December 2024										
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday				
1	2	3	4	5	6	7				
	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				
GENERAL NOTE FOR	DRYLAND SLOTS	DRYLAND SLOTS	DRYLAND SLOTS	DRYLAND SLOTS	DRYLAND SLOTS	DRYLAND SLOTS				
DECEMBER 2024 ~	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 ~ 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				
	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				
December for the small (lap)	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	SRDL 2hr ~ 4-6	SRDL 2hr ~ 8-10, 830-1030				
pool at SROP. This is going	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				
to significantly impacts all	DVHS 30 ~ 730-8, 8-830 (w/o dry)	DVHS 30 ~ 730-8, 8-830 (w/o dry)	DVHS 30 ~ 730-8, 8-830 (w/o dry)	DVHS 30 ~ 730-8, 8-830 (w/o dry)	DVHS 30 ~ 730-8, 8-830 (w/o dry)	SROP 30 ~ 11-1130 (w/dry OR w/o dry)				
user groups.	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 30 ~ 1130-12 (w/dry OR 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)	DVHS 90 ~ 7-830 (w/o dry)	SROP 60 ~ 1030-1130 (w/o dry)				
	DVHS 2hr ~ 7-9 (w/o dry)	DVHS 2hr ~ 7-9 (w/o dry)	DVHS 2hr ~ 7-9 (w/o dry)	DVHS 2hr ~ 7-9 (w/o dry)	DVHS 2hr ~ 7-9 (w/o dry)	SROP 90 ~ 1030-12 (w/o dry) SROP 2hr ~ 1030-1230 (w/o dry)				
						5.10. 2 1000 1200 (II/O II.)				
	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, 8-830 (w/dry)	DVHS 30 ~ 730-8, 8-830 (w/dry)	DVHS 30 ~ 730-8, 8-830 (w/dry)	DVHS 30 ~ 730-8, 8-830 (w/dry)	DVHS 30 ~ 730-8, 8-830 (w/dry)	SROP 60 ~ 11-12 (w/dry)				
	DVHS 60 ~ 730-830 (w/dry) DVHS 60 ~ 8-9 (w/dry)	DVHS 60 ~ 730-830 (w/dry) DVHS 60 ~ 8-9 (w/dry)	DVHS 60 ~ 730-830 (w/dry) DVHS 60 ~ 8-9 (w/dry)	DVHS 60 ~ 730-830 (w/dry) DVHS 60 ~ 8-9 (w/dry)	DVHS 60 ~ 730-830 (w/dry) DVHS 60 ~ 8-9 (w/dry)	SROP 60 ~ 1130-1230 (w/dry) SROP 90 ~ 11-1230 (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 ~ 1130-1 (w/dry)				
	,	,	2,7	7	27	SROP 2hr ~ 11-1 (w/dry)				
8	9 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 druland appts 7.9 . 2.7n				
	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				
	DRYLAND SLOTS	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 ~ 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 90 ~ 4-530, 430-6, 5-630	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 90 ~ 4-530, 430-6, 5-630	SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 90 ~ 4-530, 430-6	SRDL 60 ~ 8-9, 830-930, 9-10 SRDL 90 ~ 8-930, 9-1030				
	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	SRDL 90 ~ 4-530, 430-6 SRDL 2hr ~ 4-6	SRDL 2hr ~ 8-10, 830-1030				
	0.1.52 2 1 6, 100 000, 0 1	0.1.2.2 1 0, 100 000, 0 1	0.0222 1 0, 100 000, 0 1			3.13				
	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				
	DVHS 30 ~ 7-730 (w/o dry) DVHS 60 ~ 630-730 (w/o dry)	DVHS 30 ~ 7-730 (w/o dry) DVHS 60 ~ 630-730 (w/o dry)	DVHS 30 ~ 7-730 (w/o dry) DVHS 60 ~ 630-730 (w/o dry)	DVHS 30 ~ 7-730 (w/o dry) DVHS 60 ~ 630-730 (w/o dry)	DVHS 30 ~ 7-730 (w/o dry) DVHS 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)				
	DVHS 90 ~ 630-730 (w/o dry)	DVHS 90 ~ 630-730 (W/o dry)	DVHS 90 ~ 630-8 (w/o dry)	DVHS 90 ~ 630-730 (w/o dry)	DVHS 90 ~ 630-730 (w/o dry)	SROP 60 ~ 1030-1130 (w/o dry)				
						SROP 90 ~ 1030-12 (w/o dry)				
	WATER WITH DRYLAND TODAY	WATER WITH DRYLAND TODAY	WATER WITH DRYLAND TODAY	WATER WITH DRYLAND TODAY	WATER WITH DRYLAND TODAY	SROP 2hr ~ 1030-1230 (w/o dry)				
	DVHS 30 ~ 7-730 (w/dry) DVHS 60 ~ 7-8 (w/dry)	DVHS 30 ~ 7-730 (w/dry) DVHS 60 ~ 7-8 (w/dry)	DVHS 30 ~ 7-730 (w/dry) DVHS 60 ~ 7-8 (w/dry)	DVHS 30 ~ 7-730 (w/dry) DVHS 60 ~ 7-8 (w/dry)	DVHS 30 ~ 7-730 (w/dry) DVHS 60 ~ 7-8 (w/dry)	WATER WITH DRYLAND TODAY				
	No 90min or 2hr	No 90min or 2hr	No 90min or 2hr	No 90min or 2hr	No 90min or 2hr	SROP 60 ~ 11-12 (w/dry)				
	water slots	water slots	water slots	water slots	water slots	SROP 60 ~ 1130-1230 (w/dry)				
	ALL WEEK	ALL WEEK	ALL WEEK	ALL WEEK	ALL WEEK	SROP 90 ~ 11-1230 (w/dry)				
						SROP 90 ~ 1130-1 (w/dry) SROP 2hr ~ 11-1 (w/dry)				
						SROP 211 ~ 11-1 (w/dry)				
DAGE 4	60 04 44 1	Erom Ootobor until noosih	dy March, high cohool water u	o in addition to now construct	ion at SPOR will have an impe	ct on our schedule. There will be a				
PAGE 10	f2 ~ 01-14dec					ter time during these periods. If this				
DECE	EMBER'24			nown changes and notify you						
		mappens, we will at	ajust the posted schedule for h	mown changes and notiny you	AOAI TOT any last-influte chang	ges made by the poor gods.				
		N	A. A							
Levels, Calendar Notes:		Notes:	SLOT NOTES & EXPLANATIONS ~		"TRY-IT	-OUT" (TIO)				
DIVER'S NAME:					PROGRA	M OFFÈRING				
ALL DIVERS ~ each practice "LEVEL (1-15) has s			E SESSIONS as listed that rite-in your own session		- KOOKA	Of I Living				
PROG LEVEL (circle one):	4, 6, 8, 10, 12, 15 times or request more time than allotted Levels ARE NOT teams				Try-it-Out (TIO) Inclusive Sessions ~					
1, 2, 4, 6, 8, 10, 12, 15 M1, M2, M3, M4, M5, M6										
W1, W2, W3, W4, W3, W0	TEAM DIVERS cach team (Dov1.3	Pagion Zono National SVE and	MAY attend the "with" (w/) or "without" (w/o) water		Total of 3 sessions (2-water + 1-dryland)					
TEAM DIVERS ~ each team (Dev1-3, Region, Zone, National, S& Masters) have specific/prescribed session configurations for let of session(s) per slot/week. When submitting your calendar			(wet) sessions		Taken in order as: Water-Dryland-Water					
		submitting your calendar	(1181)							
"ExtraHours" (if any):	requests, ONLY CIRCLE whole sessions that are equal to your any): program listing. Please review the right-hand column on the Fees tab		2) If you did NOT attend 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):	/ER'S TEAM (if any, circle): If you are not sure what your program includes:		sessions marked (w/o).		formally the section for a small discretization					
DT, RT, ZT, NT, S&E, M	OT, RT, ZT, NT, S&E, M Please email us:admin@CALdiving.org				(coach's discretion for completion of any session)					
					(SSEED CARSON SEED OF CAMPION OF					

December 2024										
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday				
15 MIWOK TOWER 130-4pm	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	1 Tivate di yiana appts ~ 12-4p	1 Tivate di yiana appts ~ 12-4p	1 Tivate di yiana appts ~ 12-4p	1 Tivate di yiana appts ~ 12-4p	1 Tivate di yianu appts ~ 12-4p	Frivate dryland appts ~ 1-6 + 2-1p				
AND	DRYLAND SLOTS	DRYLAND SLOTS	DRYLAND SLOTS	DRYLAND SLOTS	DRYLAND SLOTS	DRYLAND SLOTS				
Send a text to Coach Eric (925-586-0169)	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, 530-6 SRDL 60 ~ 4-5, 430-530, 5-6	SRDL 30 ~ 8-830, 9-930 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, 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	SRDL 2hr ~ 4-6	SRDL 2hr ~ 8-10, 830-1030				
If you have not been to a Tower	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				
session, you should reach out to	DVHS 30 ~ 7-730 (w/o dry)	DVHS 30 ~ 7-730 (w/o dry)	DVHS 30 ~ 7-730 (w/o dry)	DVHS 30 ~ 7-730 (w/o dry)	DVHS 30 ~ 7-730 (w/o dry)	SROP 30 ~ 11-1130 (w/dry OR w/o dry)				
Coach Eric (925-586-0169) via text to discuss what a Tower session	DVHS 60 ~ 630-730 (w/o dry)	DVHS 60 ~ 630-730 (w/o dry)	DVHS 60 ~ 630-730 (w/o dry)	DVHS 60 ~ 630-730 (w/o dry)	DVHS 60 ~ 630-730 (w/o dry)	SROP 30 ~ 1130-12 (w/dry OR w/o dry)				
involves and if it might be good for	DVHS 90 ~ 630-8 (w/o dry)	DVHS 90 ~ 630-8 (w/o dry)	DVHS 90 ~ 630-8 (w/o dry)	DVHS 90 ~ 630-8 (w/o dry)	DVHS 90 ~ 630-8 (w/o dry)	SROP 60 ~ 1030-1130 (w/o dry) 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	WATER WITH DRYLAND TODAY	SROP 2hr ~ 1030-1230 (w/o dry)				
	DVHS 30 ~ 7-730 (w/dry)	DVHS 30 ~ 7-730 (w/dry)	DVHS 30 ~ 7-730 (w/dry)	DVHS 30 ~ 7-730 (w/dry)	DVHS 30 ~ 7-730 (w/dry)					
	DVHS 60 ~ 7-8 (w/dry)	DVHS 60 ~ 7-8 (w/dry) No 90min or 2hr	DVHS 60 ~ 7-8 (w/dry) No 90min or 2hr	DVHS 60 ~ 7-8 (w/dry) No 90min or 2hr	DVHS 60 ~ 7-8 (w/dry) No 90min or 2hr	WATER WITH DRYLAND TODAY SROP 60 ~ 11-12 (w/dry)				
	No 90min or 2hr water slots	water slots	water slots	water slots	water slots	SROP 60 ~ 1130-1230 (w/dry)				
	ALL WEEK	ALL WEEK	ALL WEEK	ALL WEEK	ALL WEEK	SROP 90 ~ 11-1230 (w/dry)				
						SROP 90 ~ 1130-1 (w/dry) SROP 2hr ~ 11-1 (w/dry)				
						Citation (waity)				
22	23	24	25	26	27	28				
		LIADI	OV LICI	IDAYS!						
		HAPI	'I NUL	JDA I 3.						
			_	_						
29	30	31	GENERAL NOTE FOR DI	ECEMBER 2024 ~						
				There is work schedu	lad in December for the					
HAPPY HOLIDAYS!			There is work scheduled in December for the small (lap) pool at SROP. This is going to							
HAITI HOLIDATS:			significantly impacts all user groups.							
	CDA WILL RETUI	RN	organizatio, impacts the north groups.							
TO	REGULAR PRAC	TICF	During this break, there may be opportunities							
			to request private or semi-private dryland							
January 2nd, 2025			training sessions. If you are interested, please							
			send an email to us (admin@CALdiving.org)							
				with your requ	iest(s) and date(s).					
PAGE 20	f2 ~ 15-31dec					ct on our schedule. There will be a				
DECE	EMBER'24			ng until possibly mid-March. Wo known changes and notify you		ter time during these periods. If this				
5201		nappens, we will ac	ujust trie posted schedule for i	Milowii changes and notity you	MOMP for any last-minute chan	ges made by the pool gods.				
		NI 4	01.07.110750.0							
	Levels, Calendar	Notes:	SLOT NOTES &	EXPLANATIONS ~		-OUT" (TIO)				
DIVER'S NAME:		PROGRAM			M OFFERING					
	ALL DIVERS ~ each practice "LEVEL (1-15) has specific timeslot limitations. Please CIRCLE ONLY WHOLE SESSIONS as listed that corespond to your Level. You may not write-in your own session		For pool slots	~ SROP/DVHS						
PROG LEVEL (circle one): 1, 2, 4, 6, 8, 10, 12, 15					-					
M1, M2, M3, M4, M5, M6			1) If you were at dryland (dry) that day, then you MAY attend the "with" (w/) or "without" (w/o) water Try-it-Out (TIO) Inclusive Sessions ~ Total of 3 sessions (2-water + 1-dryland)			Inclusive Sessions ~				
		3, Region, Zone, National, S&E, and	- 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1							
INCLUDED HOURS/WEEK: Masters) have specific/prescribed session configurations for length of session(s) per slot/week. When submitting your calendar			(wet) sessions Taken in order as: Water-Dryland-Water							
		ssions that are equal to your	2) If you did NOT attend	druland that day AND year	WATER options are: (30-, 60-, or 90-minute) sessions					
"Futual laura" (if any)					DRYLAND sessions are (30- or 60-minute) sessions					
"ExtraHours" (if any):	program listing. Please review the	right-hand column on the Fees tab								
DIVER'S TEAM (if any, circle):	program listing. Please review the of our website. If you are not sure what your prog	ram includes:	want to attend water th	at day, you MUST attend						
	program listing. Please review the of our website.	ram includes:	want to attend water th		DRYLAND sessions are					

Private dryland annts ~ 12-4n Private dryland appts ~ 12-4p Private dryland appts ~ 7-8 + 2-7p **HAPPY** DRYLAND SLOTS DRYLAND SLOTS DRYLAND SLOTS SRDI 30 ~ 4-430 5-530 530-6 SRDI 30 ~ 4-430 5-530 SRDI 30 ~ 8-830 9-930 NFW SRDL 60 ~ 4-5, 430-530, 5-6 SRDI 60 ~ 4-5, 430-530 SRDL 60 ~ 8-9. 830-930. 9-10 SRDL 90 ~ 8-930. 9-1030 SRDI 90 ~ 4-530, 430-6, 5-630 SRDI 90 ~ 4-530, 430-6 YFAR SRDI 2hr ~ 8-10 830-1030 SRDI 2hr ~ 4-6 430-630 SRDI 2hr ~ 4-6 WATER W/O DRYLAND TODAY WATER W/O DRYLAND TODAY WATER WITHOUT DRYLAND TODAY 2025 DVHS 30 ~ 7-730 (w/o dry) DVHS 30 ~ 7-730 (w/o dry) SROP 30 ~ 11-1130 (w/dry OR w/o dry) DVHS 60 ~ 630-730 (w/o dry) DVHS 60 ~ 630-730 (w/o drv) SROP 30 ~ 1130-12 (w/dry OR w/o dry) DVHS 90 ~ 630-8 (w/o drv) DVHS 90 ~ 630-8 (w/o drv) SROP 60 ~ 1030-1130 (w/o drv) SROP 90 ~ 1030-12 (w/o drv) **CDAIS** WATER WITH DRYLAND TODAY WATER WITH DRYLAND TODAY SROP 2hr ~ 1030-1230 (w/o drv) DVHS 30 ~ 7-730 (w/drv) DVHS 30 ~ 7-730 (w/drv) **CLOSED**

Private dryland appts ~ 12-4p

DRYLAND SLOTS

SRDL 30 ~ 4-430. 5-530. 530-6

SRDL 90 ~ 4-530. 430-6. 5-630

WATER W/O DRYLAND TODAY

SRDL 60 ~ 4-5, 430-530, 5-6

SRDI 2hr ~ 4-6. 430-630

DVHS 30 ~ 7-730 (w/o dry)

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

January 2025

Wednesday

Thursday

DVHS 60 ~ 7-8 (w/drv)

No 2hr water slot

DVHS 90 ~ 7-830 (w/drv)

Private dryland appts ~ 12-4p

DRYLAND SLOTS

SRDL 30 ~ 4-430. 5-530. 530-6

SRDL 90 ~ 4-530. 430-6. 5-630

WATER W/O DRYLAND TODAY

SRDL 60 ~ 4-5, 430-530, 5-6

SRDI 2hr ~ 4-6. 430-630

DVHS 30 ~ 7-730 (w/o dry)

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

Friday

DVHS 60 ~ 7-8 (w/drv)

No 2hr water slot

DVHS 90 ~ 7-830 (w/drv)

SRDL 30 ~ 4-430. 5-530

SRDL 60 ~ 4-5, 430-530

SRDL 90 ~ 4-530. 430-6

DVHS 30 ~ 7-730 (w/o drv)

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

DVHS 30 ~ 7-730 (w/drv)

DVHS 60 ~ 7-8 (w/drv)

No 2hr water slot

DVHS 90 ~ 7-830 (w/drv)

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

SRDI 2hr ~ 4-6

Private dryland appts ~ 12-4p

DRYLAND SLOTS

WATER W/O DRYLAND TODAY

WATER WITH DRYLAND TODAY

Saturday

WATER WITH DRYLAND TODAY

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

DRYLAND SLOTS

WATER WITHOUT DRYLAND TODAY

WATER WITH DRYLAND TODAY

SROP 30 ~ 11-1130 (w/dry OR w/o dry) SROP 30 ~ 1130-12 (w/dry OR w/o dry)

SROP 60 ~ 11-12 (w/drv)

SRDL 30 ~ 8-830. 9-930

SRDL 90 ~ 8-930. 9-1030

SRDL 2hr ~ 8-10. 830-1030

SRDL 60 ~ 8-9, 830-930, 9-10

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

SROP 90 ~ 1030-12 (w/o drv) SROP 2hr ~ 1030-1230 (w/o drv)

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

SROP 90 ~ 11-1230 (w/dry) SROP 90 ~ 1130-1 (w/dry) SROP 2hr ~ 11-1 (w/dry)

"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)

SROP 60 ~ 1130-1230 (w/drv) SROP 90 ~ 11-1230 (w/drv) SROP 90 ~ 1130-1 (w/drv) SROP 2hr ~ 11-1 (w/drv)

Private dryland appts ~ 12-4p DRYLAND SLOTS SRDL 30 ~ 4-430. 5-530. 530-6 SRDL 30 ~ 4-430. 5-530. 530-6 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 90 ~ 4-530. 430-6. 5-630 SRDL 90 ~ 4-530. 430-6. 5-630 SRDI 2hr ~ 4-6, 430-630 SRDI 2hr ~ 4-6, 430-630 WATER W/O DRYLAND TODAY WATER W/O DRYLAND TODAY DVHS 30 ~ 7-730 (w/o drv) DVHS 30 ~ 7-730 (w/o drv)

Monday

Tuesday

Private dryland appts ~ 12-4p

DRYLAND SLOTS

Sunday

DIVER'S NAME

PROG LEVEL (circle one):

INCLUDED HOURS/WEEK

DIVER'S TEAM (if any, circle):

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

"ExtraHours" (if any):

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

M1. M2. M3. M4. M5. M6

DVHS 60 ~ 630-730 (w/o dry) DVHS 60 ~ 630-730 (w/o dry) DVHS 90 ~ 630-8 (w/o drv) DVHS 90 ~ 630-8 (w/o drv) WATER WITH DRYLAND TODAY WATER WITH DRYLAND TODAY DVHS 30 ~ 7-730 (w/drv) DVHS 30 ~ 7-730 (w/drv) DVHS 60 ~ 7-8 (w/drv) DVHS 60 ~ 7-8 (w/drv) DVHS 90 ~ 7-830 (w/drv) DVHS 90 ~ 7-830 (w/drv) No 2hr water slot No 2hr water slot PAGE 1of3 ~ 01-11jan JANUARY'25 Levels, Calendar Notes: ALL DIVERS ~ each practice "LEVEL (1-15) has specific timeslot limitations. Please CIRCLE ONLY WHOLE SESSIONS as listed that corespond to your Level. You may not write-in your own session

times or request more time than allotted. Levels ARE NOT teams.

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

If you are not sure what your program includes:

of our website.

TEAM DIVERS ~ each team (Dev1-3, Region, Zone, National, S&E, and

Masters) have specific/prescribed session configurations for length

program listing. Please review the right-hand column on the Fees tab

Please email us:admin@CALdiving.org

DVHS 90 ~ 630-8 (w/o drv) DVHS 90 ~ 630-8 (w/o drv) WATER WITH DRYLAND TODAY WATER WITH DRYLAND TODAY DVHS 30 ~ 7-730 (w/drv) DVHS 30 ~ 7-730 (w/drv) DVHS 60 ~ 7-8 (w/drv) DVHS 60 ~ 7-8 (w/drv) DVHS 90 ~ 7-830 (w/drv) DVHS 90 ~ 7-830 (w/drv) No 2hr water slot No 2hr water slot For January, ongoing construction and repairs at SROP, will impact on our schedule. The shift to DVHS will continue until possibly mid-March.

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).

Monday Tuesday Wednesday Thursday Friday Saturday Sunday 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, 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 ~ 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, 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 SRDL 2hr ~ 8-10, 830-1030 SRDL 2hr ~ 4-6. 430-630 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 ~ 11-1130 (w/dry OR w/o dry) DVHS 30 ~ 7-730 (w/o dry) Coach Eric (925-586-0169) via text SROP 30 ~ 1130-12 (w/dry OR w/o dry) DVHS 60 ~ 630-730 (w/o dry) to discuss what a Tower session DVHS 90 ~ 630-8 (w/o drv) SROP 60 ~ 1030-1130 (w/o drv) involves and if it might be good for SROP 90 ~ 1030-12 (w/o drv) you or your diver. WATER WITH DRYLAND TODAY WATER WITH DRYLAND TODAY WATER WITH DRYLAND TODAY WATER WITH DRYLAND TODAY WATER WITH DRYLAND TODA SROP 2hr ~ 1030-1230 (w/o drv) DVHS 30 ~ 7-730 (w/drv) WATER WITH DRYLAND TODAY DVHS 60 ~ 7-8 (w/dry) DVHS 90 ~ 7-830 (w/dry) SROP 60 ~ 11-12 (w/dry) No 2hr water slot SROP 60 ~ 1130-1230 (w/dry) SROP 90 ~ 11-1230 (w/dry) SROP 90 ~ 1130-1 (w/dry) SROP 2hr ~ 11-1 (w/dry) Private dryland appts ~ 12-4p Private dryland appts ~ 7-8 + 2-7p **HAPPY** 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 SRDL 30 ~ 8-830. 9-930 **MARTIN** 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 SRDL 60 ~ 8-9. 830-930. 9-10 SRDL 90 ~ 4-530, 430-6 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 ~ 8-930. 9-1030 SRDL 2hr ~ 4-6, 430-630 SRDL 2hr ~ 8-10, 830-1030 SRDL 2hr ~ 4-6, 430-630 SRDL 2hr ~ 4-6. 430-630 SRDL 2hr ~ 4-6 LUTHER **WATER W/O DRYLAND TODAY** WATER W/O DRYLAND TODAY WATER W/O DRYLAND TODAY WATER W/O DRYLAND TODAY **KING** DVHS 30 ~ 7-730 (w/o drv) SROP 30 ~ 11-1130 (w/dry OR w/o dry) SROP 30 ~ 1130-12 (w/dry OR w/o dry) DVHS 60 ~ 630-730 (w/o drv) HOLIDAY DVHS 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 TODAY WATER WITH DRYLAND TODAY WATER WITH DRYLAND TODAY SROP 2hr ~ 1030-1230 (w/o dry) DVHS 30 ~ 7-730 (w/drv) DVHS 60 ~ 7-8 (w/drv) DVHS 60 ~ 7-8 (w/dry) DVHS 60 ~ 7-8 (w/dry) DVHS 60 ~ 7-8 (w/drv) WATER WITH DRYLAND TODAY CDA IS SROP 60 ~ 11-12 (w/dry) DVHS 90 ~ 7-830 (w/dry) No 2hr water slot No 2hr water slot No 2hr water slot SROP 60 ~ 1130-1230 (w/drv) No 2hr water slot **CLOSED** SROP 90 ~ 11-1230 (w/drv) SROP 90 ~ 1130-1 (w/dry) SROP 2hr ~ 11-1 (w/dry) **PAGE 2of3** ~ 12-25jan For January, ongoing construction and repairs at SROP, will impact on our schedule. The shift to DVHS will continue until possibly mid-March. JANUARY'25 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) If you were at dryland (dry) that day, then you M1. M2. M3. M4. M5. M6 Total of 3 sessions (2-water + 1-dryland) MAY attend the "with" (w/) or "without" (w/o) water TEAM DIVERS ~ each team (Dev1-3, Region, Zone, National, S&E, and Taken in order as: Water-Dryland-Water (wet) sessions Masters) have specific/prescribed session configurations for length INCLUDED HOURS/WEEK of session(s) per slot/week. When submitting your calendar

January 2025

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)

January 2025 Friday Sunday Monday Tuesday Wednesday Thursday Saturday Notes: 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 SRDL 60 ~ 4-5, 430-530 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 90 ~ 4-530. 430-6. 5-630 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 90 ~ 4-530, 430-6 SRDL 2hr ~ 4-6, 430-630 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 TODA 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) No 2hr water slot PAGE 3of3 ~ 26-31 jan For January, ongoing construction and repairs at SROP, will impact on our schedule. The shift to DVHS will continue until possibly mid-March. **JANUARY'25** 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. Trv-it-Out (TIO) Inclusive Sessions ~ 1) If you were at dryland (dry) that day, then you M1, M2, M3, M4, M5, M6 Total of 3 sessions (2-water + 1-dryland) MAY attend the "with" (w/) or "without" (w/o) water TEAM DIVERS ~ each team (Dev1-3, Region, Zone, National, S&E, and Taken in order as: Water-Dryland-Water (wet) sessions Masters) have specific/prescribed session configurations for length

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)

INCLUDED HOURS/WEEK: of session(s) per slot/week. When submitting your calendar

of our website.

"ExtraHours" (if any):

DIVER'S TEAM (if any, circle):

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

requests. ONLY CIRCLE whole sessions that are equal to your

Please email us:admin@CALdiving.org

If you are not sure what your program includes:

program listing. Please review the right-hand column on the Fees tab