

		April 2025				
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Private dryland appts ~ 12-4p	2 Private dryland appts ~ 12-4p	3 Private dryland appts ~ 12-4p	4 AAU RWB, Red North Qualifier, Tualatin	5 AAU RWB, Red North Qualifier, Tualatin
		DRYLAND SLOTS SRDL 30 ~ 4-430, 5-530, 530-6 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 2hr ~ 4-6, 430-630	DRYLAND SLOTS SRDL 30 ~ 4-430, 5-530, 530-6 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 2hr ~ 4-6, 430-630	DRYLAND SLOTS SRDL 30 ~ 4-430, 5-530, 530-6 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 2hr ~ 4-6, 430-630	DRYLAND SLOTS SRDL 30 ~ 4-430, 5-530, 530-6 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 2hr ~ 4-6, 430-630	DRYLAND SLOTS 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
		WATER W/O DRYLAND TODAY SROP 30 ~ 7-730 (w/o dry) SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry)	WATER W/O DRYLAND TODAY SROP 30 ~ 7-730 (w/o dry) SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry)	WATER W/O DRYLAND TODAY SROP 30 ~ 7-730 (w/o dry) SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry)	WATER W/O DRYLAND TODAY SROP 30 ~ 7-730 (w/o dry) SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry)	WATER WITHOUT DRYLAND TODAY 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 90 ~ 1030-12 (w/o dry) SROP 2hr ~ 1030-1230 (w/o dry)
		WATER WITH DRYLAND TODAY SROP 30 ~ 7-730 (w/dry) SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry)	WATER WITH DRYLAND TODAY SROP 30 ~ 7-730 (w/dry) SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry)	WATER WITH DRYLAND TODAY SROP 30 ~ 7-730 (w/dry) SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry)	WATER WITH DRYLAND TODAY SROP 30 ~ 7-730 (w/dry) SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry)	WATER WITH DRYLAND TODAY 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	12 Private dryland appts ~ 7-8 + 2-7p
	DRYLAND SLOTS SRDL 30 ~ 4-430, 5-530, 530-6 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 2hr ~ 4-6, 430-630	DRYLAND SLOTS SRDL 30 ~ 4-430, 5-530, 530-6 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 2hr ~ 4-6, 430-630	DRYLAND SLOTS SRDL 30 ~ 4-430, 5-530, 530-6 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 2hr ~ 4-6, 430-630	DRYLAND SLOTS SRDL 30 ~ 4-430, 5-530, 530-6 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 2hr ~ 4-6, 430-630	DRYLAND SLOTS SRDL 30 ~ 4-430, 5-530 SRDL 60 ~ 4-5, 430-530 SRDL 90 ~ 4-530, 430-6 SRDL 2hr ~ 4-6	DRYLAND SLOTS 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
	WATER W/O DRYLAND TODAY SROP 30 ~ 7-730 (w/o dry) SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry)	WATER W/O DRYLAND TODAY SROP 30 ~ 7-730 (w/o dry) SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry)	WATER W/O DRYLAND TODAY SROP 30 ~ 7-730 (w/o dry) SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry)	WATER W/O DRYLAND TODAY SROP 30 ~ 7-730 (w/o dry) SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry)	WATER W/O DRYLAND TODAY SROP 30 ~ 7-730 (w/o dry) SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry)	WATER WITHOUT DRYLAND TODAY 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 90 ~ 1030-12 (w/o dry) SROP 2hr ~ 1030-1230 (w/o dry)
	WATER WITH DRYLAND TODAY SROP 30 ~ 7-730 (w/dry) SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry)	WATER WITH DRYLAND TODAY SROP 30 ~ 7-730 (w/dry) SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry)	WATER WITH DRYLAND TODAY SROP 30 ~ 7-730 (w/dry) SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry)	WATER WITH DRYLAND TODAY SROP 30 ~ 7-730 (w/dry) SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry)	WATER WITH DRYLAND TODAY SROP 30 ~ 7-730 (w/dry) SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry)	WATER WITH DRYLAND TODAY 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)
	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/y7zKFjnZpwsq4Y9r6					

<div> <div>PAGE 1of3 ~ 01-12apr</div> <div>APRIL 2025</div> </div>		Write any questions and/or notes you have here:
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<div> <div>DIVER'S NAME:</div> <div> <div>PROG LEVEL (circle one):</div> <div>1, 2, 4, 6, 8, 10, 12, 15</div> <div>M1, M2, M3, M4, M5, M6</div> </div> <div>INCLUDED HOURS/WEEK:</div> <div> <div>"ExtraHours" (if any):</div> <div></div> </div> <div> <div>DIVER'S TEAM (if any, circle):</div> <div>DT, RT, ZT, NT, S&E, M</div> </div> </div>	<div> <div>Levels, Calendar Notes:</div> <div> <div>ALL DIVERS ~ each practice "LEVEL (1-15) has specific timeslot limitations. 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. Levels ARE NOT teams.</div> <div>TEAM DIVERS ~ each team (Dev1-3, Region, Zone, National, S&E, and Masters) have specific/prescribed session configurations for length of session(s) per slot/week. When submitting your calendar requests, ONLY CIRCLE whole sessions that are equal to your program listing. Please review the right-hand column on the Fees tab of our website.</div> <div>If you are not sure what your program includes: Please email us:admin@CALdiving.org</div> </div> </div>	<div> <div>SLOT NOTES & EXPLANATIONS ~</div> <div>For pool slots ~ SROP/DVHS</div> <div> <div>1) w/ OR w/o "dryland" ~ If you were at dryland (dry) that day, then you MAY attend the "with" (w/) or "without" (w/o) water (wet) sessions</div> <div>2) If you did NOT attend dryland that day AND you want to attend water that day, you MUST attend sessions marked (w/o).</div> </div> </div>	<div> <div>"TRY-IT-OUT" (TIO) PROGRAM OFFERING</div> <div> <div>Try-it-Out (TIO) Inclusive Sessions ~ Total of 3 sessions (2-water + 1-dryland) Taken in order as: Water-Dryland-Water</div> <div>WATER options are: (30-, 60-, or 90-minute) sessions DRYLAND sessions are (30- or 60-minute) sessions (coach's discretion for completion of any session)</div> </div> </div>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13 MIWOK TOWER time 130-4	14 Private dryland appts ~ 12-4p	15 Private dryland appts ~ 12-4p	16 Private dryland appts ~ 12-4p	17 Private dryland appts ~ 12-4p	18 Private dryland appts ~ 12-4p	19 Private dryland appts ~ 7-8 + 2-7p
CIRCLE THIS SESSION AND Send a text to Coach Eric (925-586-0169) Fees \$30 per diver	DRYLAND SLOTS SRDL 30 ~ 4-430, 5-530, 530-6 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 2hr ~ 4-6, 430-630	DRYLAND SLOTS SRDL 30 ~ 4-430, 5-530, 530-6 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 2hr ~ 4-6, 430-630	DRYLAND SLOTS SRDL 30 ~ 4-430, 5-530, 530-6 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 2hr ~ 4-6, 430-630	DRYLAND SLOTS SRDL 30 ~ 4-430, 5-530, 530-6 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 2hr ~ 4-6, 430-630	DRYLAND SLOTS SRDL 30 ~ 4-430, 5-530 SRDL 60 ~ 4-5, 430-530 SRDL 90 ~ 4-530, 430-6 SRDL 2hr ~ 4-6	DRYLAND SLOTS 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.	WATER W/O DRYLAND TODAY SROP 30 ~ 7-730 (w/o dry) SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry)	WATER W/O DRYLAND TODAY SROP 30 ~ 7-730 (w/o dry) SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry)	WATER W/O DRYLAND TODAY SROP 30 ~ 7-730 (w/o dry) SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry)	WATER W/O DRYLAND TODAY SROP 30 ~ 7-730 (w/o dry) SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry)	WATER W/O DRYLAND TODAY SROP 30 ~ 7-730 (w/o dry) SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry)	WATER WITHOUT DRYLAND TODAY 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 90 ~ 1030-12 (w/o dry) SROP 2hr ~ 1030-1230 (w/o dry)
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20 MIWOK TOWER time 130-4	21 Private dryland appts ~ 12-4p	22 Private dryland appts ~ 12-4p	23 Private dryland appts ~ 12-4p	24 Private dryland appts ~ 12-4p	25 Private dryland appts ~ 12-4p	26 Private dryland appts ~ 7-8 + 2-7p
CIRCLE THIS SESSION AND Send a text to Coach Eric (925-586-0169) Fees \$30 per diver	DRYLAND SLOTS SRDL 30 ~ 4-430, 5-530, 530-6 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 2hr ~ 4-6, 430-630	DRYLAND SLOTS SRDL 30 ~ 4-430, 5-530, 530-6 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 2hr ~ 4-6, 430-630	DRYLAND SLOTS SRDL 30 ~ 4-430, 5-530, 530-6 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 2hr ~ 4-6, 430-630	DRYLAND SLOTS SRDL 30 ~ 4-430, 5-530, 530-6 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 2hr ~ 4-6, 430-630	DRYLAND SLOTS SRDL 30 ~ 4-430, 5-530 SRDL 60 ~ 4-5, 430-530 SRDL 90 ~ 4-530, 430-6 SRDL 2hr ~ 4-6	DRYLAND SLOTS 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
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WATER WITH DRYLAND TODAY SROP 30 ~ 7-730 (w/dry) SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry)	WATER WITH DRYLAND TODAY SROP 30 ~ 7-730 (w/dry) SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry)	WATER WITH DRYLAND TODAY SROP 30 ~ 7-730 (w/dry) SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry)	WATER WITH DRYLAND TODAY SROP 30 ~ 7-730 (w/dry) SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry)	WATER WITH DRYLAND TODAY SROP 30 ~ 7-730 (w/dry) SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry)	WATER WITH DRYLAND TODAY SROP 30 ~ 7-730 (w/dry) SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry)	WATER WITH DRYLAND TODAY 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)
This is Mother's Day...If we do not get enough participants, we will cancel this session.						

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APRIL 2025

Write any questions and/or notes you have here:

DIVER'S NAME:	Levels, Calendar Notes:	SLOT NOTES & EXPLANATIONS ~	"TRY-IT-OUT" (TIO) PROGRAM OFFERING
PROG LEVEL (circle one): 1, 2, 4, 6, 8, 10, 12, 15 M1, M2, M3, M4, M5, M6	ALL DIVERS ~ each practice "LEVEL (1-15) has specific timeslot limitations. 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. Levels ARE NOT teams.	For pool slots ~ SROP/DVHS	Try-it-Out (TIO) Inclusive Sessions ~ Total of 3 sessions (2-water + 1-dryland) Taken in order as: Water-Dryland-Water
INCLUDED HOURS/WEEK:	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.	1) w/ OR w/o "dryland" ~ If you were at dryland (dry) that day, then you MAY attend the "with" (w/) or "without" (w/o) water (wet) sessions	WATER options are: (30-, 60-, or 90-minute) sessions DRYLAND sessions are (30- or 60-minute) sessions
"ExtraHours" (if any): _____	If you are not sure what your program includes: Please email us:admin@CALdiving.org	2) If you did NOT attend dryland that day AND you want to attend water that day, you MUST attend sessions marked (w/o).	(coach's discretion for completion of any session)
DIVER'S TEAM (if any, circle): DT, RT, ZT, NT, S&E, M			

April 2025						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 MIWOK TOWER time 130-4	28 Private dryland appts ~ 12-4p	29 Private dryland appts ~ 12-4p	30 USAD Region 10, Championships, Miwok	Notes: If you are interested in the USAD Region 10 meet at Miwok, please talk to Coach Eric ASAP.		
CIRCLE THIS SESSION AND Send a text to Coach Eric (925-586-0169) Fees \$30 per diver	DRYLAND SLOTS SRDL 30 ~ 4-430, 5-530, 530-6 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 2hr ~ 4-6, 430-630	DRYLAND SLOTS SRDL 30 ~ 4-430, 5-530, 530-6 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 2hr ~ 4-6, 430-630	DRYLAND SLOTS SRDL 30 ~ 4-430, 5-530, 530-6 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 2hr ~ 4-6, 430-630			
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	WATER WITH DRYLAND TODAY SROP 30 ~ 7-730 (w/dry) SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry)	WATER WITH DRYLAND TODAY SROP 30 ~ 7-730 (w/dry) SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry)	WATER WITH DRYLAND TODAY SROP 30 ~ 7-730 (w/dry) SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry)			

PAGE 3of3 ~ 27-30apr APRIL 2025		Write any questions and/or notes you have here:
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Levels, Calendar Notes:		SLOT NOTES & EXPLANATIONS ~	"TRY-IT-OUT" (TIO) PROGRAM OFFERING
DIVER'S NAME:	ALL DIVERS ~ each practice "LEVEL (1-15) has specific timeslot limitations. 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. Levels ARE NOT teams. TEAM DIVERS ~ each team (Dev1-3, Region, Zone, National, S&E, and Masters) have specific/prescribed session configurations for length of session(s) per slot/week. When submitting your calendar requests, ONLY CIRCLE whole sessions that are equal to your program listing. Please review the right-hand column on the Fees tab of our website. If you are not sure what your program includes: Please email us:admin@CALdiving.org	For pool slots ~ SROP/DVHS 1) w/ OR w/o "dryland" ~ If you were at dryland (dry) that day, then you MAY attend the "with" (w/) or "without" (w/o) water (wet) sessions 2) If you did NOT attend dryland that day AND you want to attend water that day, you MUST attend sessions marked (w/o).	Try-it-Out (TIO) Inclusive Sessions ~ Total of 3 sessions (2-water + 1-dryland) Taken in order as: Water-Dryland-Water
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			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 2025									
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
<div>PLEASE NOTE THE FOLLOWING CHANGES ~</div> <div>Week-1 (Thursday and Friday, 01-02may) are at SROP from 630-830pm Weeks 2-5 (Monday through Friday are at DVHS from 7-9pm</div> <div>Saturdays remain the same at SROP from 1030am-1pm</div> <div>Dryland starting in weeks 2-5 have been slightly changed and expanded</div>				1	2	3			
				Private dryland appts ~ 12-4p		USA Diving Reg10, Miwok Private dryland appts ~ 12-4p		USA Diving Reg10, Miwok Private dryland appts ~ 7-8 + 2-7p	
				DRYLAND SLOTS		DRYLAND SLOTS		DRYLAND SLOTS	
				SRDL 30 ~ 4-430, 5-530, 530-6 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 2hr ~ 4-6, 430-630		SRDL 30 ~ 4-430, 5-530 SRDL 60 ~ 4-5, 430-530 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	
				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 90 ~ 630-8 (w/o dry)		SROP 30 ~ 7-730 (w/o dry) SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (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 ~ 1030-1130 (w/o dry) SROP 90 ~ 1030-12 (w/o dry) SROP 2hr ~ 1030-1230 (w/o dry)	
				WATER WITH DRYLAND TODAY		WATER WITH DRYLAND TODAY		WATER WITH DRYLAND TODAY	
				SROP 30 ~ 7-730 (w/dry) SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry)		SROP 30 ~ 7-730 (w/dry) SROP 60 ~ 7-8 (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)	
4	5	6	7	8	9	10			
USA Diving Reg10, Miwok	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		
	DRYLAND SLOTS		DRYLAND SLOTS	DRYLAND SLOTS		DRYLAND SLOTS	DRYLAND SLOTS		
	SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 60 ~ 530-630 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 2hr ~ 4-6, 430-630, 5-7 SRDL 3hr ~ 4-7		SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 60 ~ 530-630 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 2hr ~ 4-6, 430-630, 5-7 SRDL 3hr ~ 4-7	SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 60 ~ 530-630 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 2hr ~ 4-6, 430-630, 5-7 SRDL 3hr ~ 4-7	SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 60 ~ 530-630 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 2hr ~ 4-6, 430-630, 5-7 SRDL 3hr ~ 4-7		SRDL 30 ~ 4-430, 5-530, 530-6 SRDL 60 ~ 4-5, 430-530, 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	
	WATER W/O DRYLAND TODAY		WATER W/O DRYLAND TODAY	WATER W/O DRYLAND TODAY		WATER W/O DRYLAND TODAY	WATER WITHOUT DRYLAND TODAY		
	DVHS 30 ~ 730-8 (w/o dry) DVHS 60 ~ 7-8 (w/o dry) DVHS 90 ~ 7-830 (w/o dry)		DVHS 30 ~ 730-8 (w/o dry) DVHS 60 ~ 7-8 (w/o dry) DVHS 90 ~ 7-830 (w/o dry)	DVHS 30 ~ 730-8 (w/o dry) DVHS 60 ~ 7-8 (w/o dry) DVHS 90 ~ 7-830 (w/o dry)		DVHS 30 ~ 730-8 (w/o dry) DVHS 60 ~ 7-8 (w/o dry) DVHS 90 ~ 7-830 (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 ~ 1030-1130 (w/o dry) SROP 90 ~ 1030-12 (w/o dry) SROP 2hr ~ 1030-1230 (w/o dry)		
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 60 ~ 730-830 (w/dry) DVHS 90 ~ 730-9 (w/dry)		DVHS 30 ~ 730-8 (w/dry) DVHS 60 ~ 730-830 (w/dry) DVHS 90 ~ 730-9 (w/dry)	DVHS 30 ~ 730-8 (w/dry) DVHS 60 ~ 730-830 (w/dry) DVHS 90 ~ 730-9 (w/dry)		DVHS 30 ~ 730-8 (w/dry) DVHS 60 ~ 730-830 (w/dry) DVHS 90 ~ 730-9 (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)			

<div> <div> <div>PAGE 1of3 ~ 01-10may</div> <div>MAY 2025</div> </div> <div> <div>Write any questions and/or notes you have here:</div> </div> </div>

Levels, Calendar Notes:		SLOT NOTES & EXPLANATIONS ~	"TRY-IT-OUT" (TIO) PROGRAM OFFERING
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	ALL DIVERS ~ each practice "LEVEL (1-15) has specific timeslot limitations. 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. Levels ARE NOT teams. TEAM DIVERS ~ each team (Dev1-3, Region, Zone, National, S&E, and Masters) have specific/prescribed session configurations for length of session(s) per slot/week. When submitting your calendar requests, ONLY CIRCLE whole sessions that are equal to your program listing. Please review the right-hand column on the Fees tab of our website. If you are not sure what your program includes: Please email us:admin@CALdiving.org	For pool slots ~ SROP/DVHS 1) w/ OR w/o "dryland" ~ If you were at dryland (dry) that day, then you MAY attend the "with" (w/) or "without" (w/o) water (wet) sessions 2) If you did NOT attend dryland that day AND you want to attend water that day, you MUST attend sessions marked (w/o).	Try-it-Out (TIO) Inclusive Sessions ~ Total of 3 sessions (2-water + 1-dryland) Taken in order as: Water-Dryland-Water WATER options are: (30-, 60-, or 90-minute) sessions DRYLAND sessions are (30- or 60-minute) sessions (coach's discretion for completion of any session)

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
11 MIWOK TOWER time 130-4		12 Private dryland appts ~ 12-4p		13 Private dryland appts ~ 12-4p		14 Private dryland appts ~ 12-4p		15 HS, CIF Champs, Clovis Private dryland appts ~ 12-4p		16 Private dryland appts ~ 12-4p		17 Private dryland appts ~ 7-8 + 2-7p	
CIRCLE THIS SESSION AND Send a text to Coach Eric (925-586-0169) Fees \$30 per diver		DRYLAND SLOTS SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 60 ~ 530-630 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 2hr ~ 4-6, 430-630, 5-7 SRDL 3hr ~ 4-7		DRYLAND SLOTS SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 60 ~ 530-630 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 2hr ~ 4-6, 430-630, 5-7 SRDL 3hr ~ 4-7		DRYLAND SLOTS SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 60 ~ 530-630 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 2hr ~ 4-6, 430-630, 5-7 SRDL 3hr ~ 4-7		DRYLAND SLOTS SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 60 ~ 530-630 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 2hr ~ 4-6, 430-630, 5-7 SRDL 3hr ~ 4-7		DRYLAND SLOTS SRDL 30 ~ 4-430, 5-530, 530-6 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 90 ~ 4-530, 430-6 SRDL 2hr ~ 4-6		DRYLAND SLOTS 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.		WATER W/O DRYLAND TODAY DVHS 30 ~ 730-8 (w/o dry) DVHS 60 ~ 7-8 (w/o dry) DVHS 90 ~ 7-830 (w/o dry)		WATER W/O DRYLAND TODAY DVHS 30 ~ 730-8 (w/o dry) DVHS 60 ~ 7-8 (w/o dry) DVHS 90 ~ 7-830 (w/o dry)		WATER W/O DRYLAND TODAY DVHS 30 ~ 730-8 (w/o dry) DVHS 60 ~ 7-8 (w/o dry) DVHS 90 ~ 7-830 (w/o dry)		WATER W/O DRYLAND TODAY DVHS 30 ~ 730-8 (w/o dry) DVHS 60 ~ 7-8 (w/o dry) DVHS 90 ~ 7-830 (w/o dry)		WATER W/O DRYLAND TODAY DVHS 30 ~ 730-8 (w/o dry) DVHS 60 ~ 7-8 (w/o dry) DVHS 90 ~ 7-830 (w/o dry)		WATER WITHOUT DRYLAND TODAY 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 90 ~ 1030-12 (w/o dry) SROP 2hr ~ 1030-1230 (w/o dry)	
		WATER WITH DRYLAND TODAY DVHS 30 ~ 730-8 (w/dry) DVHS 60 ~ 730-830 (w/dry) DVHS 90 ~ 730-9 (w/dry)		WATER WITH DRYLAND TODAY DVHS 30 ~ 730-8 (w/dry) DVHS 60 ~ 730-830 (w/dry) DVHS 90 ~ 730-9 (w/dry)		WATER WITH DRYLAND TODAY DVHS 30 ~ 730-8 (w/dry) DVHS 60 ~ 730-830 (w/dry) DVHS 90 ~ 730-9 (w/dry)		WATER WITH DRYLAND TODAY DVHS 30 ~ 730-8 (w/dry) DVHS 60 ~ 730-830 (w/dry) DVHS 90 ~ 730-9 (w/dry)		WATER WITH DRYLAND TODAY DVHS 30 ~ 730-8 (w/dry) DVHS 60 ~ 730-830 (w/dry) DVHS 90 ~ 730-9 (w/dry)		WATER WITH DRYLAND TODAY 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)	
18		19 Private dryland appts ~ 12-4p		20 Private dryland appts ~ 12-4p		21 Private dryland appts ~ 12-4p		22 Private dryland appts ~ 12-4p		23 AAU RWB Nat's, NC Private dryland appts ~ 12-4p		24 AAU RWB Nat's, NC Private dryland appts ~ 7-8 + 2-7p	
		DRYLAND SLOTS SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 60 ~ 530-630 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 2hr ~ 4-6, 430-630, 5-7 SRDL 3hr ~ 4-7		DRYLAND SLOTS SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 60 ~ 530-630 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 2hr ~ 4-6, 430-630, 5-7 SRDL 3hr ~ 4-7		DRYLAND SLOTS SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 60 ~ 530-630 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 2hr ~ 4-6, 430-630, 5-7 SRDL 3hr ~ 4-7		DRYLAND SLOTS SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 60 ~ 530-630 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 2hr ~ 4-6, 430-630, 5-7 SRDL 3hr ~ 4-7		DRYLAND SLOTS SRDL 30 ~ 4-430, 5-530, 530-6 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 90 ~ 4-530, 430-6 SRDL 2hr ~ 4-6		DRYLAND SLOTS 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	
		WATER W/O DRYLAND TODAY DVHS 30 ~ 730-8 (w/o dry) DVHS 60 ~ 7-8 (w/o dry) DVHS 90 ~ 7-830 (w/o dry)		WATER W/O DRYLAND TODAY DVHS 30 ~ 730-8 (w/o dry) DVHS 60 ~ 7-8 (w/o dry) DVHS 90 ~ 7-830 (w/o dry)		WATER W/O DRYLAND TODAY DVHS 30 ~ 730-8 (w/o dry) DVHS 60 ~ 7-8 (w/o dry) DVHS 90 ~ 7-830 (w/o dry)		WATER W/O DRYLAND TODAY DVHS 30 ~ 730-8 (w/o dry) DVHS 60 ~ 7-8 (w/o dry) DVHS 90 ~ 7-830 (w/o dry)		WATER W/O DRYLAND TODAY DVHS 30 ~ 730-8 (w/o dry) DVHS 60 ~ 7-8 (w/o dry) DVHS 90 ~ 7-830 (w/o dry)		WATER WITHOUT DRYLAND TODAY 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 90 ~ 1030-12 (w/o dry) SROP 2hr ~ 1030-1230 (w/o dry)	
		WATER WITH DRYLAND TODAY DVHS 30 ~ 730-8 (w/dry) DVHS 60 ~ 730-830 (w/dry) DVHS 90 ~ 730-9 (w/dry)		WATER WITH DRYLAND TODAY DVHS 30 ~ 730-8 (w/dry) DVHS 60 ~ 730-830 (w/dry) DVHS 90 ~ 730-9 (w/dry)		WATER WITH DRYLAND TODAY DVHS 30 ~ 730-8 (w/dry) DVHS 60 ~ 730-830 (w/dry) DVHS 90 ~ 730-9 (w/dry)		WATER WITH DRYLAND TODAY DVHS 30 ~ 730-8 (w/dry) DVHS 60 ~ 730-830 (w/dry) DVHS 90 ~ 730-9 (w/dry)		WATER WITH DRYLAND TODAY DVHS 30 ~ 730-8 (w/dry) DVHS 60 ~ 730-830 (w/dry) DVHS 90 ~ 730-9 (w/dry)		WATER WITH DRYLAND TODAY 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)	

PAGE 2of3 ~ 11-24may MAY 2025		Write any questions and/or notes you have here:
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Levels, Calendar Notes:		SLOT NOTES & EXPLANATIONS ~	"TRY-IT-OUT" (TIO) PROGRAM OFFERING
DIVER'S NAME:	ALL DIVERS ~ each practice "LEVEL (1-15) has specific timeslot limitations. 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. Levels ARE NOT teams.	For pool slots ~ SROP/DVHS	Try-it-Out (TIO) Inclusive Sessions ~ Total of 3 sessions (2-water + 1-dryland) Taken in order as: Water-Dryland-Water
PROG LEVEL (circle one): 1, 2, 4, 6, 8, 10, 12, 15 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 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.	1) w/ OR w/o "dryland" ~ If you were at dryland (dry) that day, then you MAY attend the "with" (w/) or "without" (w/o) water (wet) sessions	
INCLUDED HOURS/WEEK:	If you are not sure what your program includes: Please email us:admin@CALdiving.org	2) If you did NOT attend dryland that day AND you want to attend water that day, you MUST attend sessions marked (w/o).	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)
"ExtraHours" (if any): _____			
DIVER'S TEAM (if any, circle): DT, RT, ZT, NT, S&E, M			

May 2025						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25 AAU RWB Nat's, NC MIWOK TOWER time 130-4	26 AAU RWB Nat's, NC Private dryland appts ~ 12-4p	27 Private dryland appts ~ 12-4p	28 Private dryland appts ~ 12-4p	29 Private dryland appts ~ 12-4p	30 Private dryland appts ~ 12-4p	31 Private dryland appts ~ 7-8 + 2-7p
CIRCLE THIS SESSION AND Send a text to Coach Eric (925-586-0169) Fees \$30 per diver	DRYLAND SLOTS SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 60 ~ 530-630 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 2hr ~ 4-6, 430-630, 5-7 SRDL 3hr ~ 4-7	DRYLAND SLOTS SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 60 ~ 530-630 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 2hr ~ 4-6, 430-630, 5-7 SRDL 3hr ~ 4-7	DRYLAND SLOTS SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 60 ~ 530-630 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 2hr ~ 4-6, 430-630, 5-7 SRDL 3hr ~ 4-7	DRYLAND SLOTS SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 60 ~ 530-630 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 2hr ~ 4-6, 430-630, 5-7 SRDL 3hr ~ 4-7	DRYLAND SLOTS SRDL 30 ~ 4-430, 5-530, 530-6 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 90 ~ 4-530, 430-6 SRDL 2hr ~ 4-6	DRYLAND SLOTS 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
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MAY 2025

Write any questions and/or notes you have here:

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:

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SLOT NOTES & EXPLANATIONS ~

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1) w/ OR w/o "dryland" ~ 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)