry) DVHS 2hr - 7-9p (w/dry)	SRDL 30 - 8-830a, 10-1030a, 11-1130a SRDL 60 - 8-9a, 9-10a, 10-11a SRDL 90 - 8-930a, 9-1030a, 10-1130a SRDL 2hr - 8-10a, 830-1030a, 930-1130a DVHS 30 - 12-1230p, 1230-1p DVHS 60 - 1130a-1230p (w/o dry) DVHS 60 - 12-1p (w/dry) DVHS 90 - 1130a-1p (w/o dry) DVHS 90 - 12-130p, 1230-2p (w/dry) DVHS 2hr - 1130a-130p (w/o dry) DVHS 2hr - 12-2p (w/dry)
10	11	12	13	14	15	16
MIWOK TOWER 1130-2pm CIRCLE THIS SESSION AND Send a text to Coach Eric (925-586-0169) Fees \$30 per diver If you have not been to a Tower session, you should reach out to Coach Eric (925-586-0169) via text to discuss what a Tower session involves and if it might be good for you or your diver.	SRDL 30 - 4-430p, 5-530p SRDL 60 - 4-5p, 5-6p SRDL 90 - 4-530p, 430-6p SRDL 2hr - 4-6p DVHS 30 - 7-730p, 730-8p (water) DVHS 60 - 7-8p (w/dry) DVHS 90 - 7-830p (w/dry) DVHS 90 - 730-9p (w/dry) DVHS 2hr - 7-9p (w/dry)	SRDL 30 - 4-430p, 5-530p SRDL 60 - 4-5p, 5-6p SRDL 90 - 4-530p, 430-6p SRDL 2hr - 4-6p DVHS 30 - 7-730p, 730-8p (water) DVHS 60 - 7-8p (w/dry) DVHS 90 - 7-830p (w/dry) DVHS 90 - 730-9p (w/dry) DVHS 2hr - 7-9p (w/dry)	SRDL 30 - 4-430p, 5-530p SRDL 60 - 4-5p, 5-6p SRDL 90 - 4-530p, 430-6p SRDL 2hr - 4-6p DVHS 30 - 7-730p, 730-8p (water) DVHS 60 - 7-8p (w/dry) DVHS 90 - 7-830p (w/dry) DVHS 90 - 730-9p (w/dry) DVHS 2hr - 7-9p (w/dry)	SRDL 30 - 4-430p, 5-530p SRDL 60 - 4-5p, 5-6p SRDL 90 - 4-530p, 430-6p SRDL 2hr - 4-6p DVHS 30 - 7-730p, 730-8p (water) DVHS 60 - 7-8p (w/dry) DVHS 90 - 7-830p (w/dry) DVHS 90 - 730-9p (w/dry) DVHS 2hr - 7-9p (w/dry)	AAU RWB - Tualatin, OR SRDL 30 - 4-430p, 5-530p SRDL 60 - 4-5p, 5-6p SRDL 90 - 4-530p, 430-6p SRDL 2hr - 4-6p DVHS 30 - 7-730p, 730-8p (water) DVHS 60 - 7-8p (w/dry) DVHS 90 - 7-830p (w/dry) DVHS 90 - 730-9p (w/dry) DVHS 2hr - 7-9p (w/dry)	AAU RWB - Tualatin, OR SRDL 30 - 9-930a, 930-10a SRDL 60 - 9-10a, 930-1030a SRDL 90 - 9-1030a DVHS 30 - 12-1230p, 1230-1p DVHS 60 - 1130a-1230p (w/o dry) DVHS 60 - 12-1p (w/dry) DVHS 90 - 1130a-1p (w/o dry) DVHS 90 - 12-130p, 1230-2p (w/dry) DVHS 2hr - 1130a-130p (w/o dry) DVHS 2hr - 12-2p (w/dry)
THIS IS PAGE-1 FOR MARCH, 2024 01-16mar24					Levels, Calendar Notes: ALL DIVERS ~ each LEVEL has specific timeslot restrictions and inclusions. Please CIRCLE ONLY WHOLE SESSIONS as listed that correspond to your Level. You may not write-in your own session times or request more time than allotted. TEAM DIVERS ~ each team (Dev1-3, Region, Zone, National, S&E, and Masters) have specific/prescribed session configurations for length of session(s) per slot/week. When submitting your calendar requests, ONLY CIRCLE whole sessions that are equal to your program listing. Please review the right-hand column on the Fees tab of our website. If you are not sure what your program includes, please email us: admin@CALdiving.org	

March 2024						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
DIVER'S NAME: _____ PROG LEVEL (circle one): 1, 2, 4, 6, 8, 10, 12, 15 M1, M2, M3, M4, M5, M6 INCLUDED HOURS/WEEK: _____ "ExtraHours" (if any): _____ DIVER'S TEAM (if any, circle): DT, RT, ZT, NT, S&E, M	NOTES/EXPLANATION ~ For pool slots ~ SRDP/DVHS 1) if you were at dryland (dry) that day, then you MAY attend the "with" (w) or "without" (w/o) wet sessions 2) If you did NOT attend dryland the same day and you want to attend a water session, you MUST attend sessions marked (w/o).	"TRY-IT-OUT" (TIO) PROGRAM OFFERING Try-it-Out (TIO) Inclusive Sessions ~ Total of 3 sessions (2-water + 1-dryland) Taken in order as: Water-Dryland-Water WATER options are: (30-, 60-, or 90-minute) sessions DRYLAND sessions are (30- or 60-minute) sessions (coach's discretion for completion of any session)		THIS IS PAGE-2 FOR MARCH, 2024 17-31mar24		
	17	18	19	20	21	22
AAU RWB - Tuatatin, OR SRDL 30 - 4-430p, 5-530p, 6-630p SRDL 60 - 4-5p, 5-6p SRDL 90 - 4-530p, 430-6p, 5-630p SRDL 2hr - 4-6p, 430-630p, 5-7p DVHS 30 - 7-730p, 730-8p (water) DVHS 60 - 630-730p (w/o dry) DVHS 90 - 7-8p (w/dry) DVHS 90 - 630-8p (w/o dry) DVHS 90 - 7-830p (w/dry) DVHS 90 - 730-9p (w/dry) DVHS 2hr - 630-830p (w/o dry) DVHS 2hr - 7-9p (w/dry)	SRDL 30 - 4-430p, 5-530p, 6-630p SRDL 60 - 4-5p, 5-6p SRDL 90 - 4-530p, 430-6p, 5-630p SRDL 2hr - 4-6p, 430-630p, 5-7p DVHS 30 - 7-730p, 730-8p (water) DVHS 60 - 630-730p (w/o dry) DVHS 90 - 7-8p (w/dry) DVHS 90 - 630-8p (w/o dry) DVHS 90 - 7-830p (w/dry) DVHS 90 - 730-9p (w/dry) DVHS 2hr - 630-830p (w/o dry) DVHS 2hr - 7-9p (w/dry)	SRDL 30 - 4-430p, 5-530p, 6-630p SRDL 60 - 4-5p, 5-6p SRDL 90 - 4-530p, 430-6p, 5-630p SRDL 2hr - 4-6p, 430-630p, 5-7p DVHS 30 - 7-730p, 730-8p (water) DVHS 60 - 630-730p (w/o dry) DVHS 90 - 7-8p (w/dry) DVHS 90 - 630-8p (w/o dry) DVHS 90 - 7-830p (w/dry) DVHS 90 - 730-9p (w/dry) DVHS 2hr - 630-830p (w/o dry) DVHS 2hr - 7-9p (w/dry)	SRDL 30 - 4-430p, 5-530p, 6-630p SRDL 60 - 4-5p, 5-6p SRDL 90 - 4-530p, 430-6p, 5-630p SRDL 2hr - 4-6p, 430-630p, 5-7p DVHS 30 - 7-730p, 730-8p (water) DVHS 60 - 630-730p (w/o dry) DVHS 90 - 7-8p (w/dry) DVHS 90 - 630-8p (w/o dry) DVHS 90 - 7-830p (w/dry) DVHS 90 - 730-9p (w/dry) DVHS 2hr - 630-830p (w/o dry) DVHS 2hr - 7-9p (w/dry)	SRDL 30 - 4-430p, 5-530p, 6-630p SRDL 60 - 4-5p, 5-6p SRDL 90 - 4-530p, 430-6p, 5-630p SRDL 2hr - 4-6p, 430-630p, 5-7p DVHS 30 - 7-730p, 730-8p (water) DVHS 60 - 630-730p (w/o dry) DVHS 90 - 7-8p (w/dry) DVHS 90 - 630-8p (w/o dry) DVHS 90 - 7-830p (w/dry) DVHS 90 - 730-9p (w/dry) DVHS 2hr - 630-830p (w/o dry) DVHS 2hr - 7-9p (w/dry)	SRDL 30 - 4-430p, 5-530p SRDL 60 - 4-5p, 5-6p SRDL 90 - 4-530p, 430-6p SRDL 2hr - 4-6p DVHS 30 - 7-730p, 730-8p (water) DVHS 60 - 630-730p (w/o dry) DVHS 90 - 7-8p (w/dry) DVHS 90 - 630-8p (w/o dry) DVHS 90 - 7-830p (w/dry) DVHS 90 - 730-9p (w/dry) DVHS 2hr - 630-830p (w/o dry) DVHS 2hr - 7-9p (w/dry)	SRDL 30 - 8-830a, 10-1030a, 11-1130a SRDL 60 - 8-9a, 9-10a, 10-11a SRDL 90 - 8-930a, 9-1030a, 10-1130a SRDL 2hr - 8-10a, 830-1030a, 930-1130a DVHS 30 - 12-1230p, 1230-1p DVHS 60 - 1130a-1230p (w/o dry) DVHS 90 - 7-8p (w/dry) DVHS 90 - 1130a-1p (w/o dry) DVHS 90 - 12-130p, 1230-2p (w/dry) DVHS 2hr - 1130a-130p (w/o dry) DVHS 2hr - 12-2p (w/dry)
24	25	26	27	28	29	30
SRDL 30 - 4-430p, 5-530p, 6-630p SRDL 60 - 4-5p, 5-6p SRDL 90 - 4-530p, 430-6p, 5-630p SRDL 2hr - 4-6p, 430-630p, 5-7p DVHS 30 - 7-730p, 730-8p (water) DVHS 60 - 630-730p (w/o dry) DVHS 90 - 7-8p (w/dry) DVHS 90 - 630-8p (w/o dry) DVHS 90 - 7-830p (w/dry) DVHS 90 - 730-9p (w/dry) DVHS 2hr - 630-830p (w/o dry) DVHS 2hr - 7-9p (w/dry)	SRDL 30 - 4-430p, 5-530p, 6-630p SRDL 60 - 4-5p, 5-6p SRDL 90 - 4-530p, 430-6p, 5-630p SRDL 2hr - 4-6p, 430-630p, 5-7p DVHS 30 - 7-730p, 730-8p (water) DVHS 60 - 630-730p (w/o dry) DVHS 90 - 7-8p (w/dry) DVHS 90 - 630-8p (w/o dry) DVHS 90 - 7-830p (w/dry) DVHS 90 - 730-9p (w/dry) DVHS 2hr - 630-830p (w/o dry) DVHS 2hr - 7-9p (w/dry)	SRDL 30 - 4-430p, 5-530p, 6-630p SRDL 60 - 4-5p, 5-6p SRDL 90 - 4-530p, 430-6p, 5-630p SRDL 2hr - 4-6p, 430-630p, 5-7p DVHS 30 - 7-730p, 730-8p (water) DVHS 60 - 630-730p (w/o dry) DVHS 90 - 7-8p (w/dry) DVHS 90 - 630-8p (w/o dry) DVHS 90 - 7-830p (w/dry) DVHS 90 - 730-9p (w/dry) DVHS 2hr - 630-830p (w/o dry) DVHS 2hr - 7-9p (w/dry)	SRDL 30 - 4-430p, 5-530p, 6-630p SRDL 60 - 4-5p, 5-6p SRDL 90 - 4-530p, 430-6p, 5-630p SRDL 2hr - 4-6p, 430-630p, 5-7p DVHS 30 - 7-730p, 730-8p (water) DVHS 60 - 630-730p (w/o dry) DVHS 90 - 7-8p (w/dry) DVHS 90 - 630-8p (w/o dry) DVHS 90 - 7-830p (w/dry) DVHS 90 - 730-9p (w/dry) DVHS 2hr - 630-830p (w/o dry) DVHS 2hr - 7-9p (w/dry)	SRDL 30 - 4-430p, 5-530p SRDL 60 - 4-5p, 5-6p SRDL 90 - 4-530p, 430-6p SRDL 2hr - 4-6p DVHS 30 - 7-730p, 730-8p (water) DVHS 60 - 630-730p (w/o dry) DVHS 90 - 7-8p (w/dry) DVHS 90 - 630-8p (w/o dry) DVHS 90 - 7-830p (w/dry) DVHS 90 - 730-9p (w/dry) DVHS 2hr - 630-830p (w/o dry) DVHS 2hr - 7-9p (w/dry)	SRDL 30 - 8-830a, 10-1030a, 11-1130a SRDL 60 - 8-9a, 9-10a, 10-11a SRDL 90 - 8-930a, 9-1030a, 10-1130a SRDL 2hr - 8-10a, 830-1030a, 930-1130a DVHS 30 - 12-1230p, 1230-1p DVHS 60 - 1130a-1230p (w/o dry) DVHS 90 - 7-8p (w/dry) DVHS 90 - 1130a-1p (w/o dry) DVHS 90 - 12-130p, 1230-2p (w/dry) DVHS 2hr - 1130a-130p (w/o dry) DVHS 2hr - 12-2p (w/dry)	
31						Levels, Calendar Notes: ALL DIVERS ~ each LEVEL has specific timeslot restrictions and inclusions. Please CIRCLE ONLY WHOLE SESSIONS as listed that correspond to your Level. You may not write-in your own session times or request more time than allotted. TEAM DIVERS ~ each team (Dev1-3, Region, Zone, National, S&E, and Masters) have specific/prescribed session configurations for length of session(s) per slot/week. When submitting your calendar requests, ONLY CIRCLE whole sessions that are equal to your program listing. Please review the right-hand column on the Fees tab of our website. If you are not sure what your program includes, please email us: admin@CALdiving.org

April 2024

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

**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 correspond to your Level. You may not write-in your own session times or request more time than allotted.

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

April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>14 MIWOK TOWER 1130-2pm</p> <p>CIRCLE THIS SESSION AND Send a text to Coach Eric (925-586-0169) Fees \$30 per diver</p> <p>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.</p>	<p>15</p> <p>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</p> <p>SRROP 30 ~ 7-730p, 730-8p (water) SRROP 60 ~ 630-730p (w/o dry) SRROP 60 ~ 7-8p (w/dry) SRROP 90 ~ 630-8p (w/o dry) SRROP 90 ~ 7-830p (w/dry) SRROP 90 ~ 730-9p (w/dry) SRROP 2hr ~ 630-830p (w/o dry) SRROP 2hr ~ 7-9p (w/dry)</p>	<p>16</p> <p>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</p> <p>SRROP 30 ~ 7-730p, 730-8p (water) SRROP 60 ~ 630-730p (w/o dry) SRROP 60 ~ 7-8p (w/dry) SRROP 90 ~ 630-8p (w/o dry) SRROP 90 ~ 7-830p (w/dry) SRROP 90 ~ 730-9p (w/dry) SRROP 2hr ~ 630-830p (w/o dry) SRROP 2hr ~ 7-9p (w/dry)</p>	<p>17</p> <p>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</p> <p>SRROP 30 ~ 7-730p, 730-8p (water) SRROP 60 ~ 630-730p (w/o dry) SRROP 60 ~ 7-8p (w/dry) SRROP 90 ~ 630-8p (w/o dry) SRROP 90 ~ 7-830p (w/dry) SRROP 90 ~ 730-9p (w/dry) SRROP 2hr ~ 630-830p (w/o dry) SRROP 2hr ~ 7-9p (w/dry)</p>	<p>18</p> <p>SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 2hr ~ 4-6p</p> <p>SRROP 30 ~ 7-730p, 730-8p (water) SRROP 60 ~ 630-730p (w/o dry) SRROP 60 ~ 7-8p (w/dry) SRROP 90 ~ 630-8p (w/o dry) SRROP 90 ~ 7-830p (w/dry) SRROP 90 ~ 730-9p (w/dry) SRROP 2hr ~ 630-830p (w/o dry) SRROP 2hr ~ 7-9p (w/dry)</p>	<p>19</p> <p>SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 2hr ~ 4-6p</p> <p>SRROP 30 ~ 7-730p, 730-8p (water) SRROP 60 ~ 630-730p (w/o dry) SRROP 60 ~ 7-8p (w/dry) SRROP 90 ~ 630-8p (w/o dry) SRROP 90 ~ 7-830p (w/dry) SRROP 90 ~ 730-9p (w/dry) SRROP 2hr ~ 630-830p (w/o dry) SRROP 2hr ~ 7-9p (w/dry)</p>	<p>20</p> <p>SRDL 30 ~ 8-830a, 9-930a, 10-1030a SRDL 60 ~ 8-9a, 9-10a, 10-11a SRDL 90 ~ 8-930a, 9-1030a SRDL 2hr ~ 8-10a, 830-1030a</p> <p>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)</p>
<p>21</p> <p>DIVER'S NAME: _____</p> <p>PROG LEVEL (circle one): 1, 2, 4, 6, 8, 10, 12, 15 M1, M2, M3, M4, M5, M6</p> <p>INCLUDED HOURS/WEEK: _____</p> <p>"ExtraHours" (if any): _____</p> <p>DIVER'S TEAM (if any, circle): DT, RT, ZT, NT, S&E, M</p>	<p>22</p> <p>SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 2hr ~ 4-6p</p> <p>DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)</p>	<p>23 HS WACC Champ's, Berkeley, CA</p> <p>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</p> <p>SRROP 30 ~ 7-730p, 730-8p (water) SRROP 60 ~ 630-730p (w/o dry) SRROP 60 ~ 7-8p (w/dry) SRROP 90 ~ 630-8p (w/o dry) SRROP 90 ~ 7-830p (w/dry) SRROP 90 ~ 730-9p (w/dry) SRROP 2hr ~ 630-830p (w/o dry) SRROP 2hr ~ 7-9p (w/dry)</p>	<p>24 HS EBAL Champ's, Livermore, CA</p> <p>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</p> <p>SRROP 30 ~ 7-730p, 730-8p (water) SRROP 60 ~ 630-730p (w/o dry) SRROP 60 ~ 7-8p (w/dry) SRROP 90 ~ 630-8p (w/o dry) SRROP 90 ~ 7-830p (w/dry) SRROP 90 ~ 730-9p (w/dry) SRROP 2hr ~ 630-830p (w/o dry) SRROP 2hr ~ 7-9p (w/dry)</p>	<p>25</p> <p>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</p> <p>SRROP 30 ~ 7-730p, 730-8p (water) SRROP 60 ~ 630-730p (w/o dry) SRROP 60 ~ 7-8p (w/dry) SRROP 90 ~ 630-8p (w/o dry) SRROP 90 ~ 7-830p (w/dry) SRROP 90 ~ 730-9p (w/dry) SRROP 2hr ~ 630-830p (w/o dry) SRROP 2hr ~ 7-9p (w/dry)</p>	<p>26</p> <p>SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 2hr ~ 4-6p</p> <p>SRROP 30 ~ 7-730p, 730-8p (water) SRROP 60 ~ 630-730p (w/o dry) SRROP 60 ~ 7-8p (w/dry) SRROP 90 ~ 630-8p (w/o dry) SRROP 90 ~ 7-830p (w/dry) SRROP 90 ~ 730-9p (w/dry) SRROP 2hr ~ 630-830p (w/o dry) SRROP 2hr ~ 7-9p (w/dry)</p>	<p>27 HS DAL Champ's, Moraga, CA</p> <p>SPECIAL NOTE...(time/place) DRY/WET ~ CHANGES TODAY</p> <p>SRDL 30 ~ 8-830a, 830-9a, 9-930a SRDL 60 ~ 8-9a, 9-10a SRDL 90 ~ 8-930a, 9-1030a SRDL 2hr ~ 8-10a</p> <p>SRROP 30 ~ 10-1030a, 11-1130a SRROP 60 ~ 0930a-1030a (w/o dry) SRROP 60 ~ 10-11a (w/dry) SRROP 90 ~ 930a-11p (w/o dry) SRROP 90 ~ 10-1130a, 1030-12p (w/dry) SRROP 2.5hrs ~ 0930a-12p (w/o dry) SRROP 2hr ~ 10a-12p (w/dry)</p>
<p>NOTES/EXPLANATION ~</p> <p>For pool slots ~ SRROP/DVHS</p> <p>1) if you were at dryland (dry) that day, then you MAY attend the "with" (w/) or "without" (w/o) wet sessions</p> <p>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).</p>	<p>29</p> <p>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</p> <p>SRROP 30 ~ 7-730p, 730-8p (water) SRROP 60 ~ 630-730p (w/o dry) SRROP 60 ~ 7-8p (w/dry) SRROP 90 ~ 630-8p (w/o dry) SRROP 90 ~ 7-830p (w/dry) SRROP 90 ~ 730-9p (w/dry) SRROP 2hr ~ 630-830p (w/o dry) SRROP 2hr ~ 7-9p (w/dry)</p>	<p>30</p> <p>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</p> <p>SRROP 30 ~ 7-730p, 730-8p (water) SRROP 60 ~ 630-730p (w/o dry) SRROP 60 ~ 7-8p (w/dry) SRROP 90 ~ 630-8p (w/o dry) SRROP 90 ~ 7-830p (w/dry) SRROP 90 ~ 730-9p (w/dry) SRROP 2hr ~ 630-830p (w/o dry) SRROP 2hr ~ 7-9p (w/dry)</p>	<p align="center">"TRY-IT-OUT" (TIO) PROGRAM OFFERING</p> <p align="center">Try-it-Out (TIO) Inclusive Sessions ~ Total of 3 sessions (2-water + 1-dryland) Taken in order as: Water-Dryland-Water</p> <p align="center">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)</p>		<p align="center">Levels, Calendar Notes:</p> <p>ALL DIVERS ~ each LEVEL has specific timeslot restrictions and inclusions. Please CIRCLE ONLY WHOLE SESSIONS as listed that correspond to your Level. You may not write-in your own session times or request more time than allotted.</p> <p>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.</p> <p>If you are not sure what your program includes, please email us: admin@CALdiving.org</p>	

May 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: center;">THIS IS PAGE-1 FOR MAY, 2024 01-11may24</p>			<p>1 HS NCS Champ's, Concord, CA</p> <p>SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 2hr ~ 4-6p</p> <p>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)</p>	<p>2</p> <p>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</p> <p>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)</p>	<p>3 USAD Region-7, Chicago, IL</p> <p>SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 2hr ~ 4-6p</p> <p>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)</p>	<p>4 USAD Region-7, Chicago, IL</p> <p>SRDL 30 ~ 9-930a, 10-1030a SRDL 60 ~ 9-10a, 10-11a SRDL 90 ~ 9-1030a</p> <p>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)</p>
			<p>5 USAD Region-7, Chicago, IL</p> <p>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</p> <p>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)</p>	<p>6</p> <p>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</p> <p>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)</p>	<p>7</p> <p>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</p> <p>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)</p>	<p>8</p> <p>SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 2hr ~ 4-6p</p> <p>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)</p>

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 correspond to your Level. You may not write-in your own session times or request more time than allotted.

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

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

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
(coach's discretion for completion of any session)

May 2024						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>12</p> <p style="text-align: center;">THIS IS PAGE-2 FOR MAY, 2024 12-31may24</p>	<p>13</p> <p>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</p> <p>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)</p>	<p>14</p> <p>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</p> <p>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)</p>	<p>15</p> <p>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</p> <p>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)</p>	<p>16</p> <p>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</p> <p>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)</p>	<p>17</p> <p>SRDL 30 - 4-430p, 5-530p SRDL 60 - 4-5p, 5-6p SRDL 90 - 4-530p, 430-6p SRDL 2hr - 4-6p</p> <p>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)</p>	<p>18</p> <p>SRDL 30 - 8-830a, 10-1030a, 11-1130a SRDL 60 - 8-9a, 9-10a, 10-11a SRDL 90 - 8-930a, 8-1030a, 10-1130a SRDL 2hr - 8-10a, 830-1030a, 930-1130a</p> <p>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)</p>
<p>19</p>	<p>20</p> <p>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</p> <p>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)</p>	<p>21</p> <p>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</p> <p>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)</p>	<p>22</p> <p>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</p> <p>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)</p>	<p>23</p> <p>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</p> <p>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)</p>	<p>24</p> <p>SRDL 30 - 4-430p, 5-530p SRDL 60 - 4-5p, 5-6p SRDL 90 - 4-530p, 430-6p SRDL 2hr - 4-6p</p> <p>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)</p>	<p>25</p> <p style="text-align: center;">DVHS SUBSTANTIAL TIME CHANGES</p> <p>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</p> <p>DVHS/SROP? 30 - 1030-11a, 11-1130a DVHS/SROP? 60 - 10-11a (w/o dry) DVHS/SROP? 60 - 1030-1130a, 11a-12p (w/dry) DVHS/SROP? 90 - 10-1130a (w/o dry) DVHS/SROP? 90 - 1030a-12p, 11a-1230p (w/dry) DVHS 2hr - 10a-12p (w/o dry) DVHS/SROP? 2hr - 1030a-1230p (w/dry)</p>
<p>26</p> <p style="text-align: center;">MIWOK TOWER 1130-2pm</p> <p style="text-align: center;">CIRCLE THIS SESSION AND Send a text to Coach Eric (925-586-0169) Fees \$30 per diver</p> <p style="text-align: center;">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.</p>	<p>27</p> <p style="text-align: center;">CLOSED FOR HOLIDAY</p>	<p>28</p> <p>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</p> <p>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)</p>	<p>29</p> <p>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</p> <p>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)</p>	<p>30</p> <p>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</p> <p>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)</p>	<p>31</p> <p>SRDL 30 - 4-430p, 5-530p SRDL 60 - 4-5p, 5-6p SRDL 90 - 4-530p, 430-6p SRDL 2hr - 4-6p</p> <p>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)</p>	<p>1</p> <p style="text-align: center;">SROP SUBSTANTIAL TIME CHANGES</p> <p>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</p> <p>DVHS/SROP? 30 - 1030-11a, 11-1130a DVHS/SROP? 60 - 10-11a (w/o dry) DVHS/SROP? 60 - 1030-1130a, 11a-12p (w/dry) DVHS/SROP? 90 - 10-1130a (w/o dry) DVHS/SROP? 90 - 1030a-12p, 11a-1230p (w/dry) DVHS 2hr - 10a-12p (w/o dry) DVHS/SROP? 2hr - 1030a-1230p (w/dry)</p>
<p>DIVER'S NAME: _____</p> <p>PROG LEVEL (circle one): 1, 2, 4, 6, 8, 10, 12, 15 M1, M2, M3, M4, M5, M6</p> <p>INCLUDED HOURS/WEEK: _____</p> <p>"ExtraHours" (if any): _____</p> <p>DIVER'S TEAM (if any, circle): DT, RT, ZT, NT, S&E, M</p>	<p>Levels, Calendar Notes:</p> <p>ALL DIVERS ~ each LEVEL has specific timeslot restrictions and inclusions. Please CIRCLE ONLY WHOLE SESSIONS as listed that correspond to your Level. You may not write-in your own session times or request more time than allotted.</p> <p>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.</p> <p>If you are not sure what your program includes, please email us: admin@CALdiving.org</p>	<p>SLOT NOTES & EXPLANATIONS ~</p> <p style="text-align: center;">For pool slots ~ SROP/DVHS</p> <p>1) If you were at dryland (dry) that day, then you MAY attend the "with" (w) or "without" (w/o) water (wet) sessions</p> <p>2) If you did NOT attend dryland that day AND you want to attend water that day, you MUST attend sessions marked (w/o).</p>	<p style="text-align: center;">"TRY-IT-OUT" (TIO) PROGRAM OFFERING</p> <p style="text-align: center;">Try-it-Out (TIO) Inclusive Sessions ~ Total of 3 sessions (2-water + 1-dryland) Taken in order as: Water-Dryland-Water</p> <p>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)</p>			

June 2024						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<p>1</p> <p>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</p> <p>SRDP 30 - 1030-11a, 11-1130a SRDP 60 - 10-11a (w/o dry) SRDP 60 - 1030-1130a, 11a-12p (w/dry) SRDP 90 - 10-1130a (w/o dry) SRDP 90 - 1030a-12p, 11a-1230p (w/dry) SRDP 2hr - 10a-12p (w/o dry) SRDP 2hr - 1030a-1230p (w/dry)</p> <p>Private dryland appointments - 130-7pm</p>
2	<p>3</p> <p>Private dryland appointments - 1-4p 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</p> <p>SRDP 30 - 7-730p, 730-8p (water) SRDP 60 - 630-730p (w/o dry) SRDP 60 - 7-8p (w/dry) SRDP 90 - 630-8p (w/o dry) SRDP 90 - 7-830p (w/dry) SRDP 90 - 730-9p (w/dry) SRDP 2hr - 630-830p (w/o dry) SRDP 2hr - 7-9p (w/dry)</p>	<p>4</p> <p>Private dryland appointments - 1-4p 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</p> <p>SRDP 30 - 7-730p, 730-8p (water) SRDP 60 - 630-730p (w/o dry) SRDP 60 - 7-8p (w/dry) SRDP 90 - 630-8p (w/o dry) SRDP 90 - 7-830p (w/dry) SRDP 90 - 730-9p (w/dry) SRDP 2hr - 630-830p (w/o dry) SRDP 2hr - 7-9p (w/dry)</p>	<p>5</p> <p>Private dryland appointments - 1-4p 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</p> <p>SRDP 30 - 7-730p, 730-8p (water) SRDP 60 - 630-730p (w/o dry) SRDP 60 - 7-8p (w/dry) SRDP 90 - 630-8p (w/o dry) SRDP 90 - 7-830p (w/dry) SRDP 90 - 730-9p (w/dry) SRDP 2hr - 630-830p (w/o dry) SRDP 2hr - 7-9p (w/dry)</p>	<p>6</p> <p>Private dryland appointments - 1-4p 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</p> <p>SCHOOL GRADUATION NO WATER TIME</p>	<p>7</p> <p>Private dryland appointments - 1-4p SRDL 30 - 4-430p, 5-530p SRDL 60 - 4-5p, 5-6p SRDL 90 - 4-530p, 430-6p SRDL 2hr - 4-6p</p> <p>SRDP 30 - 7-730p, 730-8p (water) SRDP 60 - 630-730p (w/o dry) SRDP 60 - 7-8p (w/dry) SRDP 90 - 630-8p (w/o dry) SRDP 90 - 7-830p (w/dry) SRDP 90 - 730-9p (w/dry) SRDP 2hr - 630-830p (w/o dry) SRDP 2hr - 7-9p (w/dry)</p>	<p>8</p> <p>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</p> <p>SRDP 30 - 1030-11a, 11-1130a SRDP 60 - 10-11a (w/o dry) SRDP 60 - 1030-1130a, 11a-12p (w/dry) SRDP 90 - 10-1130a (w/o dry) SRDP 90 - 1030a-12p, 11a-1230p (w/dry) SRDP 2hr - 10a-12p (w/o dry) SRDP 2hr - 1030a-1230p (w/dry)</p> <p>Private dryland appointments - 130-7pm</p>
<p>PAGE 1of3 JUNE '24 01-08jun</p>	<p>Note:</p> <p style="text-align: center;">PLEASE PAY CLOSE ATTENTION ON A DAILY BASIS TO HOURS/SLOTS/POOLS.</p>					
<p>DIVER'S NAME: _____</p> <p>PROG LEVEL (circle one): 1, 2, 4, 6, 8, 10, 12, 15 M1, M2, M3, M4, M5, M6</p> <p>INCLUDED HOURS/WEEK: _____</p> <p>"ExtraHours" (if any): _____</p> <p>DIVER'S TEAM (if any, circle): DT, RT, ZT, NT, S&E, M</p>	<p>Levels, Calendar Notes:</p> <p>ALL DIVERS ~ each LEVEL has specific timeslot restrictions and inclusions. Please CIRCLE ONLY WHOLE SESSIONS as listed that correspond to your Level. You may not write-in your own session times or request more time than allotted.</p> <p>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.</p> <p>If you are not sure what your program includes, please email us: admin@CALdiving.org</p>	<p>SLOT NOTES & EXPLANATIONS ~</p> <p>For pool slots ~ SRDP/DVHS</p> <p>1) If you were at dryland (dry) that day, then you MAY attend the "with" (w/) or "without" (w/o) water (wet) sessions</p> <p>2) If you did NOT attend dryland that day AND you want to attend water that day, you MUST attend sessions marked (w/o).</p>	<p>"TRY-IT-OUT" (TIO) PROGRAM OFFERING</p> <p>Try-it-Out (TIO) Inclusive Sessions ~ Total of 3 sessions (2-water + 1-dryland) Taken in order as: Water-Dryland-Water</p> <p>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)</p>			

June 2024						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9</p> <p>Private dryland appointments ~ 7-930a</p> <p>SRDL 30 ~ 9-930, 10-1030, 1230-1</p> <p>SRDL 60 ~ 930-1030, 10-11, 1130-11230</p> <p>SRDL 90 ~ 9-1030, 10-1130, 1130-1</p> <p>SRDL 2hr ~ 9-11, 930-1130, 10-12</p> <p>SRDL 3hr ~ 9-12, 930-1230, 10-1</p> <p>SRDL 4hr ~ 9-1</p> <p>DVHS 30 ~ 2-230, 230-3 (w/ or w/o dry)</p> <p>DVHS 60 ~ 130-230 (w/o dry)</p> <p>DVHS 60 ~ 2-3 (w/dry)</p> <p>DVHS 90 ~ 130-3 (w/o dry)</p> <p>DVHS 90 ~ 2-330, 230-4 (w/dry)</p> <p>DVHS 2hr ~ 2-4 (w/dry)</p> <p>SROP 60 ~ 530-630p (w/o dry)</p> <p>SROP 60 ~ 6-7 (w/dry)</p> <p>SROP 90 ~ 530-7p (w/o dry)</p>	<p>10 San Ramon City LTD Camp ~ 4-5p @DVHS</p> <p>Private dryland appointments ~ 7-930a</p> <p>SRDL 30 ~ 9-930, 10-1030, 1230-1</p> <p>SRDL 60 ~ 930-1030, 10-11, 1130-11230</p> <p>SRDL 90 ~ 9-1030, 10-1130, 1130-1</p> <p>SRDL 2hr ~ 9-11, 930-1130, 10-12</p> <p>SRDL 3hr ~ 9-12, 930-1230, 10-1</p> <p>SRDL 4hr ~ 9-1</p> <p>DVHS 30 ~ 2-230, 230-3 (w/ or w/o dry)</p> <p>DVHS 60 ~ 130-230 (w/o dry)</p> <p>DVHS 60 ~ 2-3 (w/dry)</p> <p>DVHS 90 ~ 130-3 (w/o dry)</p> <p>DVHS 90 ~ 2-330, 230-4 (w/dry)</p> <p>DVHS 2hr ~ 2-4 (w/dry)</p> <p>SROP 60 ~ 530-630p (w/o dry)</p> <p>SROP 60 ~ 6-7 (w/dry)</p> <p>SROP 90 ~ 530-7p (w/o dry)</p>	<p>11 San Ramon City LTD Camp ~ 4-5p @DVHS</p> <p>Private dryland appointments ~ 7-930a</p> <p>SRDL 30 ~ 9-930, 10-1030, 1230-1</p> <p>SRDL 60 ~ 930-1030, 10-11, 1130-11230</p> <p>SRDL 90 ~ 9-1030, 10-1130, 1130-1</p> <p>SRDL 2hr ~ 9-11, 930-1130, 10-12</p> <p>SRDL 3hr ~ 9-12, 930-1230, 10-1</p> <p>SRDL 4hr ~ 9-1</p> <p>DVHS 30 ~ 2-230, 230-3 (w/ or w/o dry)</p> <p>DVHS 60 ~ 130-230 (w/o dry)</p> <p>DVHS 60 ~ 2-3 (w/dry)</p> <p>DVHS 90 ~ 130-3 (w/o dry)</p> <p>DVHS 90 ~ 2-330, 230-4 (w/dry)</p> <p>DVHS 2hr ~ 2-4 (w/dry)</p> <p>SROP 60 ~ 530-630p (w/o dry)</p> <p>SROP 60 ~ 6-7 (w/dry)</p> <p>SROP 90 ~ 530-7p (w/o dry)</p>	<p>12 San Ramon City LTD Camp ~ 4-5p @DVHS</p> <p>Private dryland appointments ~ 7-11a</p> <p>SRDL 30 ~ 11-1130, 12-1230, 1-130</p> <p>SRDL 60 ~ 1-2, 2-3</p> <p>SRDL 90 ~ 11-1230, 1230-2</p> <p>SRDL 2hr ~ 11-1, 1130-130, 12-2</p> <p>SRDL 3hr ~ 11-2, 1130-230, 12-3</p> <p>SRDL 4hr ~ 11-3</p> <p>SROP 30 ~ 5-530, 530-6 (w/ or w/o dry)</p> <p>SROP 60 ~ 430-530 (w/o dry)</p> <p>SROP 60 ~ 4-5, 5-6 (w/dry)</p> <p>SROP 90 ~ 430-6 (w/o dry)</p> <p>SROP 90 ~ 5-630, 530-7 (w/dry)</p> <p>SROP 2hr ~ 5-7 (w/dry)</p>	<p>13 San Ramon City LTD Camp ~ 4-5p @DVHS</p> <p>Private dryland appointments ~ 7-930a</p> <p>SRDL 30 ~ 9-930, 10-1030, 1230-1</p> <p>SRDL 60 ~ 930-1030, 10-11, 1130-11230</p> <p>SRDL 90 ~ 9-1030, 10-1130, 1130-1</p> <p>SRDL 2hr ~ 9-11, 930-1130, 10-12</p> <p>SRDL 3hr ~ 9-12, 930-1230, 10-1</p> <p>SRDL 4hr ~ 9-1</p> <p>DVHS 30 ~ 2-230, 230-3 (w/ or w/o dry)</p> <p>DVHS 60 ~ 130-230 (w/o dry)</p> <p>DVHS 60 ~ 2-3 (w/dry)</p> <p>DVHS 90 ~ 130-3 (w/o dry)</p> <p>DVHS 90 ~ 2-330, 230-4 (w/dry)</p> <p>DVHS 2hr ~ 2-4 (w/dry)</p> <p>SROP 60 ~ 530-630p (w/o dry)</p> <p>SROP 60 ~ 6-7 (w/dry)</p> <p>SROP 90 ~ 530-7p (w/o dry)</p>	<p>14 San Ramon City LTD Camp ~ 4-5p @DVHS</p> <p>Private dryland appointments ~ 7-930a</p> <p>SRDL 30 ~ 9-930, 10-1030, 1230-1</p> <p>SRDL 60 ~ 930-1030, 10-11, 1130-11230</p> <p>SRDL 90 ~ 9-1030, 10-1130, 1130-1</p> <p>SRDL 2hr ~ 9-11, 930-1130, 10-12</p> <p>SRDL 3hr ~ 9-12, 930-1230, 10-1</p> <p>SRDL 4hr ~ 9-1</p> <p>DVHS 30 ~ 2-230, 230-3 (w/ or w/o dry)</p> <p>DVHS 60 ~ 130-230 (w/o dry)</p> <p>DVHS 60 ~ 2-3 (w/dry)</p> <p>DVHS 90 ~ 130-3 (w/o dry)</p> <p>DVHS 90 ~ 2-330, 230-4 (w/dry)</p> <p>DVHS 2hr ~ 2-4 (w/dry)</p> <p>SROP 60 ~ 530-630p (w/o dry)</p> <p>SROP 60 ~ 6-7 (w/dry)</p> <p>SROP 90 ~ 530-7p (w/o dry)</p>	<p>15</p> <p>Private dryland appointments ~ 7-930a</p> <p>SRDL ~ 8-830a, 830-9a (30min slots)</p> <p>SRDL ~ 8-9a (only 60min slot)</p> <p>SRDL ~ 8-930a, 830-10a (90min slots)</p> <p>SRDL ~ 8-10a (2hr session)</p> <p>SROP ~ 930-1030a (only 60min slot)</p> <p>SROP ~ 930-11a (90min w/o SRDL)</p> <p>SROP ~ 10a-1130a (90min w/SRDL)</p> <p>SROP ~ 10a-12p (2hr w/SRDL)</p> <p>Private dryland appointments ~ 1-7pm</p>
<p>16 MIWOK TOWER 1130-2pm</p> <p>CIRCLE THIS SESSION AND Send a text to Coach Eric (925-586-0169) Fees \$30 per diver</p> <p>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.</p>	<p>17</p> <p>Private dryland appointments ~ 7-11a</p> <p>SRDL 30 ~ 11-1130, 1130-12, 1-130</p> <p>SRDL 60 ~ 1-2, 2-3</p> <p>SRDL 90 ~ 11-1230, 1230-2</p> <p>SRDL 2hr ~ 11-1, 1130-130, 12-2</p> <p>SRDL 3hr ~ 11-2, 1130-230, 12-3</p> <p>SRDL 4hr ~ 11-3</p> <p>SROP 30 ~ 4-430, 430-5 (w/ or w/o dry)</p> <p>SROP 60 ~ 330-430 (w/o dry)</p> <p>SROP 60 ~ 4-5, 5-6 (w/dry)</p> <p>SROP 90 ~ 330-5 (w/o dry)</p> <p>SROP 90 ~ 4-530, 5-630 (w/dry)</p> <p>SROP 2hr ~ 4-6, 5-7 (w/dry)</p> <p>SROP 3hr ~ 4-7 (w/dry)</p>	<p>18</p> <p>Private dryland appointments ~ 7-930a</p> <p>SRDL 30 ~ 9-930, 10-1030, 1230-1</p> <p>SRDL 60 ~ 930-1030, 10-11, 1130-11230</p> <p>SRDL 90 ~ 9-1030, 10-1130, 1130-1</p> <p>SRDL 2hr ~ 9-11, 930-1130, 10-12</p> <p>SRDL 3hr ~ 9-12, 930-1230, 10-1</p> <p>SRDL 4hr ~ 9-1</p> <p>DVHS 30 ~ 2-230, 230-3 (w/ or w/o dry)</p> <p>DVHS 60 ~ 130-230 (w/o dry)</p> <p>DVHS 60 ~ 2-3 (w/dry)</p> <p>DVHS 90 ~ 130-3 (w/o dry)</p> <p>DVHS 90 ~ 2-330, 230-4 (w/dry)</p> <p>DVHS 2hr ~ 2-4 (w/dry)</p> <p>SROP 60 ~ 530-630p (w/o dry)</p> <p>SROP 60 ~ 6-7 (w/dry)</p> <p>SROP 90 ~ 530-7p (w/o dry)</p>	<p>19</p> <p>Private dryland appointments ~ 7-11a</p> <p>SRDL 30 ~ 11-1130, 1130-12, 1-130</p> <p>SRDL 60 ~ 1-2, 2-3</p> <p>SRDL 90 ~ 11-1230, 1230-2</p> <p>SRDL 2hr ~ 11-1, 1130-130, 12-2</p> <p>SRDL 3hr ~ 11-2, 1130-230, 12-3</p> <p>SRDL 4hr ~ 11-3</p> <p>SROP 30 ~ 4-430, 430-5 (w/ or w/o dry)</p> <p>SROP 60 ~ 330-430 (w/o dry)</p> <p>SROP 60 ~ 4-5, 5-6 (w/dry)</p> <p>SROP 90 ~ 330-5 (w/o dry)</p> <p>SROP 90 ~ 4-530, 5-630 (w/dry)</p> <p>SROP 2hr ~ 4-6, 5-7 (w/dry)</p> <p>SROP 3hr ~ 4-7 (w/dry)</p>	<p>20</p> <p>Private dryland appointments ~ 7-11a</p> <p>SRDL 30 ~ 11-1130, 1130-12, 1-130</p> <p>SRDL 60 ~ 1-2, 2-3</p> <p>SRDL 90 ~ 11-1230, 1230-2, 1-230</p> <p>SRDL 2hr ~ 11-1, 1130-130, 12-2</p> <p>SRDL 3hr ~ 11-2, 1130-230, 12-3</p> <p>SRDL 4hr ~ 11-3</p> <p>SROP 30 ~ 4-430, 430-5 (w/ or w/o dry)</p> <p>SROP 60 ~ 330-430 (w/o dry)</p> <p>SROP 60 ~ 4-5, 5-6 (w/dry)</p> <p>SROP 90 ~ 330-5 (w/o dry)</p> <p>SROP 90 ~ 4-530, 5-630 (w/dry)</p> <p>SROP 2hr ~ 4-6, 5-7 (w/dry)</p> <p>SROP 3hr ~ 4-7 (w/dry)</p>	<p>21</p> <p>Private dryland appointments ~ 7-11a</p> <p>SRDL 30 ~ 11-1130, 1130-12, 1-130</p> <p>SRDL 60 ~ 11-12, 12-1, 1-2</p> <p>SRDL 90 ~ 11-1230, 1230-2, 1-230</p> <p>SRDL 2hr ~ 11-1, 1130-130, 12-2</p> <p>SRDL 3hr ~ 11-2, 1130-230</p> <p>SRDL 4hr ~ 1030-230</p> <p>SROP 30 ~ 4-430, 430-5 (w/ or w/o dry)</p> <p>SROP 60 ~ 330-430 (w/o dry)</p> <p>SROP 60 ~ 4-5, 5-6 (w/dry)</p> <p>SROP 90 ~ 330-5 (w/o dry)</p> <p>SROP 90 ~ 4-530, 5-630 (w/dry)</p> <p>SROP 2hr ~ 4-6, 5-7 (w/dry)</p> <p>SROP 3hr ~ 4-7 (w/dry)</p>	<p>22</p> <p>DIVING MEET ~ Miwok, Novato (FC1-8, beginner/Intermediate) Event on DiveLive</p> <p>NO CLUB PRACTICE All are expected to participate in this event</p>
<p>PAGE 2of3 JUNE '24 09-22jun</p>	<p>Notes:</p> <p>PLEASE PAY CLOSE ATTENTION ON A DAILY BASIS TO HOURS/SLOTS/POOLS.</p>					
<p>DIVER'S NAME:</p> <p>PROG LEVEL (circle one): 1, 2, 4, 6, 8, 10, 12, 15 M1, M2, M3, M4, M5, M6</p> <p>INCLUDED HOURS/WEEK:</p> <p>"ExtraHours" (if any):</p> <p>DIVER'S TEAM (if any, circle): DT, RT, ZT, NT, S&E, M</p>	<p>Levels, Calendar Notes:</p> <p>ALL DIVERS ~ each LEVEL has specific timeslot restrictions and inclusions. Please CIRCLE ONLY WHOLE SESSIONS as listed that correspond to your Level. You may not write-in your own session times or request more time than allotted.</p> <p>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</p>	<p>SLOT NOTES & EXPLANATIONS ~</p> <p>For pool slots ~ SROP/DVHS</p> <p>1) If you were at dryland (dry) that day, then you MAY attend the "with" (w/) or "without" (w/o) water (wet) sessions</p> <p>2) If you did NOT attend dryland that day AND you want to attend water that day, you MUST attend sessions marked (w/o).</p>	<p>"TRY-IT-OUT" (TIO) PROGRAM OFFERING</p> <p>Try-it-Out (TIO) Inclusive Sessions ~ Total of 3 sessions (2-water + 1-dryland) Taken in order as: Water-Dryland-Water</p> <p>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)</p>			

June 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23 DIVING MEET ~ Miwok, Novato (JO Divers) Event on DiveLive	24 San Ramon City LTD Camp ~ 8-11a @SROP	25 San Ramon City LTD Camp ~ 8-11a @SROP	26 USAD Zone-D, Madison, WI San Ramon City LTD Camp ~ 8-11a @SROP	27 USAD Zone-D, Madison, WI San Ramon City LTD Camp ~ 8-11a @SROP	28 USAD Zone-D, Madison, WI San Ramon City LTD Camp ~ 8-11a @SROP	29 USAD Zone-D Madison, WI
	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	SRDL 30 ~ 9-930, 10-1030, 1230-1 SRDL 60 ~ 930-1030, 10-11, 1130-11230 SRDL 90 ~ 9-1030, 10-1130, 1130-1 SRDL 2hr ~ 9-11, 930-1130, 10-12 SRDL 3hr ~ 9-12, 930-1230, 10-1 SRDL 4hr ~ 9-1	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	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	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	SRDL ~ 8-830a, 830-9a (30min slots) SRDL ~ 8-9a (only 60min slot) SRDL ~ 8-930a, 830-10a (90min slots) SRDL ~ 8-10a (2hr session) SRDP ~ 930-1030a (only 60min slot) SRDP ~ 930-11a (90min w/o SRDL) SRDP ~ 10a-1130a (90min w/SRDL) SRDP ~ 10a-12p (2hr w/SRDL)
PAGE 3of3 JUNE '24 23-30jun	SRDP 30 ~ 4-430, 430-5 (w/ or w/o dry) SRDP 60 ~ 330-430 (w/o dry) SRDP 60 ~ 4-5, 5-6 (w/dry) SRDP 90 ~ 330-5 (w/o dry) SRDP 90 ~ 4-530, 5-630 (w/dry) SRDP 2hr ~ 4-6, 5-7 (w/dry) SRDP 3hr ~ 4-7 (w/dry)	DVHS 30 ~ 2-230, 230-3 (w/ or w/o dry) DVHS 60 ~ 130-230 (w/o dry) DVHS 60 ~ 2-3 (w/dry) DVHS 90 ~ 130-3 (w/o dry) DVHS 90 ~ 2-330, 230-4 (w/dry) DVHS 2hr ~ 2-4 (w/dry) SRDP 60 ~ 530-630p (w/o dry) SRDP 60 ~ 6-7 (w/dry) SRDP 90 ~ 530-7p (w/o dry)	SRDP 30 ~ 4-430, 430-5 (w/ or w/o dry) SRDP 60 ~ 330-430 (w/o dry) SRDP 60 ~ 4-5, 5-6 (w/dry) SRDP 90 ~ 330-5 (w/o dry) SRDP 90 ~ 4-530, 5-630 (w/dry) SRDP 2hr ~ 4-6, 5-7 (w/dry) SRDP 3hr ~ 4-7 (w/dry)	SRDP 30 ~ 4-430, 430-5 (w/ or w/o dry) SRDP 60 ~ 330-430 (w/o dry) SRDP 60 ~ 4-5, 5-6 (w/dry) SRDP 90 ~ 330-5 (w/o dry) SRDP 90 ~ 4-530, 5-630 (w/dry) SRDP 2hr ~ 4-6, 5-7 (w/dry) SRDP 3hr ~ 4-7 (w/dry)	SRDP 30 ~ 4-430, 430-5 (w/ or w/o dry) SRDP 60 ~ 330-430 (w/o dry) SRDP 60 ~ 4-5, 5-6 (w/dry) SRDP 90 ~ 330-5 (w/o dry) SRDP 90 ~ 4-530, 5-630 (w/dry) SRDP 2hr ~ 4-6, 5-7 (w/dry) SRDP 3hr ~ 4-7 (w/dry)	

30 USAD Zone-D Madison, WI
Diving Camp w/Coach Eric

Notes:

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

<p>DIVER'S NAME: _____</p> <p>PROG LEVEL (circle one): 1, 2, 4, 6, 8, 10, 12, 15 M1, M2, M3, M4, M5, M6</p> <p>INCLUDED HOURS/WEEK: _____</p> <p>"ExtraHours" (if any): _____</p> <p>DIVER'S TEAM (if any, circle): DT, RT, ZT, NT, S&E, M</p>	<p>Levels, Calendar Notes:</p> <p>ALL DIVERS ~ each LEVEL has specific timeslot restrictions and inclusions. Please CIRCLE ONLY WHOLE SESSIONS as listed that correspond to your Level. You may not write-in your own session times or request more time than allotted.</p> <p>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.</p> <p>If you are not sure what your program includes, please email us: admin@CALdiving.org</p>	<p>SLOT NOTES & EXPLANATIONS ~</p> <p>For pool slots ~ SROP/DVHS</p> <p>1) If you were at dryland (dry) that day, then you MAY attend the "with" (w/) or "without" (w/o) water (wet) sessions</p> <p>2) If you did NOT attend dryland that day AND you want to attend water that day, you MUST attend sessions marked (w/o).</p>	<p>"TRY-IT-OUT" (TIO) PROGRAM OFFERING</p> <p>Try-it-Out (TIO) Inclusive Sessions ~ Total of 3 sessions (2-water + 1-dryland) Taken in order as: Water-Dryland-Water</p> <p>WATER options are: (30-, 60-, or 90-minute) sessions DRYLAND sessions are (30- or 60-minute) sessions</p> <p>(coach's discretion for completion of any session)</p>
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July 2024						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 USAD Zone-D Madison, WI Indiana Diving Camp w/Coach Eric drive from Madison to Indianapolis w/Coach Eric	1 Indiana Diving Camp w/Coach Eric SRDL 30 ~ 12-1230, 1230-1, 1-130 SRDL 60 ~ 1230-130, 1-2, 130-230 SRDL 90 ~ 1230-2, 1-230 SRDL 2hr ~ 1230-230 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 (w/dry) SROP 2hr ~ 4-6 (w/dry)	2 Indiana Diving Camp w/Coach Eric SRDL 30 ~ 9-930, 10-1030, 1230-1 SRDL 60 ~ 930-1030, 10-11, 1130-11230 SRDL 90 ~ 9-1030, 10-1130, 1130-1 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 60 ~ 2-3 (w/dry) DVHS 90 ~ 130-3 (w/o dry) DVHS 90 ~ 2-330, 230-4 (w/dry) DVHS 2hr ~ 2-4 (w/dry)	3 Indiana Diving Camp w/Coach Eric SRDL 30 ~ 12-1230, 1230-1, 1-130 SRDL 60 ~ 1230-130, 1-2, 130-230 SRDL 90 ~ 1230-2, 1-230 SRDL 2hr ~ 1230-230 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 (w/dry) SROP 2hr ~ 4-6 (w/dry)	4 Indiana Diving Camp w/Coach Eric CLOSED FOR HOLIDAY	5 Indiana Diving Camp w/Coach Eric SRDL 30 ~ 130-2, 2-230 SRDL 60 ~ 130-230, 2-3 SRDL 90 ~ 130-3, 2-330 SRDL 2hr ~ 130-330 SROP 30 ~ 5-530, 530-6 (w/ or w/o dry) SROP 60 ~ 430-530 (w/o dry) SROP 60 ~ 5-6 (w/dry) SROP 90 ~ 430-6 (w/o dry) SROP 90 ~ 530-7 (w/dry) SROP 2hr ~ 5-7 (w/dry)	6 DIVING MEET ~ DVD, Stockton 1-day meet ~ FC1-8 and JO (an AAU event on DiveMeets) NO CLUB PRACTICE All are expected to participate in this event
7	8 San Ramon City LTD Camp ~ 4-5p @DVHS 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, 10-1130, 1130-1 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 60 ~ 2-3 (w/dry) DVHS 90 ~ 130-3 (w/o dry) DVHS 90 ~ 2-330, 230-4 (w/dry) DVHS 2hr ~ 2-4 (w/dry) SROP 60 ~ 530-630p (w/o dry) SROP 60 ~ 6-7 (w/dry) SROP 90 ~ 530-7p (w/o dry)	9 San Ramon City LTD Camp ~ 4-5p @DVHS 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, 10-1130, 1130-1 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 60 ~ 2-3 (w/dry) DVHS 90 ~ 130-3 (w/o dry) DVHS 90 ~ 2-330, 230-4 (w/dry) DVHS 2hr ~ 2-4 (w/dry) SROP 60 ~ 530-630p (w/o dry) SROP 60 ~ 6-7 (w/dry) SROP 90 ~ 530-7p (w/o dry)	10 San Ramon City LTD Camp ~ 4-5p @SROP Private dryland appointments ~ 7-11a SRDL 30 ~ 11-1130, 12-1230, 1-130 SRDL 60 ~ 1-2, 2-3 SRDL 90 ~ 11-1230, 1230-2 SRDL 2hr ~ 11-1, 1130-130, 12-2 SRDL 3hr ~ 11-2, 1130-230, 12-3 SRDL 4hr ~ 11-3 SROP 30 ~ 5-530, 530-6 (w/ or w/o dry) SROP 60 ~ 430-530 (w/o dry) SROP 60 ~ 5-6 (w/dry) SROP 90 ~ 430-6 (w/o dry) SROP 90 ~ 5-630, 530-7 (w/dry) SROP 2hr ~ 5-7 (w/dry)	11 San Ramon City LTD Camp ~ 4-5p @DVHS 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, 10-1130, 1130-1 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 60 ~ 2-3 (w/dry) DVHS 90 ~ 130-3 (w/o dry) DVHS 90 ~ 2-330, 230-4 (w/dry) DVHS 2hr ~ 2-4 (w/dry) SROP 60 ~ 530-630p (w/o dry) SROP 60 ~ 6-7 (w/dry) SROP 90 ~ 530-7p (w/o dry)	12 San Ramon City LTD Camp ~ 4-5p @DVHS 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, 10-1130, 1130-1 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 60 ~ 2-3 (w/dry) DVHS 90 ~ 130-3 (w/o dry) DVHS 90 ~ 2-330, 230-4 (w/dry) DVHS 2hr ~ 2-4 (w/dry) SROP 60 ~ 530-630p (w/o dry) SROP 60 ~ 6-7 (w/dry) SROP 90 ~ 530-7p (w/o dry)	13 Private dryland appointments ~ 7-9a SRDL ~ 8-830a, 830-9a (30min slots) SRDL ~ 8-9a (only 60min slot) SRDL ~ 8-930a, 830-10a (90min slots) SRDL ~ 8-10a (2hr session) SROP 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 90 ~ 10-1130 (w/dry) SROP 2hr ~ 10-12 (w/dry) Private dryland appointments ~ 1-7pm
PAGE 1of3 JULY '24 01-13jul	Notes: 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 correspond to your Level. You may not write-in your own session times or request more time than allotted. TEAM DIVERS ~ each team (Dev1-3, Region, Zone, National, S&E, and Masters) have specific/prescribed session configurations for length of session(s) per slot/week. When submitting your calendar requests, ONLY CIRCLE whole sessions that are equal to your program listing. Please review the right-hand column on the Fees tab of our website. If you are not sure what your program includes, please email us: admin@CALdiving.org	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 (coach's discretion for completion of any session)			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
14 MIWOK TOWER 1130-2pm	15 Private dryland appointments ~ 7-12p	16 Private dryland appointments ~ 7-9a	17 AAU Nationals, Ft. Lauderdale, FL	18 AAU Nationals, Ft. Lauderdale, FL	19 AAU Nationals, Ft. Lauderdale, FL	20 AAU Nationals, Ft. Lauderdale, FL
CIRCLE THIS SESSION AND Send a text to Coach Eric (925-586-0169) Fees \$30 per diver	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	SRDL 30 ~ 9-930, 10-1030, 1230-1 SRDL 60 ~ 930-1030, 10-11, 1130-11230 SRDL 90 ~ 9-1030, 10-1130, 1130-1 SRDL 2hr ~ 9-11, 930-1130, 10-12 SRDL 3hr ~ 9-12, 930-1230, 10-1 SRDL 4hr ~ 9-1	SRDL 30 ~ 12-1230, 1230-1, 1-130 SRDL 60 ~ 1230-130, 1-2, 130-230 SRDL 90 ~ 1230-2, 1-230 SRDL 2hr ~ 1230-230	SRDL 30 ~ 12-1230, 1230-1, 1-130 SRDL 60 ~ 1230-130, 1-2, 130-230 SRDL 90 ~ 1230-2, 1-230 SRDL 2hr ~ 1230-230	SRDL 30 ~ 12-1230, 1230-1, 1-130 SRDL 60 ~ 1230-130, 1-2, 130-230 SRDL 90 ~ 1230-2, 1-230 SRDL 2hr ~ 1230-230	SRDL ~ 8-830a, 830-9a (30min slots) SRDL ~ 8-9a (only 60min slot) SRDL ~ 8-930a, 830-10a (90min slots) SRDL ~ 8-10a (2hr session)
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.	SRDP 30 ~ 4-430, 430-5 (w/ or w/o dry) SRDP 60 ~ 330-430 (w/o dry) SRDP 90 ~ 4-5, 5-6 (w/dry) SRDP 90 ~ 330-5 (w/o dry) SRDP 90 ~ 4-530, 5-630 (w/dry) SRDP 2hr ~ 4-6, 5-7 (w/dry) SRDP 3hr ~ 4-7 (w/dry)	DVHS 30 ~ 2-230, 230-3 (w/ or w/o dry) DVHS 60 ~ 130-230 (w/o dry) DVHS 90 ~ 130-3 (w/o dry) DVHS 90 ~ 2-330, 230-4 (w/dry) DVHS 2hr ~ 2-4 (w/dry)	SRDP 30 ~ 4-430, 430-5 (w/ or w/o dry) SRDP 60 ~ 330-430 (w/o dry) SRDP 90 ~ 4-5, 5-6 (w/dry) SRDP 90 ~ 330-5 (w/o dry) SRDP 90 ~ 4-530 (w/dry) SRDP 2hr ~ 4-6 (w/dry)	SRDP 30 ~ 4-430, 430-5 (w/ or w/o dry) SRDP 60 ~ 330-430 (w/o dry) SRDP 90 ~ 4-5, 5-6 (w/dry) SRDP 90 ~ 330-5 (w/o dry) SRDP 90 ~ 4-530 (w/dry) SRDP 2hr ~ 4-6 (w/dry)	SRDP 30 ~ 4-430, 430-5 (w/ or w/o dry) SRDP 60 ~ 330-430 (w/o dry) SRDP 90 ~ 4-5, 5-6 (w/dry) SRDP 90 ~ 330-5 (w/o dry) SRDP 90 ~ 4-530 (w/dry) SRDP 2hr ~ 4-6 (w/dry)	SRDP 30 ~ 10-1030, 1030-11 (w/ or w/o dry) SRDP 60 ~ 930-1030 (w/o dry) SRDP 60 ~ 10-11 (w/dry) SRDP 90 ~ 930-11 (w/o dry) SRDP 90 ~ 10-1130 (w/dry) SRDP 2hr ~ 10-12 (w/dry)
		SRDP 60 ~ 530-630p (w/o dry) SRDP 60 ~ 6-7 (w/dry) SRDP 90 ~ 530-7p (w/o dry)				
21 AAU Nationals, Ft. Lauderdale, FL	22 AAU Nationals, Ft. Lauderdale, FL	23	24	25	26	27
	San Ramon City LTD Camp ~ NO CAMP TODAY	San Ramon City LTD Camp ~ 8-11a @SRDP	San Ramon City LTD Camp ~ 8-11a @SRDP	San Ramon City LTD Camp ~ 8-11a @SRDP	San Ramon City LTD Camp ~ 8-11a @SRDP	
	SRDL 30 ~ 12-1230, 1230-1, 1-130 SRDL 60 ~ 1230-130, 1-2, 130-230 SRDL 90 ~ 1230-2, 1-230 SRDL 2hr ~ 1230-230	SRDL 30 ~ 12-1230, 1230-1, 1-130 SRDL 60 ~ 12-1, 1-2 SRDL 90 ~ 12-130, 1230-2 SRDL 2hr ~ 12-2	SRDL 30 ~ 12-1230, 1230-1, 1-130 SRDL 60 ~ 12-1, 1-2 SRDL 90 ~ 12-130, 1230-2 SRDL 2hr ~ 12-2	SRDL 30 ~ 12-1230, 1230-1, 1-130 SRDL 60 ~ 12-1, 1-2 SRDL 90 ~ 12-130, 1230-2 SRDL 2hr ~ 12-2	SRDL 30 ~ 12-1230, 1230-1 SRDL 60 ~ 12-1 SRDL 90 ~ 12-130	SRDL ~ 8-830a, 830-9a (30min slots) SRDL ~ 8-9a (only 60min slot) SRDL ~ 8-930a, 830-10a (90min slots) SRDL ~ 8-10a (2hr session)
	SRDP 30 ~ 4-430, 430-5 (w/ or w/o dry) SRDP 60 ~ 330-430 (w/o dry) SRDP 90 ~ 4-5, 5-6 (w/dry) SRDP 90 ~ 330-5 (w/o dry) SRDP 90 ~ 4-530 (w/dry) SRDP 2hr ~ 4-6 (w/dry)	DVHS 30 ~ 2-230, 230-3 (w/ or w/o dry) DVHS 60 ~ 130-230 (w/o dry) DVHS 90 ~ 130-3 (w/o dry) DVHS 90 ~ 2-330, 230-4 (w/dry) DVHS 2hr ~ 2-4 (w/dry)	DVHS 30 ~ 2-230, 230-3 (w/ or w/o dry) DVHS 60 ~ 130-230 (w/o dry) DVHS 90 ~ 130-3 (w/o dry) DVHS 90 ~ 2-330, 230-4 (w/dry) DVHS 2hr ~ 2-4 (w/dry)	DVHS 30 ~ 2-230, 230-3 (w/ or w/o dry) DVHS 60 ~ 130-230 (w/o dry) DVHS 90 ~ 130-3 (w/o dry) DVHS 90 ~ 2-330, 230-4 (w/dry) DVHS 2hr ~ 2-4 (w/dry)	DVHS 30 ~ 2-230, 230-3 (w/ or w/o dry) DVHS 60 ~ 2-3 (w/dry) DVHS 90 ~ 2-330, 230-4 (w/dry) DVHS 2hr ~ 2-4 (w/dry)	SRDP 30 ~ 10-1030, 1030-11 (w/ or w/o dry) SRDP 60 ~ 930-1030 (w/o dry) SRDP 60 ~ 10-11 (w/dry) SRDP 90 ~ 930-11 (w/o dry) SRDP 90 ~ 10-1130 (w/dry) SRDP 2hr ~ 10-12 (w/dry)
		SRDP 60 ~ 530-630p (w/o dry) SRDP 60 ~ 6-7 (w/dry) SRDP 90 ~ 530-7p (w/o dry)	SRDP 60 ~ 530-630p (w/o dry) SRDP 60 ~ 6-7 (w/dry) SRDP 90 ~ 530-7p (w/o dry)	SRDP 60 ~ 530-630p (w/o dry) SRDP 60 ~ 6-7 (w/dry) SRDP 90 ~ 530-7p (w/o dry)		Private dryland appointments ~ 1-7pm

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JULY '24
14-27jul

Notes:

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

Levels, Calendar Notes:

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

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

SLOT NOTES & EXPLANATIONS ~

For pool slots ~ SRDP/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
(coach's discretion for completion of any session)

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	Notes:		
	Private dryland appointments ~ 7-12p	Private dryland appointments ~ 7-9a	USAD Nationals, Morgantown, WV MODIFIED 07jul24			
	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 60 ~ 12-1, 1-2, 2-3	SRDL 60 ~ 930-1030, 10-11, 1130-11230	SRDL 60 ~ 12-1, 1-2			
	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 2hr ~ 12-2, 1-3	SRDL 2hr ~ 9-11, 930-1130, 10-12	SRDL 2hr ~ 12-2, 1230-230			
	SRDL 3hr ~ 12-3	SRDL 3hr ~ 9-12, 930-1230, 10-1				
		SRDL 4hr ~ 9-1				
	SRROP 30 ~ 4-430, 430-5 (w/ or w/o dry)	DVHS 30 ~ 2-230, 230-3 (w/ or w/o dry)	SRROP 30 ~ 4-430, 430-5 (w/ or w/o dry)			
	SRROP 60 ~ 330-430 (w/o dry)	DVHS 60 ~ 130-230 (w/o dry)	SRROP 60 ~ 330-430 (w/o dry)			
	SRROP 60 ~ 4-5, 5-6 (w/dry)	DVHS 60 ~ 2-3 (w/dry)	SRROP 60 ~ 4-5, 5-6 (w/dry)			
	SRROP 90 ~ 330-5 (w/o dry)	DVHS 90 ~ 130-3 (w/o dry)	SRROP 90 ~ 330-5 (w/o dry)			
	SRROP 90 ~ 4-530, 5-630 (w/dry)	DVHS 90 ~ 2-330, 230-4 (w/dry)	SRROP 90 ~ 4-530 (w/dry)			
	SRROP 2hr ~ 4-6, 5-7 (w/dry)	DVHS 2hr ~ 2-4 (w/dry)	SRROP 2hr ~ 4-6 (w/dry)			
	SRROP 3hr ~ 4-7 (w/dry)					
		SRROP 60 ~ 530-630p (w/o dry)				
		SRROP 60 ~ 6-7 (w/dry)				
		SRROP 90 ~ 530-7p (w/o dry)				

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JULY '24
28-31jul**

Notes:

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For pool slots ~ SRROP/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

(coach's discretion for completion of any session)

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 USAD Nationals, Morgantown, WV SRDL 30 ~ 12-1230, 1230-1, 1-130 SRDL 60 ~ 12-1, 1-2 SRDL 90 ~ 12-130, 1230-2, 1-230 SRDL 2hr ~ 12-2, 1230-230 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 (w/dry) SROP 2hr ~ 4-6 (w/dry)	2 USAD Nationals, Morgantown, WV SRDL 30 ~ 12-1230, 1230-1, 1-130 SRDL 60 ~ 12-1, 1-2 SRDL 90 ~ 12-130, 1230-2, 1-230 SRDL 2hr ~ 12-2, 1230-230 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 (w/dry) SROP 2hr ~ 4-6 (w/dry)	3 USAD Nationals, Morgantown, WV SRDL 30 ~ 8-830, 830-9 SRDL 60 ~ 8-9 SRDL 90 ~ 8-930 SROP 30 ~ 10-1030, 1030-11 (w/ or w/o dry) SROP 60 ~ 10-11 (w/ or w/o dry) SROP 90 ~ 10-1130 (w/ or w/o dry) SROP 2hr ~ 10-12 (w/ or w/o dry)
4 USAD Nationals, Morgantown, WV	5 USAD Nationals, Morgantown, WV San Ramon City LTD Camp ~ 4-5p @DVHS	6 USAD Nationals, Morgantown, WV San Ramon City LTD Camp ~ 4-5p @DVHS	7 San Ramon City LTD Camp ~ 4-5p @DVHS	8 San Ramon City LTD Camp ~ 4-5p @DVHS	9 San Ramon City LTD Camp ~ 4-5p @DVHS	10 Bob Sherman Invite ~ Lafayette, CA LIVE on DiveMeets NOW as an AAU Event
SRDL 30 ~ 9-930, 10-1030 SRDL 60 ~ 930-1030 SRDL 60 ~ 10-11, 11-12 SRDL 90 ~ 930-11, 10-1130 SRDL 90 ~ 1030-12 SRDL 2hr ~ 930-1130, 1030-1230 DVHS 30 ~ 2-230, 230-3 (w/ or w/o dry) DVHS 60 ~ 130-230 (w/o dry) DVHS 60 ~ 2-3 (w/dry) DVHS 90 ~ 130-3 (w/o dry) DVHS 90 ~ 2-330, 230-4 (w/dry) DVHS 2hr ~ 2-4 (w/dry)	SRDL 30 ~ 9-930, 10-1030 SRDL 60 ~ 930-1030 SRDL 60 ~ 10-11, 11-12 SRDL 90 ~ 930-11, 10-1130 SRDL 90 ~ 1030-12 SRDL 2hr ~ 930-1130, 1030-1230 DVHS 30 ~ 2-230, 230-3 (w/ or w/o dry) DVHS 60 ~ 130-230 (w/o dry) DVHS 60 ~ 2-3 (w/dry) DVHS 90 ~ 130-3 (w/o dry) DVHS 90 ~ 2-330, 230-4 (w/dry) DVHS 2hr ~ 2-4 (w/dry)	SRDL 30 ~ 9-930, 10-1030 SRDL 60 ~ 930-1030 SRDL 60 ~ 10-11, 11-12 SRDL 90 ~ 930-11, 10-1130 SRDL 90 ~ 1030-12 SRDL 2hr ~ 930-1130, 1030-1230 DVHS 30 ~ 2-230, 230-3 (w/ or w/o dry) DVHS 60 ~ 130-230 (w/o dry) DVHS 60 ~ 2-3 (w/dry) DVHS 90 ~ 130-3 (w/o dry) DVHS 90 ~ 2-330, 230-4 (w/dry) DVHS 2hr ~ 2-4 (w/dry)	Private dryland appointments ~ 7-9a SRDL 30 ~ 9-930, 10-1030, 1230-1 SRDL 60 ~ 930-1030, 10-11, 1130-1230 SRDL 90 ~ 9-1030, 10-1130, 1130-1 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 60 ~ 2-3 (w/dry) DVHS 90 ~ 130-3 (w/o dry) DVHS 90 ~ 2-330, 230-4 (w/dry) DVHS 2hr ~ 2-4 (w/dry) SROP 60 ~ 530-630p (w/o dry) SROP 60 ~ 6-7 (w/dry) SROP 90 ~ 530-7p (w/o dry)	Private dryland appointments ~ 7-9a SRDL 30 ~ 9-930, 10-1030, 1230-1 SRDL 60 ~ 930-1030, 10-11, 1130-1230 SRDL 90 ~ 9-1030, 10-1130, 1130-1 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 60 ~ 2-3 (w/dry) DVHS 90 ~ 130-3 (w/o dry) DVHS 90 ~ 2-330, 230-4 (w/dry) DVHS 2hr ~ 2-4 (w/dry) SROP 60 ~ 530-630p (w/o dry) SROP 60 ~ 6-7 (w/dry) SROP 90 ~ 530-7p (w/o dry)	Private dryland appointments ~ 7-9a SRDL 30 ~ 10-1030, 1030-11 SRDL 60 ~ 10-11, 1130-1230 SRDL 90 ~ 9-1030, 10-1130 SRDL 2hr ~ 9-11, 930-1130, 10-12 SRDL 3hr ~ 9-12, 930-1230 DVHS 30 ~ 2-230, 230-3 (w/ or w/o dry) DVHS 60 ~ 130-230 (w/o dry) DVHS 60 ~ 2-3 (w/dry) DVHS 90 ~ 130-3 (w/o dry) DVHS 90 ~ 2-330, 230-4 (w/dry) DVHS 2hr ~ 2-4 (w/dry) SROP 60 ~ 530-630p (w/o dry) SROP 60 ~ 6-7 (w/dry) SROP 90 ~ 530-7p (w/o dry)	<p style="text-align: center;">NO CLUB PRACTICE</p> <p style="text-align: center;">ALL beginner/intermediate divers (FC1-8) are expected to participate in this event.</p> <p style="text-align: center;">JO's may participate.</p> <p style="text-align: center;">The event is 1m only</p>

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AUGUST '24
01-10aug

Notes:

PLEASE PAY CLOSE ATTENTION ON A DAILY BASIS TO: OPERATING HOURS, SLOTS, and 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 correspond to your Level. You may not write-in your own session times or request more time than allotted.

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

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

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

(coach's discretion for completion of any session)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
11	12	13	14 SRVUSD 1st Day Of School	15	16	17	
	Private dryland appointments ~ 12-4p	Private dryland appointments ~ 12-4p	Private dryland appointments ~ 12-4p	Private dryland appointments ~ 12-4p	Private dryland appointments ~ 12-4p	Private dryland appointments ~ 7-8 + 2-7p	
	SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 5-6 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 2hr ~ 4-6, 430-630, 5-7	SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 5-6 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 2hr ~ 4-6, 430-630, 5-7	SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 5-6 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 2hr ~ 4-6, 430-630, 5-7	SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 5-6 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 2hr ~ 4-6, 430-630, 5-7	SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 5-6 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 2hr ~ 4-6, 430-630, 5-7	SRDL 30 ~ 4-430, 5-530 SRDL 60 ~ 4-5, 5-6 SRDL 90 ~ 4-530, 430-6 SRDL 2hr ~ 4-6	SRDL 30 ~ 8-830, 9-930 SRDL 60 ~ 8-9, 830-930, 9-10 SRDL 90 ~ 8-930, 9-1030 SRDL 2hr ~ 8-10, 830-1030
	SROP 30 ~ 7-730 SROP 30 ~ 730-8 SROP 60 ~ 630-730 (w/o dry) SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 630-8 (w/o dry) SROP 90 ~ 7-830 (w/dry) SROP 90 ~ 730-9 (w/dry) SROP 2hr ~ 630-830 (w/o dry) SROP 2hr ~ 7-9 (w/dry)	SROP 30 ~ 7-730 SROP 30 ~ 730-8 SROP 60 ~ 630-730 (w/o dry) SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 630-8 (w/o dry) SROP 90 ~ 7-830 (w/dry) SROP 90 ~ 730-9 (w/dry) SROP 2hr ~ 630-830 (w/o dry) SROP 2hr ~ 7-9 (w/dry)	SROP 30 ~ 7-730 SROP 30 ~ 730-8 SROP 60 ~ 630-730 (w/o dry) SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 630-8 (w/o dry) SROP 90 ~ 7-830 (w/dry) SROP 90 ~ 730-9 (w/dry) SROP 2hr ~ 630-830 (w/o dry) SROP 2hr ~ 7-9 (w/dry)	SROP 30 ~ 7-730 SROP 30 ~ 730-8 SROP 60 ~ 630-730 (w/o dry) SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 630-8 (w/o dry) SROP 90 ~ 7-830 (w/dry) SROP 90 ~ 730-9 (w/dry) SROP 2hr ~ 630-830 (w/o dry) SROP 2hr ~ 7-9 (w/dry)	SROP 30 ~ 7-730 SROP 30 ~ 730-8 SROP 60 ~ 630-730 (w/o dry) SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 630-8 (w/o dry) SROP 90 ~ 7-830 (w/dry) SROP 90 ~ 730-9 (w/dry) SROP 2hr ~ 630-830 (w/o dry) SROP 2hr ~ 7-9 (w/dry)	SROP 30 ~ 7-730 SROP 30 ~ 730-8 SROP 60 ~ 630-730 (w/o dry) SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 630-8 (w/o dry) SROP 90 ~ 7-830 (w/dry) SROP 90 ~ 730-9 (w/dry) SROP 2hr ~ 630-830 (w/o dry) SROP 2hr ~ 7-9 (w/dry)	SROP 30 ~ 11-1130 (w/dry OR w/o dry) SROP 30 ~ 1130-12 (w/dry OR w/o dry) SROP 60 ~ 1030-1130 (w/o dry) SROP 60 ~ 11-12, 1130-1230 (w/dry) SROP 90 ~ 1030-12 (w/o dry) SROP 90 ~ 11-1230 (w/dry) SROP 90 ~ 1130-1 (w/dry) SROP 2hr ~ 1030-1230 (w/o dry) SROP 2hr ~ 11-1 (w/dry)

18 MIWOK TOWER 1130-2pm	19	20	21	22	23	24	
	Private dryland appointments ~ 12-4p	Private dryland appointments ~ 12-4p	Private dryland appointments ~ 12-4p	Private dryland appointments ~ 12-4p	Private dryland appointments ~ 12-4p	Private dryland appointments ~ 7-8 + 2-7p	
CIRCLE THIS SESSION AND Send a text to Coach Eric (925-586-0169) Fees \$30 per diver	SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 5-6 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 2hr ~ 4-6, 430-630, 5-7	SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 5-6 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 2hr ~ 4-6, 430-630, 5-7	SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 5-6 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 2hr ~ 4-6, 430-630, 5-7	SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 5-6 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 2hr ~ 4-6, 430-630, 5-7	SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 5-6 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 2hr ~ 4-6, 430-630, 5-7	SRDL 30 ~ 4-430, 5-530 SRDL 60 ~ 4-5, 5-6 SRDL 90 ~ 4-530, 430-6 SRDL 2hr ~ 4-6	SRDL 30 ~ 8-830, 9-930 SRDL 60 ~ 8-9, 830-930, 9-10 SRDL 90 ~ 8-930, 9-1030 SRDL 2hr ~ 8-10, 830-1030
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.	SROP 30 ~ 7-730 SROP 30 ~ 730-8 SROP 60 ~ 630-730 (w/o dry) SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 630-8 (w/o dry) SROP 90 ~ 7-830 (w/dry) SROP 90 ~ 730-9 (w/dry) SROP 2hr ~ 630-830 (w/o dry) SROP 2hr ~ 7-9 (w/dry)	SROP 30 ~ 7-730 SROP 30 ~ 730-8 SROP 60 ~ 630-730 (w/o dry) SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 630-8 (w/o dry) SROP 90 ~ 7-830 (w/dry) SROP 90 ~ 730-9 (w/dry) SROP 2hr ~ 630-830 (w/o dry) SROP 2hr ~ 7-9 (w/dry)	SROP 30 ~ 7-730 SROP 30 ~ 730-8 SROP 60 ~ 630-730 (w/o dry) SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 630-8 (w/o dry) SROP 90 ~ 7-830 (w/dry) SROP 90 ~ 730-9 (w/dry) SROP 2hr ~ 630-830 (w/o dry) SROP 2hr ~ 7-9 (w/dry)	SROP 30 ~ 7-730 SROP 30 ~ 730-8 SROP 60 ~ 630-730 (w/o dry) SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 630-8 (w/o dry) SROP 90 ~ 7-830 (w/dry) SROP 90 ~ 730-9 (w/dry) SROP 2hr ~ 630-830 (w/o dry) SROP 2hr ~ 7-9 (w/dry)	SROP 30 ~ 7-730 SROP 30 ~ 730-8 SROP 60 ~ 630-730 (w/o dry) SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 630-8 (w/o dry) SROP 90 ~ 7-830 (w/dry) SROP 90 ~ 730-9 (w/dry) SROP 2hr ~ 630-830 (w/o dry) SROP 2hr ~ 7-9 (w/dry)	SROP 30 ~ 7-730 SROP 30 ~ 730-8 SROP 60 ~ 630-730 (w/o dry) SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 630-8 (w/o dry) SROP 90 ~ 7-830 (w/dry) SROP 90 ~ 730-9 (w/dry) SROP 2hr ~ 630-830 (w/o dry) SROP 2hr ~ 7-9 (w/dry)	SROP 30 ~ 11-1130 (w/dry OR w/o dry) SROP 30 ~ 1130-12 (w/dry OR w/o dry) SROP 60 ~ 1030-1130 (w/o dry) SROP 60 ~ 11-12, 1130-1230 (w/dry) SROP 90 ~ 1030-12 (w/o dry) SROP 90 ~ 11-1230 (w/dry) SROP 90 ~ 1130-1 (w/dry) SROP 2hr ~ 1030-1230 (w/o dry) SROP 2hr ~ 11-1 (w/dry)

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Notes:

PLEASE PAY CLOSE ATTENTION ON A DAILY BASIS TO: OPERATING HOURS, SLOTS, and POOLS.

DIVER'S NAME:	Levels, Calendar Notes:	SLOT NOTES & EXPLANATIONS ~	"TRY-IT-OUT" (TIO) PROGRAM OFFERING
PROG LEVEL (circle one): 1, 2, 4, 6, 8, 10, 12, 15 M1, M2, M3, M4, M5, M6			
INCLUDED HOURS/WEEK:	<p>ALL DIVERS ~ each LEVEL has specific timeslot restrictions and inclusions. Please CIRCLE ONLY WHOLE SESSIONS as listed that correspond to your Level. You may not write-in your own session times or request more time than allotted.</p> <p>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.</p> <p>If you are not sure what your program includes, please email us: admin@CALdiving.org</p>	<p>For pool slots ~ SROP/DVHS</p> <p>1) If you were at dryland (dry) that day, then you MAY attend the "with" (w/) or "without" (w/o) water (wet) sessions</p> <p>2) If you did NOT attend dryland that day AND you want to attend water that day, you MUST attend sessions marked (w/o).</p>	<p>Try-it-Out (TIO) Inclusive Sessions ~ Total of 3 sessions (2-water + 1-dryland) Taken in order as: Water-Dryland-Water</p> <p>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)</p>
"ExtraHours" (if any):			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	31
	Private dryland appointments ~ 12-4p	Private dryland appointments ~ 12-4p	Private dryland appointments ~ 12-4p	Private dryland appointments ~ 12-4p	Private dryland appointments ~ 12-4p	Private dryland appointments ~ 7-8 + 2-7p
	SRDL 30 - 4-430, 5-530, 6-630 SRDL 60 - 4-5, 5-6 SRDL 90 - 4-530, 430-6, 5-630 SRDL 2hr - 4-6, 430-630, 5-7	SRDL 30 - 4-430, 5-530, 6-630 SRDL 60 - 4-5, 5-6 SRDL 90 - 4-530, 430-6, 5-630 SRDL 2hr - 4-6, 430-630, 5-7	SRDL 30 - 4-430, 5-530, 6-630 SRDL 60 - 4-5, 5-6 SRDL 90 - 4-530, 430-6, 5-630 SRDL 2hr - 4-6, 430-630, 5-7	SRDL 30 - 4-430, 5-530, 6-630 SRDL 60 - 4-5, 5-6 SRDL 90 - 4-530, 430-6, 5-630 SRDL 2hr - 4-6, 430-630, 5-7	SRDL 30 - 4-430, 5-530 SRDL 60 - 4-5, 5-6 SRDL 90 - 4-530, 430-6 SRDL 2hr - 4-6	SRDL 30 - 8-830, 9-930 SRDL 60 - 8-9, 830-930, 9-10 SRDL 90 - 8-930, 9-1030 SRDL 2hr - 8-10, 830-1030
	SRDLP 30 - 7-730 SRDLP 30 - 730-8 SRDLP 60 - 630-730 (w/o dry) SRDLP 60 - 7-8 (w/dry) SRDLP 90 - 630-8 (w/o dry) SRDLP 90 - 7-830 (w/dry) SRDLP 90 - 730-9 (w/dry) SRDLP 2hr - 630-830 (w/o dry) SRDLP 2hr - 7-9 (w/dry)	SRDLP 30 - 7-730 SRDLP 30 - 730-8 SRDLP 60 - 630-730 (w/o dry) SRDLP 60 - 7-8 (w/dry) SRDLP 90 - 630-8 (w/o dry) SRDLP 90 - 7-830 (w/dry) SRDLP 90 - 730-9 (w/dry) SRDLP 2hr - 630-830 (w/o dry) SRDLP 2hr - 7-9 (w/dry)	SRDLP 30 - 7-730 SRDLP 30 - 730-8 SRDLP 60 - 630-730 (w/o dry) SRDLP 60 - 7-8 (w/dry) SRDLP 90 - 630-8 (w/o dry) SRDLP 90 - 7-830 (w/dry) SRDLP 90 - 730-9 (w/dry) SRDLP 2hr - 630-830 (w/o dry) SRDLP 2hr - 7-9 (w/dry)	SRDLP 30 - 7-730 SRDLP 30 - 730-8 SRDLP 60 - 630-730 (w/o dry) SRDLP 60 - 7-8 (w/dry) SRDLP 90 - 630-8 (w/o dry) SRDLP 90 - 7-830 (w/dry) SRDLP 90 - 730-9 (w/dry) SRDLP 2hr - 630-830 (w/o dry) SRDLP 2hr - 7-9 (w/dry)	SRDLP 30 - 7-730 SRDLP 30 - 730-8 SRDLP 60 - 630-730 (w/o dry) SRDLP 60 - 7-8 (w/dry) SRDLP 90 - 630-8 (w/o dry) SRDLP 90 - 7-830 (w/dry) SRDLP 90 - 730-9 (w/dry) SRDLP 2hr - 630-830 (w/o dry) SRDLP 2hr - 7-9 (w/dry)	SRDLP 30 - 11-1130 (w/dry OR w/o dry) SRDLP 30 - 1130-12 (w/dry OR w/o dry) SRDLP 60 - 1030-1130 (w/o dry) SRDLP 60 - 11-12, 1130-1230 (w/dry) SRDLP 90 - 1030-12 (w/o dry) SRDLP 90 - 11-1230 (w/dry) SRDLP 90 - 1130-1 (w/dry) SRDLP 2hr - 1030-1230 (w/o dry) SRDLP 2hr - 11-1 (w/dry)

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AUGUST '24
25-31aug**

Notes:

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Levels, Calendar Notes:

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**"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)

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