

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
<p>Private dryland appts ~ 12-4p</p> <p>Private dryland appts ~ 12-4p</p> <p>Private dryland appts ~ 12-4p</p> <p>Private dryland appts ~ 12-4p</p> <p>Private dryland appts ~ 12-4p</p> <p>Private dryland appts ~ 12-4p</p> <p>Private dryland appts ~ 7-8 + 2-7p</p>						
<p>GENERAL NOTE FOR DECEMBER 2024 ~</p> <p>There is work scheduled in December for the small (lap) pool at SROP. This is going to significantly impacts all user groups.</p>						
<p>DRYLAND SLOTS</p> <p>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, 5-7</p> <p>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, 5-7</p> <p>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, 5-7</p> <p>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, 5-7</p> <p>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, 5-7</p> <p>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, 5-7</p>						
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PAGE 1of2 ~ 01-14dec DECEMBER'24

From October until possibly March, high school water use, in addition to new construction at SROP, will have an impact on our schedule. There will be a significant shift to DVHS starting in Mid-November running until possibly mid-March. We may also receive reduced water time during these periods. If this happens, we will adjust the posted schedule for known changes and notify you ASAP for any last-minute changes made by the pool gods.

Levels, Calendar Notes:

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

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)

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
15 MIWOK TOWER 130-4pm	16 Private dryland appts ~ 12-4p	17 Private dryland appts ~ 12-4p	18 Private dryland appts ~ 12-4p	19 Private dryland appts ~ 12-4p	20 Private dryland appts ~ 12-4p	21 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, 5-7	DRYLAND SLOTS SRDL 30 ~ 4-430, 5-530, 530-6 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 2hr ~ 4-6, 430-630, 5-7	DRYLAND SLOTS SRDL 30 ~ 4-430, 5-530, 530-6 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 2hr ~ 4-6, 430-630, 5-7	DRYLAND SLOTS SRDL 30 ~ 4-430, 5-530, 530-6 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 2hr ~ 4-6, 430-630, 5-7	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 ~ 7-730 (w/o dry) DVHS 60 ~ 630-730 (w/o dry) DVHS 90 ~ 630-8 (w/o dry)	WATER W/O DRYLAND TODAY DVHS 30 ~ 7-730 (w/o dry) DVHS 60 ~ 630-730 (w/o dry) DVHS 90 ~ 630-8 (w/o dry)	WATER W/O DRYLAND TODAY DVHS 30 ~ 7-730 (w/o dry) DVHS 60 ~ 630-730 (w/o dry) DVHS 90 ~ 630-8 (w/o dry)	WATER W/O DRYLAND TODAY DVHS 30 ~ 7-730 (w/o dry) DVHS 60 ~ 630-730 (w/o dry) DVHS 90 ~ 630-8 (w/o dry)	WATER W/O DRYLAND TODAY DVHS 30 ~ 7-730 (w/o dry) DVHS 60 ~ 630-730 (w/o dry) DVHS 90 ~ 630-8 (w/o dry)	WATER WITHOUT DRYLAND TODAY SROP 30 ~ 11-1130 (w/dry OR w/o dry) SROP 60 ~ 1130-12 (w/dry OR w/o dry) SROP 90 ~ 1030-1130 (w/o dry) SROP 90 ~ 1030-12 (w/o dry) SROP 2hr ~ 1030-1230 (w/o dry)
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22	23	24	25	26	27	28

HAPPY HOLIDAYS!

29	30	31	GENERAL NOTE FOR DECEMBER 2024 ~			
<p>HAPPY HOLIDAYS! CDA WILL RETURN TO REGULAR PRACTICE January 2nd, 2025</p>			<p>There is work scheduled in December for the small (lap) pool at SROP. This is going to significantly impacts all user groups.</p> <p>During this break, there may be opportunities to request private or semi-private dryland training sessions. If you are interested, please send an email to us (admin@CALdiving.org) with your request(s) and date(s).</p>			

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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 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	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)
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Sunday	Monday	Tuesday	January 2025 Wednesday	Thursday	Friday	Saturday
			1 HAPPY NEW YEAR 2025 CDA IS CLOSED	2 Private dryland appts ~ 12-4p 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 WATER W/O DRYLAND TODAY DVHS 30 ~ 7-730 (w/o dry) DVHS 60 ~ 630-730 (w/o dry) DVHS 90 ~ 630-8 (w/o dry) WATER WITH DRYLAND TODAY DVHS 30 ~ 7-730 (w/dry) DVHS 60 ~ 7-8 (w/dry) DVHS 90 ~ 7-830 (w/dry) No 2hr water slot	3 Private dryland appts ~ 12-4p DRYLAND SLOTS SRDL 30 ~ 4-430, 5-530 SRDL 60 ~ 4-5, 430-530 SRDL 90 ~ 4-530, 430-6 SRDL 2hr ~ 4-6 WATER W/O DRYLAND TODAY DVHS 30 ~ 7-730 (w/o dry) DVHS 60 ~ 630-730 (w/o dry) DVHS 90 ~ 630-8 (w/o dry) WATER WITH DRYLAND TODAY DVHS 30 ~ 7-730 (w/dry) DVHS 60 ~ 7-8 (w/dry) DVHS 90 ~ 7-830 (w/dry) No 2hr water slot	4 Private dryland appts ~ 7-8 + 2-7p 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 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 60 ~ 11-12 (w/dry) SROP 60 ~ 1130-1230 (w/dry) SROP 90 ~ 1130-1 (w/dry) SROP 2hr ~ 11-1 (w/dry)

5	6 Private dryland appts ~ 12-4p 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 WATER W/O DRYLAND TODAY DVHS 30 ~ 7-730 (w/o dry) DVHS 60 ~ 630-730 (w/o dry) DVHS 90 ~ 630-8 (w/o dry) WATER WITH DRYLAND TODAY DVHS 30 ~ 7-730 (w/dry) DVHS 60 ~ 7-8 (w/dry) DVHS 90 ~ 7-830 (w/dry) No 2hr water slot	7 Private dryland appts ~ 12-4p 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 WATER W/O DRYLAND TODAY DVHS 30 ~ 7-730 (w/o dry) DVHS 60 ~ 630-730 (w/o dry) DVHS 90 ~ 630-8 (w/o dry) WATER WITH DRYLAND TODAY DVHS 30 ~ 7-730 (w/dry) DVHS 60 ~ 7-8 (w/dry) DVHS 90 ~ 7-830 (w/dry) No 2hr water slot	8 Private dryland appts ~ 12-4p 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 WATER W/O DRYLAND TODAY DVHS 30 ~ 7-730 (w/o dry) DVHS 60 ~ 630-730 (w/o dry) DVHS 90 ~ 630-8 (w/o dry) WATER WITH DRYLAND TODAY DVHS 30 ~ 7-730 (w/dry) DVHS 60 ~ 7-8 (w/dry) DVHS 90 ~ 7-830 (w/dry) No 2hr water slot	9 Private dryland appts ~ 12-4p 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 WATER W/O DRYLAND TODAY DVHS 30 ~ 7-730 (w/o dry) DVHS 60 ~ 630-730 (w/o dry) DVHS 90 ~ 630-8 (w/o dry) WATER WITH DRYLAND TODAY DVHS 30 ~ 7-730 (w/dry) DVHS 60 ~ 7-8 (w/dry) DVHS 90 ~ 7-830 (w/dry) No 2hr water slot	10 Private dryland appts ~ 12-4p DRYLAND SLOTS SRDL 30 ~ 4-430, 5-530 SRDL 60 ~ 4-5, 430-530 SRDL 90 ~ 4-530, 430-6 SRDL 2hr ~ 4-6 WATER W/O DRYLAND TODAY DVHS 30 ~ 7-730 (w/o dry) DVHS 60 ~ 630-730 (w/o dry) DVHS 90 ~ 630-8 (w/o dry) WATER WITH DRYLAND TODAY DVHS 30 ~ 7-730 (w/dry) DVHS 60 ~ 7-8 (w/dry) DVHS 90 ~ 7-830 (w/dry) No 2hr water slot	11 Private dryland appts ~ 7-8 + 2-7p 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 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 60 ~ 11-12 (w/dry) SROP 60 ~ 1130-1230 (w/dry) SROP 90 ~ 1130-1 (w/dry) SROP 2hr ~ 11-1 (w/dry)
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**PAGE 1 of 3 ~ 01-11jan
JANUARY'25**

For January, ongoing construction and repairs at SROP, will impact on our schedule. The shift to DVHS will continue until possibly mid-March.

Levels, Calendar Notes:

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 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

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)

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

January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
12 MIWOK TOWER time 130-4	13 Private dryland appts ~ 12-4p	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 ~ 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, 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 DVHS 30 ~ 7-730 (w/o dry) DVHS 60 ~ 630-730 (w/o dry) DVHS 90 ~ 630-8 (w/o dry)	WATER W/O DRYLAND TODAY DVHS 30 ~ 7-730 (w/o dry) DVHS 60 ~ 630-730 (w/o dry) DVHS 90 ~ 630-8 (w/o dry)	WATER W/O DRYLAND TODAY DVHS 30 ~ 7-730 (w/o dry) DVHS 60 ~ 630-730 (w/o dry) DVHS 90 ~ 630-8 (w/o dry)	WATER W/O DRYLAND TODAY DVHS 30 ~ 7-730 (w/o dry) DVHS 60 ~ 630-730 (w/o dry) DVHS 90 ~ 630-8 (w/o dry)	WATER W/O DRYLAND TODAY DVHS 30 ~ 7-730 (w/o dry) DVHS 60 ~ 630-730 (w/o dry) DVHS 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 DVHS 30 ~ 7-730 (w/dry) DVHS 60 ~ 7-8 (w/dry) DVHS 90 ~ 7-830 (w/dry) No 2hr water slot	WATER WITH DRYLAND TODAY DVHS 30 ~ 7-730 (w/dry) DVHS 60 ~ 7-8 (w/dry) DVHS 90 ~ 7-830 (w/dry) No 2hr water slot	WATER WITH DRYLAND TODAY DVHS 30 ~ 7-730 (w/dry) DVHS 60 ~ 7-8 (w/dry) DVHS 90 ~ 7-830 (w/dry) No 2hr water slot	WATER WITH DRYLAND TODAY DVHS 30 ~ 7-730 (w/dry) DVHS 60 ~ 7-8 (w/dry) DVHS 90 ~ 7-830 (w/dry) No 2hr water slot	WATER WITH DRYLAND TODAY DVHS 30 ~ 7-730 (w/dry) DVHS 60 ~ 7-8 (w/dry) DVHS 90 ~ 7-830 (w/dry) No 2hr water slot	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)	
19	20 HAPPY MARTIN LUTHER KING HOLIDAY CDA IS CLOSED	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 ~ 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 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 DVHS 30 ~ 7-730 (w/o dry) DVHS 60 ~ 630-730 (w/o dry) DVHS 90 ~ 630-8 (w/o dry)	WATER W/O DRYLAND TODAY DVHS 30 ~ 7-730 (w/o dry) DVHS 60 ~ 630-730 (w/o dry) DVHS 90 ~ 630-8 (w/o dry)	WATER W/O DRYLAND TODAY DVHS 30 ~ 7-730 (w/o dry) DVHS 60 ~ 630-730 (w/o dry) DVHS 90 ~ 630-8 (w/o dry)	WATER W/O DRYLAND TODAY DVHS 30 ~ 7-730 (w/o dry) DVHS 60 ~ 630-730 (w/o dry) DVHS 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 DVHS 30 ~ 7-730 (w/dry) DVHS 60 ~ 7-8 (w/dry) DVHS 90 ~ 7-830 (w/dry) No 2hr water slot	WATER WITH DRYLAND TODAY DVHS 30 ~ 7-730 (w/dry) DVHS 60 ~ 7-8 (w/dry) DVHS 90 ~ 7-830 (w/dry) No 2hr water slot	WATER WITH DRYLAND TODAY DVHS 30 ~ 7-730 (w/dry) DVHS 60 ~ 7-8 (w/dry) DVHS 90 ~ 7-830 (w/dry) No 2hr water slot	WATER WITH DRYLAND TODAY DVHS 30 ~ 7-730 (w/dry) DVHS 60 ~ 7-8 (w/dry) DVHS 90 ~ 7-830 (w/dry) No 2hr water slot	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)	

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JANUARY'25**

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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

January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
26	27	28	29	30	31	Notes:	
	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		
	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 90 ~ 4-530, 430-6, 5-630 SRDL 2hr ~ 4-6, 430-630	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, 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, 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, 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, 530-6 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 2hr ~ 4-6, 430-630	
	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		
	DVHS 30 ~ 7-730 (w/o dry) DVHS 60 ~ 630-730 (w/o dry) DVHS 90 ~ 630-8 (w/o dry)	DVHS 30 ~ 7-730 (w/o dry) DVHS 60 ~ 630-730 (w/o dry) DVHS 90 ~ 630-8 (w/o dry)	DVHS 30 ~ 7-730 (w/o dry) DVHS 60 ~ 630-730 (w/o dry) DVHS 90 ~ 630-8 (w/o dry)	DVHS 30 ~ 7-730 (w/o dry) DVHS 60 ~ 630-730 (w/o dry) DVHS 90 ~ 630-8 (w/o dry)	DVHS 30 ~ 7-730 (w/o dry) DVHS 60 ~ 630-730 (w/o dry) DVHS 90 ~ 630-8 (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 ~ 7-730 (w/dry) DVHS 60 ~ 7-8 (w/dry) DVHS 90 ~ 7-830 (w/dry)	DVHS 30 ~ 7-730 (w/dry) DVHS 60 ~ 7-8 (w/dry) DVHS 90 ~ 7-830 (w/dry)	DVHS 30 ~ 7-730 (w/dry) DVHS 60 ~ 7-8 (w/dry) DVHS 90 ~ 7-830 (w/dry)	DVHS 30 ~ 7-730 (w/dry) DVHS 60 ~ 7-8 (w/dry) DVHS 90 ~ 7-830 (w/dry)	DVHS 30 ~ 7-730 (w/dry) DVHS 60 ~ 7-8 (w/dry) DVHS 90 ~ 7-830 (w/dry)		
	No 2hr water slot	No 2hr water slot	No 2hr water slot	No 2hr water slot	No 2hr water slot		

**PAGE 3of3 ~ 26-31jan
JANUARY'25**

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Try-it-Out (TIO) Inclusive Sessions ~
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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