April 2025										
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday				
		1	2	3	4 AAU RWB, Red North Qualifier, Tualatin	5 AAU RWB, Red North Qualifier, Tualatin				
		Private dryland appts ~ 12-4p	Private dryland appts ~ 12-4p	Private dryland appts ~ 12-4p						
		DRYLAND SLOTS	DRYLAND SLOTS	DRYLAND SLOTS	DRYLAND SLOTS	DRYLAND SLOTS				
		SRDL 30 ~ 4-430, 5-530, 530-6	SRDL 30 ~ 4-430, 5-530, 530-6	SRDL 30 ~ 4-430, 5-530, 530-6	SRDL 30 ~ 4-430, 5-530, 530-6	SRDL 30 ~ 8-830, 9-930				
		SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 90 ~ 4-530, 430-6, 5-630	SRDL 60 ~ 4-5, 430-530, 5-6	SRDL 60 ~ 4-5, 430-530, 5-6	SRDL 60 ~ 4-5, 430-530, 5-6	SRDL 60 ~ 8-9, 830-930, 9-10 SRDL 90 ~ 8-930, 9-1030				
		SRDL 2hr ~ 4-6, 430-630	SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 2hr ~ 4-6, 430-630	SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 2hr ~ 4-6, 430-630	SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 2hr ~ 4-6, 430-630	SRDL 2hr ~ 8-10, 830-1030				
		3, 100 000		, in the second	3, 100 000	,				
		WATER W/O DRYLAND TODAY	WATER W/O DRYLAND TODAY	WATER W/O DRYLAND TODAY	WATER W/O DRYLAND TODAY	WATER WITHOUT DRYLAND TODAY				
		SROP 30 ~ 7-730 (w/o dry) SROP 60 ~ 630-730 (w/o dry)	SROP 30 ~ 7-730 (w/o dry) SROP 60 ~ 630-730 (w/o dry)	SROP 30 ~ 7-730 (w/o dry) SROP 60 ~ 630-730 (w/o dry)	SROP 30 ~ 7-730 (w/o dry) SROP 60 ~ 630-730 (w/o dry)	SROP 30 ~ 11-1130 (w/dry OR w/o dry) SROP 30 ~ 1130-12 (w/dry OR w/o dry)				
		SROP 90 ~ 630-8 (w/o dry)	SROP 90 ~ 630-8 (w/o dry)	SROP 90 ~ 630-8 (w/o dry)	SROP 90 ~ 630-8 (w/o dry)	SROP 60 ~ 1030-1130 (w/o dry)				
						SROP 90 ~ 1030-12 (w/o dry)				
		WATER WITH DRYLAND TODAY SROP 30 ~ 7-730 (w/dry)	WATER WITH DRYLAND TODAY SROP 30 ~ 7-730 (w/dry)	SROP 30 ~ 7-730 (w/dry)	WATER WITH DRYLAND TODAY SROP 30 ~ 7-730 (w/dry)	SROP 2hr ~ 1030-1230 (w/o dry)				
		SROP 60 ~ 7-8 (w/dry)	SROP 60 ~ 7-8 (w/dry)	SROP 60 ~ 7-8 (w/dry)	SROP 60 ~ 7-8 (w/dry)	WATER WITH DRYLAND TODAY				
		SROP 90 ~ 7-830 (w/dry)	SROP 90 ~ 7-830 (w/dry)	SROP 90 ~ 7-830 (w/dry)	SROP 90 ~ 7-830 (w/dry)	SROP 60 ~ 11-12 (w/dry)				
						SROP 60 ~ 1130-1230 (w/dry)				
						SROP 90 ~ 11-1230 (w/dry) SROP 90 ~ 1130-1 (w/dry)				
						SROP 2hr ~ 11-1 (w/dry)				
6 AAU RWB, Red North Qualifier, Tualatin	7 SRVUSD Spring Break Private dryland appts ~ 12-4p	8 SRVUSD Spring Break Private dryland appts ~ 12-4p	9 SRVUSD Spring Break Private dryland appts ~ 12-4p	10 SRVUSD Spring Break Private dryland appts ~ 12-4p	11 SRVUSD Spring Break Private dryland appts ~ 12-4p	Private dryland appts ~ 7-8 + 2-7p				
	1 Treate dryland apple 12 4p	1 Truce dryland apple 12 4p	1 Tivate diyiana appto 12 4p	111vate dryland apple 12 4p	1 Truce dryland apple 12 4p	1 Hvate dryland appts ~ 1-0 + 2-1p				
	DRYLAND SLOTS	DRYLAND SLOTS	DRYLAND SLOTS	DRYLAND SLOTS	DRYLAND SLOTS	DRYLAND SLOTS				
	SRDL 30 ~ 4-430, 5-530, 530-6 SRDL 60 ~ 4-5, 430-530, 5-6	SRDL 30 ~ 4-430, 5-530, 530-6 SRDL 60 ~ 4-5, 430-530, 5-6	SRDL 30 ~ 4-430, 5-530, 530-6 SRDL 60 ~ 4-5, 430-530, 5-6	SRDL 30 ~ 4-430, 5-530, 530-6 SRDL 60 ~ 4-5, 430-530, 5-6	SRDL 30 ~ 4-430, 5-530 SRDL 60 ~ 4-5, 430-530	SRDL 30 ~ 8-830, 9-930 SRDL 60 ~ 8-9, 830-930, 9-10				
	SRDL 90 ~ 4-530, 430-6, 5-630	SRDL 90 ~ 4-530, 430-6, 5-630	SRDL 90 ~ 4-530, 430-6, 5-630	SRDL 90 ~ 4-530, 430-6, 5-630	SRDL 90 ~ 4-530, 430-6	SRDL 90 ~ 8-930, 9-1030				
	SRDL 2hr ~ 4-6, 430-630	SRDL 2hr ~ 4-6, 430-630	SRDL 2hr ~ 4-6, 430-630	SRDL 2hr ~ 4-6, 430-630	SRDL 2hr ~ 4-6	SRDL 2hr ~ 8-10, 830-1030				
	WATER W/O DRYLAND TODAY	WATER W/O DRYLAND TODAY	WATER W/O DRYLAND TODAY	WATER W/O DRYLAND TODAY	WATER W/O DRYLAND TODAY	WATER WITHOUT DRYLAND TODAY				
	SROP 30 ~ 7-730 (w/o dry)	SROP 30 ~ 7-730 (w/o dry)	SROP 30 ~ 7-730 (w/o dry)	SROP 30 ~ 7-730 (w/o dry)	SROP 30 ~ 7-730 (w/o dry)	SROP 30 ~ 11-1130 (w/dry OR w/o dry)				
	SROP 60 ~ 630-730 (w/o dry)	SROP 60 ~ 630-730 (w/o dry)	SROP 60 ~ 630-730 (w/o dry)	SROP 60 ~ 630-730 (w/o dry)	SROP 60 ~ 630-730 (w/o dry)	SROP 30 ~ 1130-12 (w/dry OR w/o dry)				
	SROP 90 ~ 630-8 (w/o dry)	SROP 90 ~ 630-8 (w/o dry)	SROP 90 ~ 630-8 (w/o dry)	SROP 90 ~ 630-8 (w/o dry)	SROP 90 ~ 630-8 (w/o dry)	SROP 60 ~ 1030-1130 (w/o dry)				
	WATER WITH DRYLAND TODAY	WATER WITH DRYLAND TODAY	WATER WITH DRYLAND TODAY	WATER WITH DRYLAND TODAY	WATER WITH DRYLAND TODAY	SROP 90 ~ 1030-12 (w/o dry) SROP 2hr ~ 1030-1230 (w/o dry)				
	SROP 30 ~ 7-730 (w/dry)	SROP 30 ~ 7-730 (w/dry)	SROP 30 ~ 7-730 (w/dry)	SROP 30 ~ 7-730 (w/dry)	SROP 30 ~ 7-730 (w/dry)					
	SROP 60 ~ 7-8 (w/dry)	SROP 60 ~ 7-8 (w/dry)	SROP 60 ~ 7-8 (w/dry)	SROP 60 ~ 7-8 (w/dry)	SROP 60 ~ 7-8 (w/dry)	WATER WITH DRYLAND TODAY				
	SROP 90 ~ 7-830 (w/dry)	SROP 90 ~ 7-830 (w/dry)	SROP 90 ~ 7-830 (w/dry)	SROP 90 ~ 7-830 (w/dry)	SROP 90 ~ 7-830 (w/dry)	SROP 60 ~ 11-12 (w/dry) SROP 60 ~ 1130-1230 (w/dry)				
	Possible daytime priva	and/or group training (dodged and/or water) may be made available this week a see suprey small a Link Release				SROP 90 ~ 11-1230 (w/dry)				
	Possible daytime private and/or group training (dryland and/or water) may be made available this week ~ see survey email ~ Link Below Q&A FORM LINK ~ https://forms.gle/y7zKFjnZpwsp4Y9r6									
		Write any questions and/or n	otes you have here:							
PAGE 10	of3 ~ 01-12apr									
APRIL 2025										
		NI 4								
	Levels, Calendar Notes:		SLOT NOTES & EXPLANATIONS ~		"TRY-IT-OUT" (TIO)					
DIVER'S NAME:					PROGRAM OFFERING					
	ALL DIVERS ~ each practice "LEVEL (1-15) has specific timeslot			For pool slots ~ SROP/DVHS		T KOOKANI OTT EKINO				
PROG LEVEL (circle one):	limitations. Please CIRCLE ONLY corespond to your Level. You may		Ful puul siuls ~ akur/uvna							
1, 2, 4, 6, 8, 10, 12, 15 M1, M2, M3, M4, M5, M6 times or request more time than allotted. Levels AR TEAM DIVERS ~ each team (Dev1-3, Region, Zone,			1) w/ OR w/o "dryland" ~ If you were at dryland (dry)		Try-it-Out (TIO) Inclusive Sessions ~					
		3. Region, Zone, National S&F and	Abot dov. then you MAY	attend the "with" (w/) or	Total of 3 sessions (2-water + 1-dryland) Taken in order as: Water-Dryland-Water					
INCLUDED HOURS/WEEK:	Masters) have specific/prescribed	session configurations for length	"without" (w/o) water (wet) sessions							
INCLUDED HOURS/WEEK:	of session(s) per slot/week. When		, , ,	,						
"ExtraHours" (if any):	requests, ONLY CIRCLE whole ses program listing. Please review the	sions that are equal to your right-hand column on the Fees tab		dryland that day AND you	WATER options are: (30-, 60-, or 90-minute) sessions					
	of our website.		want to attend water that day, you MUST attend		DRYLAND sessions are (30- or 60-minute) sessions					
DIVER'S TEAM (if any, circle):	VER'S TEAM (if any, circle): DT, RT, ZT, NT, S&E, M Please email us:admin@CALdiving.org			sessions marked (w/o).		(coach's discretion for completion of any session)				
DI, KI, ZI, NI, JOE, W	i iouse cilian us.auliili	. O C. Lairing.org			(coach's discretion for	completion of any session)				

April 2025 Sunday Monday Tuesdav Wednesday Thursday Friday Saturday Private dryland appts ~ 12-4p Private dryland appts ~ 7-8 + 2-7p CIRCLE THIS SESSION DRYLAND SLOTS DRYLAND SLOTS DRYLAND SLOTS DRYLAND SLOTS DRYLAND SLOTS DRYLAND SLOTS AND SRDL 30 ~ 4-430, 5-530 Send a text to Coach Eric SRDL 30 ~ 4-430. 5-530. 530-6 SRDL 30 ~ 8-830. 9-930 (925-586-0169) SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 60 ~ 8-9, 830-930, 9-10 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 60 ~ 4-5, 430-530 Fees \$30 per diver SRDL 90 ~ 4-530. 430-6. 5-630 SRDL 90 ~ 4-530. 430-6 SRDL 90 ~ 8-930. 9-1030 SRDL 2hr ~ 4-6. 430-630 SRDL 2hr ~ 4-6 SRDL 2hr ~ 8-10. 830-1030 If you have not been to a Tower WATER W/O DRYLAND TODAY WATER WITHOUT DRYLAND TODAY session, you should reach out to SROP 30 ~ 7-730 (w/o dry) SROP 30 ~ 11-1130 (w/dry OR w/o dry) Coach Eric (925-586-0169) via text SROP 60 ~ 630-730 (w/o drv) SROP 60 ~ 630-730 (w/o drv) SROP 30 ~ 1130-12 (w/dry OR w/o dry) SROP 60 ~ 630-730 (w/o drv) SROP 60 ~ 630-730 (w/o drv) SROP 60 ~ 630-730 (w/o drv) to discuss what a Tower session SROP 90 ~ 630-8 (w/o dry) SROP 60 ~ 1030-1130 (w/o dry) SROP 90 ~ 630-8 (w/o dry) involves and if it might be good for SROP 90 ~ 1030-12 (w/o dry) you or your diver. WATER WITH DRYLAND TODAY WATER WITH DRYLAND TODAY WATER WITH DRYLAND TODAY WATER WITH DRYLAND TODAY SROP 2hr ~ 1030-1230 (w/o dry) WATER WITH DRYLAND TODAY SROP 30 ~ 7-730 (w/drv) SROP 60 ~ 7-8 (w/dry) SROP 60 ~ 7-8 (w/dry) WATER WITH DRYLAND TODAY SROP 90 ~ 7-830 (w/drv) SROP 60 ~ 11-12 (w/drv) SROP 60 ~ 1130-1230 (w/dry) SROP 90 ~ 11-1230 (w/dry) SROP 90 ~ 1130-1 (w/drv) SROP 2hr ~ 11-1 (w/dry) MIWOK TOWER time 130-4 Private dryland appts ~ 12-4p Private dryland appts ~ 7-8 + 2-7p CIRCLE THIS SESSION DRYLAND SLOTS DRYLAND SLOTS DRYLAND SLOTS DRYLAND SLOTS DRYLAND SLOTS DRYLAND SLOTS AND Send a text to Coach Eric SRDL 30 ~ 4-430. 5-530. 530-6 SRDL 30 ~ 4-430. 5-530 SRDL 30 ~ 8-830. 9-930 (925-586-0169) SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 60 ~ 4-5, 430-530 SRDL 60 ~ 8-9, 830-930, 9-10 Fees \$30 per diver SRDL 90 ~ 4-530. 430-6. 5-630 SRDL 90 ~ 4-530. 430-6. 5-630 SRDL 90 ~ 4-530. 430-6. 5-630 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 90 ~ 4-530. 430-6 SRDL 90 ~ 8-930, 9-1030 SRDL 2hr ~ 4-6. 430-630 SRDL 2hr ~ 4-6 SRDL 2hr ~ 8-10, 830-1030 If you have not been to a Tower WATER W/O DRYLAND TODAY WATER WITHOUT DRYLAND TODAY session, you should reach out to SROP 30 ~ 7-730 (w/o drv) SROP 30 ~ 7-730 (w/o dry) SROP 30 ~ 7-730 (w/o drv) SROP 30 ~ 7-730 (w/o drv) SROP 30 ~ 7-730 (w/o drv) SROP 30 ~ 11-1130 (w/dry OR w/o dry) Coach Eric (925-586-0169) via text SROP 60 ~ 630-730 (w/o dry) SROP 30 ~ 1130-12 (w/dry OR w/o dry) to discuss what a Tower session SROP 90 ~ 630-8 (w/o drv) SROP 90 ~ 630-8 (w/o drv) SROP 90 ~ 630-8 (w/o dry) SROP 90 ~ 630-8 (w/o drv) SROP 90 ~ 630-8 (w/o drv) SROP 60 ~ 1030-1130 (w/o dry) involves and if it might be good for SROP 90 ~ 1030-12 (w/o dry) you or your diver. WATER WITH DRYLAND TODAY SROP 2hr ~ 1030-1230 (w/o dry) WATER WITH DRYLAND TODAY WATER WITH DRYLAND TODAY WATER WITH DRYLAND TODAY WATER WITH DRYLAND TODAY SROP 30 ~ 7-730 (w/dry) WATER WITH DRYLAND TODAY This is Mother's Day...If we SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry) SROP 60 ~ 11-12 (w/dry) do not get enough SROP 60 ~ 1130-1230 (w/dry)

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participants, we will cancel

this session.

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

Write any questions and/or notes you have here:

Please email us:admin@CALdiving.org

Levels, Calendar Notes:

ALL DIVERS ~ each practice "LEVEL (1-15) has specific timeslot

SROP 90 ~ 11-1230 (w/dry)

SROP 90 ~ 1130-1 (w/dry) SROP 2hr ~ 11-1 (w/dry)

SLOT NOTES & EXPLANATIONS ~

For pool slots ~ SROP/DVHS

limitations. Please CIRCLE ONLY WHOLE SESSIONS as listed that

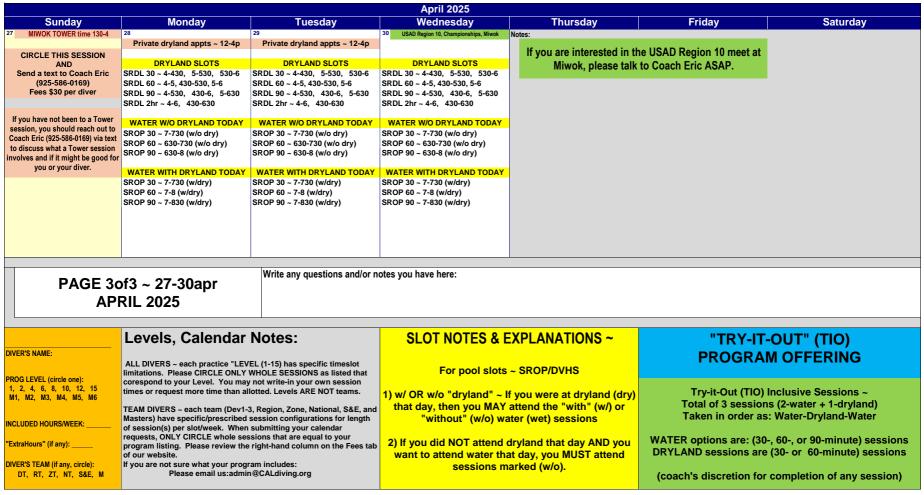
"TRY-IT-OUT" (TIO) **PROGRAM OFFERING**

"without" (w/o) water (wet) sessions

Trv-it-Out (TIO) Inclusive Sessions ~ 1) w/ OR w/o "dryland" ~ If you were at dryland (dry) Total of 3 sessions (2-water + 1-dryland) that day, then you MAY attend the "with" (w/) or Taken in order as: Water-Dryland-Water WATER options are: (30-, 60-, or 90-minute) sessions 2) If you did NOT attend dryland that day AND you DRYLAND sessions are (30- or 60-minute) sessions want to attend water that day, you MUST attend sessions marked (w/o). (coach's discretion for completion of any session)

PROG LEVEL (circle one): corespond to your Level. You may not write-in your own session 1, 2, 4, 6, 8, 10, 12, 15 times or request more time than allotted. Levels ARE NOT teams. M1, M2, M3, M4, M5, M6 TEAM DIVERS ~ each team (Dev1-3, Region, Zone, National, S&E, and Masters) have specific/prescribed session configurations for length INCLUDED HOURS/WEEK: of session(s) per slot/week. When submitting your calendar requests, ONLY CIRCLE whole sessions that are equal to your "ExtraHours" (if any): ____ program listing. Please review the right-hand column on the Fees tab of our website. DIVER'S TEAM (if any, circle): If you are not sure what your program includes:

DIVER'S NAME:



May 2025 Sunday Monday Tuesday Wednesday Thursday Friday Saturday Private dryland appts ~ 12-4p Private dryland appts ~ 12-4p Private dryland appts ~ 7-8 + 2-7p PLEASE NOTE THE FOLLOWING CHANGES ~ DRYLAND SLOTS DRYLAND SLOTS DRYLAND SLOTS Week-1 (Thursday and Friday, 01-02may) are at SROP from 630-830pm SRDL 30 ~ 4-430, 5-530, 530-6 SRDL 30 ~ 4-430, 5-530 SRDL 30 ~ 8-830, 9-930 Weeks 2-5 (Monday through Friday are at DVHS from 7-9pm SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 60 ~ 4-5, 430-530 SRDL 60 ~ 8-9, 830-930, 9-10 SRDL 90 ~ 8-930. 9-1030 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 90 ~ 4-530, 430-6 SRDL 2hr ~ 4-6, 430-630 SRDL 2hr ~ 4-6 SRDL 2hr ~ 8-10. 830-1030 Saturdays remain the same at SROP from 1030am-1pm WATER W/O DRYLAND TODAY WATER W/O DRYLAND TODAY WATER WITHOUT DRYLAND TODAY Dryland starting in weeks 2-5 have been slightly changed and expanded SROP 30 ~ 7-730 (w/o dry) SROP 30 ~ 7-730 (w/o dry) SROP 30 ~ 11-1130 (w/dry OR w/o dry) SROP 30 ~ 1130-12 (w/dry OR w/o dry) SROP 60 ~ 630-730 (w/o dry) SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry) SROP 90 ~ 630-8 (w/o dry) SROP 60 ~ 1030-1130 (w/o dry) SROP 90 ~ 1030-12 (w/o dry) WATER WITH DRYLAND TODAY WATER WITH DRYLAND TODA SROP 2hr ~ 1030-1230 (w/o dry) SROP 30 ~ 7-730 (w/dry) SROP 30 ~ 7-730 (w/dry) SROP 60 ~ 7-8 (w/dry) SROP 60 ~ 7-8 (w/dry) WATER WITH DRYLAND TODAY SROP 90 ~ 7-830 (w/dry) SROP 90 ~ 7-830 (w/dry) SROP 60 ~ 11-12 (w/dry) SROP 60 ~ 1130-1230 (w/dry) SROP 90 ~ 11-1230 (w/dry) SROP 90 ~ 1130-1 (w/dry) SROP 2hr ~ 11-1 (w/drv) 4 USA Diving Reg10, Miwok 5 8 HS, NCS Champs, Concord Private dryland appts ~ 12-4p Private dryland appts ~ 7-8 + 2-7p DRYLAND SLOTS DRYLAND SLOTS DRYLAND SLOTS DRYLAND SLOTS DRYLAND SLOTS DRYLAND SLOTS SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 30 ~ 4-430, 5-530, 530-6 SRDL 30 ~ 8-830, 9-930 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 60 ~ 8-9, 830-930, 9-10 SRDL 60 ~ 530-630 SRDL 60 ~ 530-630 SRDL 60 ~ 530-630 SRDL 60 ~ 530-630 SRDL 90 ~ 4-530. 430-6 SRDL 90 ~ 8-930, 9-1030 SRDL 2hr ~ 4-6 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 2hr ~ 8-10, 830-1030 SRDL 2hr ~ 4-6, 430-630, 5-7 WATER WITHOUT DRYLAND TODAY SRDL 3hr ~ 4-7 SRDL 3hr ~ 4-7 SRDL 3hr ~ 4-7 SRDL 3hr ~ 4-7 SROP 30 ~ 11-1130 (w/dry OR w/o dry) WATER W/O DRYLAND TODAY SROP 30 ~ 1130-12 (w/dry OR w/o dry) DVHS 30 ~ 730-8 (w/o drv) SROP 60 ~ 1030-1130 (w/o drv) DVHS 60 ~ 7-8 (w/o drv) SROP 90 ~ 1030-12 (w/o drv) DVHS 90 ~ 7-830 (w/o dry) DVHS 90 ~ 7-830 (w/o drv) SROP 2hr ~ 1030-1230 (w/o drv) WATER WITH DRYLAND TODAY DVHS 30 ~ 730-8 (w/dry) SROP 60 ~ 11-12 (w/dry) DVHS 60 ~ 730-830 (w/dry) SROP 60 ~ 1130-1230 (w/dry) DVHS 90 ~ 730-9 (w/dry) SROP 90 ~ 11-1230 (w/dry) SROP 90 ~ 1130-1 (w/dry) SROP 2hr ~ 11-1 (w/dry) Write any questions and/or notes you have here: PAGE 10f3 ~ 01-10may **MAY 2025** Levels, Calendar Notes: **SLOT NOTES & EXPLANATIONS ~** "TRY-IT-OUT" (TIO) DIVER'S NAME PROGRAM OFFERING ALL DIVERS ~ each practice "LEVEL (1-15) has specific timeslot For pool slots ~ SROP/DVHS limitations. Please CIRCLE ONLY WHOLE SESSIONS as listed that PROG LEVEL (circle one): corespond to your Level. You may not write-in your own session 1, 2, 4, 6, 8, 10, 12, 15 times or request more time than allotted. Levels ARE NOT teams. Try-it-Out (TIO) Inclusive Sessions ~ 1) w/ OR w/o "dryland" ~ If you were at dryland (dry) M1. M2. M3. M4. M5. M6 Total of 3 sessions (2-water + 1-dryland) that day, then you MAY attend the "with" (w/) or TEAM DIVERS ~ each team (Dev1-3, Region, Zone, National, S&E, and Taken in order as: Water-Dryland-Water Masters) have specific/prescribed session configurations for length "without" (w/o) water (wet) sessions INCLUDED HOURS/WEEK: of session(s) per slot/week. When submitting your calendar requests. ONLY CIRCLE whole sessions that are equal to your WATER options are: (30-, 60-, or 90-minute) sessions 2) If you did NOT attend dryland that day AND you "ExtraHours" (if any): program listing. Please review the right-hand column on the Fees tab DRYLAND sessions are (30- or 60-minute) sessions want to attend water that day, you MUST attend of our website. DIVER'S TEAM (if any, circle): If you are not sure what your program includes: sessions marked (w/o). DT, RT, ZT, NT, S&E, M Please email us:admin@CALdiving.org (coach's discretion for completion of any session)

May 2025 Monday Tuesday Wednesday Friday Saturday Sunday Thursday MIWOK TOWER time 130-4 Private dryland appts ~ 12-4p Private dryland appts ~ 7-8 + 2-7p CIRCLE THIS SESSION DRYLAND SLOTS AND DRYLAND SLOTS DRYLAND SLOTS DRYLAND SLOTS DRYLAND SLOTS DRYLAND SLOTS Send a text to Coach Eric SRDL 30 ~ 4-430. 5-530. 6-630 SRDL 30 ~ 4-430. 5-530. 530-6 SRDL 30 ~ 8-830. 9-930 (925-586-0169) SRDL 60 ~ 4-5. 430-530. 5-6 SRDL 60 ~ 8-9, 830-930, 9-10 Fees \$30 per diver SRDL 60 ~ 530-630 SRDL 60 ~ 530-630 SRDL 60 ~ 530-630 SRDL 60 ~ 530-630 SRDL 90 ~ 4-530. 430-6 SRDL 90 ~ 8-930. 9-1030 SRDL 90 ~ 4-530. 430-6. 5-630 SRDL 90 ~ 4-530. 430-6. 5-630 SRDL 90 ~ 4-530. 430-6. 5-630 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 2hr ~ 4-6 SRDL 2hr ~ 8-10. 830-1030 SRDL 2hr ~ 4-6, 430-630, 5-7 SRDL 2hr ~ 4-6. 430-630. 5-7 SRDL 2hr ~ 4-6, 430-630, 5-7 SRDL 2hr ~ 4-6. 430-630. 5-7 If you have not been to a Tower SRDL 3hr ~ 4-7 SRDL 3hr ~ 4-7 SRDL 3hr ~ 4-7 SRDL 3hr ~ 4-7 WATER WITHOUT DRYLAND TODAY session, you should reach out to SROP 30 ~ 11-1130 (w/dry OR w/o dry) Coach Eric (925-586-0169) via text WATER W/O DRYLAND TODAY SROP 30 ~ 1130-12 (w/dry OR w/o dry) to discuss what a Tower session SROP 60 ~ 1030-1130 (w/o dry) DVHS 30 ~ 730-8 (w/o drv) involves and if it might be good for DVHS 60 ~ 7-8 (w/o dry) SROP 90 ~ 1030-12 (w/o drv) DVHS 60 ~ 7-8 (w/o drv) you or your diver. DVHS 90 ~ 7-830 (w/o drv) SROP 2hr ~ 1030-1230 (w/o drv) WATER WITH DRYLAND TODAY DVHS 30 ~ 730-8 (w/drv) DVHS 30 ~ 730-8 (w/dry) SROP 60 ~ 11-12 (w/drv) DVHS 60 ~ 730-830 (w/drv) SROP 60 ~ 1130-1230 (w/drv) DVHS 90 ~ 730-9 (w/drv) SROP 90 ~ 11-1230 (w/drv) SROP 90 ~ 1130-1 (w/dry) SROP 2hr ~ 11-1 (w/drv) AAU RWB Nat's, NC AAU RWB Nat's, NC Private dryland appts ~ 12-4p Private dryland appts ~ 7-8 + 2-7p DRYLAND SLOTS DRYLAND SLOTS DRYLAND SLOTS DRYLAND SLOTS DRYLAND SLOTS DRYLAND SLOTS SRDL 30 ~ 4-430. 5-530. 6-630 SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 30 ~ 4-430. 5-530. 6-630 SRDL 30 ~ 4-430. 5-530. 530-6 SRDL 30 ~ 8-830. 9-930 SRDL 60 ~ 4-5. 430-530. 5-6 SRDL 60 ~ 8-9. 830-930. 9-10 SRDL 60 ~ 530-630 SRDI 60 ~ 530-630 SRDL 60 ~ 530-630 SRDL 60 ~ 530-630 SRDL 90 ~ 4-530, 430-6 SRDL 90 ~ 8-930. 9-1030 SRDL 90 ~ 4-530. 430-6. 5-630 SRDL 2hr ~ 4-6 SRDL 2hr ~ 8-10, 830-1030 SRDL 2hr ~ 4-6. 430-630. 5-7 SRDL 3hr ~ 4-7 SRDL 3hr ~ 4-7 SRDL 3hr ~ 4-7 SRDL 3hr ~ 4-7 WATER WITHOUT DRYLAND TODAY SROP 30 ~ 11-1130 (w/dry OR w/o dry) WATER W/O DRYLAND TODAY SROP 30 ~ 1130-12 (w/dry OR w/o dry) DVHS 30 ~ 730-8 (w/o drv) DVHS 30 ~ 730-8 (w/o dry) SROP 60 ~ 1030-1130 (w/o dry) DVHS 60 ~ 7-8 (w/o dry) SROP 90 ~ 1030-12 (w/o dry) DVHS 90 ~ 7-830 (w/o dry) SROP 2hr ~ 1030-1230 (w/o dry) WATER WITH DRYLAND TODAY DVHS 30 ~ 730-8 (w/drv) SROP 60 ~ 11-12 (w/drv) DVHS 60 ~ 730-830 (w/drv) SROP 60 ~ 1130-1230 (w/drv) DVHS 60 ~ 730-830 (w/drv) DVHS 90 ~ 730-9 (w/drv) SROP 90 ~ 11-1230 (w/drv) SROP 90 ~ 1130-1 (w/dry) SROP 2hr ~ 11-1 (w/dry) Write any questions and/or notes you have here: PAGE 2of3 ~ 11-24may **MAY 2025** Levels, Calendar Notes: SLOT NOTES & EXPLANATIONS ~ "TRY-IT-OUT" (TIO) DIVER'S NAME: PROGRAM OFFERING ALL DIVERS ~ each practice "LEVEL (1-15) has specific timeslot For pool slots ~ SROP/DVHS limitations. Please CIRCLE ONLY WHOLE SESSIONS as listed that PROG LEVEL (circle one): corespond to your Level. You may not write-in your own session 1, 2, 4, 6, 8, 10, 12, 15 times or request more time than allotted. Levels ARE NOT teams. Try-it-Out (TIO) Inclusive Sessions ~ 1) w/ OR w/o "dryland" ~ If you were at dryland (dry) M1, M2, M3, M4, M5, M6 Total of 3 sessions (2-water + 1-dryland) that day, then you MAY attend the "with" (w/) or TEAM DIVERS ~ each team (Dev1-3, Region, Zone, National, S&E, and Taken in order as: Water-Dryland-Water "without" (w/o) water (wet) sessions Masters) have specific/prescribed session configurations for length INCLUDED HOURS/WEEK: of session(s) per slot/week. When submitting your calendar requests, ONLY CIRCLE whole sessions that are equal to your WATER options are: (30-, 60-, or 90-minute) sessions 2) If you did NOT attend dryland that day AND you "ExtraHours" (if any): ___ program listing. Please review the right-hand column on the Fees tab DRYLAND sessions are (30- or 60-minute) sessions want to attend water that day, you MUST attend of our website. DIVER'S TEAM (if any, circle): If you are not sure what your program includes: sessions marked (w/o). Please email us:admin@CALdiving.org DT, RT, ZT, NT, S&E, M (coach's discretion for completion of any session)

May 2025											
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday					
25 AAU RWB Nat's, NC	26 AAU RWB Nat's, NC	27	28	29	30	31					
MIWOK TOWER time 130-4	Private dryland appts ~ 12-4p	Private dryland appts ~ 12-4p	Private dryland appts ~ 12-4p	Private dryland appts ~ 12-4p	Private dryland appts ~ 12-4p	Private dryland appts ~ 7-8 + 2-7p					
CIRCLE THIS SESSION	DRYLAND SLOTS	DRYLAND SLOTS	DRYLAND SLOTS	DRYLAND SLOTS	DRYLAND SLOTS	DRYLAND SLOTS					
AND	SRDL 30 ~ 4-430, 5-530, 6-630	SRDL 30 ~ 4-430, 5-530, 6-630	SRDL 30 ~ 4-430, 5-530, 6-630	SRDL 30 ~ 4-430, 5-530, 6-630	SRDL 30 ~ 4-430, 5-530, 530-6	SRDL 30 ~ 8-830, 9-930					
	SRDL 60 ~ 4-5, 430-530, 5-6	SRDL 60 ~ 4-5, 430-530, 5-6	SRDL 60 ~ 4-5, 430-530, 5-6	SRDL 60 ~ 4-5, 430-530, 5-6	SRDL 60 ~ 4-5, 430-530, 5-6	SRDL 60 ~ 8-9, 830-930, 9-10					
(925-586-0169) Fees \$30 per diver	SRDL 60 ~ 530-630	SRDL 60 ~ 530-630	SRDL 60 ~ 530-630	SRDL 60 ~ 530-630	SRDL 90 ~ 4-530, 430-6	SRDL 90 ~ 8-930, 9-1030					
	SRDL 90 ~ 4-530, 430-6, 5-630	SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 2hr ~ 4-6, 430-630, 5-7	SRDL 90 ~ 4-530, 430-6, 5-630	SRDL 90 ~ 4-530, 430-6, 5-630	SRDL 2hr ~ 4-6	SRDL 2hr ~ 8-10, 830-1030					
	SRDL 2hr ~ 4-6, 430-630, 5-7 SRDL 3hr ~ 4-7	SRDL 2hr ~ 4-6, 430-630, 5-7	SRDL 2hr ~ 4-6, 430-630, 5-7 SRDL 3hr ~ 4-7	SRDL 2hr ~ 4-6, 430-630, 5-7 SRDL 3hr ~ 4-7		WATER WITHOUT DRYLAND TODAY					
If you have not been to a Tower	SKDE 3111 ~ 4-7	SKDL SIII ~ 4-7	SKDL SIII ~ 4-7	SKDL SIII ~ 4-7		SROP 30 ~ 11-1130 (w/dry OR w/o dry)					
session, you should reach out to	WATER W/O DRYLAND TODAY	WATER W/O DRYLAND TODAY	WATER W/O DRYLAND TODAY	WATER W/O DRYLAND TODAY	WATER W/O DRYLAND TODAY	SROP 30 ~ 1130-12 (w/dry OR w/o dry)					
Coach Eric (925-586-0169) via text	DVHS 30 ~ 730-8 (w/o dry)	DVHS 30 ~ 730-8 (w/o dry)	DVHS 30 ~ 730-8 (w/o dry)	DVHS 30 ~ 730-8 (w/o dry)	DVHS 30 ~ 730-8 (w/o dry)	SROP 60 ~ 1030-1130 (w/o dry)					
to discuss what a Tower session	DVHS 60 ~ 7-8 (w/o dry)	DVHS 60 ~ 7-8 (w/o dry)	DVHS 60 ~ 7-8 (w/o dry)	DVHS 60 ~ 7-8 (w/o dry)	DVHS 60 ~ 7-8 (w/o dry)	SROP 90 ~ 1030-12 (w/o dry)					
involves and if it might be good for	DVHS 90 ~ 7-830 (w/o dry)	DVHS 90 ~ 7-830 (w/o dry)	DVHS 90 ~ 7-830 (w/o dry)	DVHS 90 ~ 7-830 (w/o dry)	DVHS 90 ~ 7-830 (w/o dry)	SROP 2hr ~ 1030-1230 (w/o dry)					
you or your diver.	,,	,	,	,	,	, , , , , , , , , , , , , , , , , , , ,					
	WATER WITH DRYLAND TODAY	WATER WITH DRYLAND TODAY	WATER WITH DRYLAND TODAY	WATER WITH DRYLAND TODAY	WATER WITH DRYLAND TODAY	WATER WITH DRYLAND TODAY					
	DVHS 30 ~ 730-8 (w/dry)	DVHS 30 ~ 730-8 (w/dry)	DVHS 30 ~ 730-8 (w/dry)	DVHS 30 ~ 730-8 (w/dry)	DVHS 30 ~ 730-8 (w/dry)	SROP 60 ~ 11-12 (w/dry)					
	DVHS 60 ~ 730-830 (w/dry)	DVHS 60 ~ 730-830 (w/dry)	DVHS 60 ~ 730-830 (w/dry)	DVHS 60 ~ 730-830 (w/dry)	DVHS 60 ~ 730-830 (w/dry)	SROP 60 ~ 1130-1230 (w/dry)					
	DVHS 90 ~ 730-9 (w/dry)	DVHS 90 ~ 730-9 (w/dry)	DVHS 90 ~ 730-9 (w/dry)	DVHS 90 ~ 730-9 (w/dry)	DVHS 90 ~ 730-9 (w/dry)	SROP 90 ~ 11-1230 (w/dry)					
						SROP 90 ~ 1130-1 (w/dry)					
						SROP 2hr ~ 11-1 (w/dry)					
DACE 20	f2 25 21 may	Write any questions and/or n	otes you have here:								
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	Levels, Calendar Notes:		SLOT NOTES & EXPLANATIONS ~		"TRY-IT-OUT" (TIO)						
DIVER'S NAME:	·				PROGRAM OFFÈRING						
	ALL DIVERS ~ each practice "LEVEL (1-15) has specific timeslot limitations. Please CIRCLE ONLY WHOLE SESSIONS as listed that		For pool slots ~ SROP/DVHS		PRUGRA	W OFFERING					
PROG LEVEL (circle one):	corespond to your Level. You may										
1, 2, 4, 6, 8, 10, 12, 15 M1, M2, M3, M4, M5, M6	imes or request more time than allotted. Levels ARE NOT teams.		1) w/ OR w/o "dryland" ~ If you were at dryland (dry) that day, then you MAY attend the "with" (w/) or		Try-it-Out (TIO) Inclusive Sessions ~ Total of 3 sessions (2-water + 1-dryland)						
	TEAM DIVERS toom (David 2 Davies Zone National CRE and										
	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		"without" (w/o) water (wet) sessions		Taken in order as	s: Water-Dryland-Water					
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	of our website.	am includes.	want to attend water that day, you MUST attend		DICIEMIND Sessions are (50- or ou-minute) sessions						
DIVER'S TEAM (if any, circle): DT, RT, ZT, NT, S&E, M	If you are not sure what your program includes: Please email us:admin@CALdiving.org		sessions marked (w/o).		(coach's discretion for completion of any session)						
DI, KI, ZI, NI, JOE, W	i iodoc cinan us.aumin	. Co. La. Finglory			(coach's discretion for	completion of any session)					