

January 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
<p>DIVER'S NAME: _____</p> <p>PROG LEVEL (circle one): 1, 2, 4, 6, 8, 10, 12, 15 M1, M2, M3, M4, M5, M6</p> <p>INCLUDED HOURS: _____</p> <p>"ExtraHours" (if any): _____</p> <p>DIVER'S TEAM (if any, circle): DT, RT, ZT, NT, S&E, M</p>	<p>1 NO PRACTICE TODAY</p> <p>HAPPY NEW YEAR!</p>	<p>2 NO PRACTICE TODAY</p> <p>TRY-IT-OUT (TIO) PROGRAM OFFERING</p> <p>WATER ~ options are offered as the earlier session(s): (30-, 60-, or 90-minute)</p> <p>DRYLAND ~ options are the earlier session(s): (30- or 60-minute)</p> <p>Coach's discretion (regarding completion of any TIO program as scheduled) during any session.</p>	<p>3</p> <p>SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p</p> <p>DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)</p>	<p>4</p> <p>SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p</p> <p>DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)</p>	<p>5</p> <p>SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 2hr ~ 4-6p</p> <p>DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)</p>	<p>6</p> <p>SRDL 30 ~ 8-830a, 10-1030a, 11-1130a SRDL 60 ~ 8-9a, 9-10a, 10-11a SRDL 90 ~ 8-930a, 9-1030a, 10-1130a SRDL 2hr ~ 8-10a, 830-1030a, 930-1130a</p> <p>DVHS 30 ~ 12-1230p, 1230-1p DVHS 60 ~ 1130a-1230p (w/o dry) DVHS 60 ~ 12-1p (w/dry) DVHS 90 ~ 1130a-1p (w/o dry) DVHS 90 ~ 12-130p, 1230-2p (w/dry) DVHS 2hr ~ 1130a-130p (w/o dry) DVHS 2hr ~ 12-2p (w/dry)</p>		
	<p>NOTES/EXPLANATION:</p> <p>For pool slots ~ SROP/DVHS</p> <p>1) if you were at dryland (dry) that day, then you MAY attend the "with" (w/) or "without" (w/o) sessions</p> <p>2) If you did NOT attend dryland the same day as you want to attend a water session, you MUST attend sessions marked (w/o).</p>	<p>8</p> <p>SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p</p> <p>DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)</p>	<p>9</p> <p>SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p</p> <p>DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)</p>	<p>10</p> <p>SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p</p> <p>DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)</p>	<p>11</p> <p>SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p</p> <p>DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)</p>	<p>12</p> <p>SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 2hr ~ 4-6p</p> <p>DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)</p>	<p>13</p> <p>SRDL 30 ~ 8-830a, 10-1030a, 11-1130a SRDL 60 ~ 8-9a, 9-10a, 10-11a SRDL 90 ~ 8-930a, 9-1030a, 10-1130a SRDL 2hr ~ 8-10a, 830-1030a, 930-1130a</p> <p>DVHS 30 ~ 12-1230p, 1230-1p DVHS 60 ~ 1130a-1230p (w/o dry) DVHS 60 ~ 12-1p (w/dry) DVHS 90 ~ 1130a-1p (w/o dry) DVHS 90 ~ 12-130p, 1230-2p (w/dry) DVHS 2hr ~ 1130a-130p (w/o dry) DVHS 2hr ~ 12-2p (w/dry)</p>	
		<p>14 Levels and Calendar Notes:</p> <p>ALL DIVERS ~ each LEVEL has specific timeslot restrictions and inclusions. Please CIRCLE ONLY WHOLE SESSIONS as listed that correspond to your Level. You may not write-in your own session times or request more time than allotted.</p> <p>TEAM DIVERS ~ each team (Dev1-3, Region, Zone, National, S&E, and Masters) have specific/prescribed session configurations for length of session(s) per slot/week. When submitting your calendar requests, ONLY CIRCLE whole sessions that are equal to your program listing. Please review the right-hand column on the Fees tab of our website.</p> <p>If you are not sure what your program includes, please email us: admin@CALdiving.org</p>	<p>15</p> <p>SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p</p> <p>DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)</p>	<p>16</p> <p>SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p</p> <p>DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)</p>	<p>17</p> <p>SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p</p> <p>DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)</p>	<p>18</p> <p>SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p</p> <p>DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)</p>	<p>19</p> <p>SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 2hr ~ 4-6p</p> <p>DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)</p>	<p>20</p> <p>SRDL 30 ~ 8-830a, 10-1030a, 11-1130a SRDL 60 ~ 8-9a, 9-10a, 10-11a SRDL 90 ~ 8-930a, 9-1030a, 10-1130a SRDL 2hr ~ 8-10a, 830-1030a, 930-1130a</p> <p>DVHS 30 ~ 12-1230p, 1230-1p DVHS 60 ~ 1130a-1230p (w/o dry) DVHS 60 ~ 12-1p (w/dry) DVHS 90 ~ 1130a-1p (w/o dry) DVHS 90 ~ 12-130p, 1230-2p (w/dry) DVHS 2hr ~ 1130a-130p (w/o dry) DVHS 2hr ~ 12-2p (w/dry)</p>

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<p>21 MIWOK TOWER 1130-2pm</p> <p>CIRCLE THIS SESSION AND Send a text to Coach Eric (925-586-0169) Fees \$30 per diver</p> <p>If you have not been to a Tower session, you should reach out to Coach Eric (925-586-0169) via text to discuss what a Tower session involves and if it might be good for you or your diver.</p>	<p>22</p> <p>SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p</p> <p>DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)</p>	<p>23</p> <p>SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p</p> <p>DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)</p>	<p>24</p> <p>SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p</p> <p>DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)</p>	<p>25</p> <p>SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p</p> <p>DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)</p>	<p>26</p> <p>SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 2hr ~ 4-6p</p> <p>DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)</p>	<p>27</p> <p>SRDL 30 ~ 8-830a, 10-1030a, 11-1130a SRDL 60 ~ 8-9a, 9-10a, 10-11a SRDL 90 ~ 8-930a, 9-1030a, 10-1130a SRDL 2hr ~ 8-10a, 830-1030a, 930-1130a</p> <p>DVHS 30 ~ 12-1230p, 1230-1p DVHS 60 ~ 1130a-1230p (w/o dry) DVHS 60 ~ 12-1p (w/dry) DVHS 90 ~ 1130a-1p (w/o dry) DVHS 90 ~ 12-130p, 1230-2p (w/dry) DVHS 2hr ~ 1130a-130p (w/o dry) DVHS 2hr ~ 12-2p (w/dry)</p>
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**THIS IS PAGE-2
FOR JANUARY
21-31jan24**

February 2024

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<p>DIVER'S NAME: _____</p> <p>PROG LEVEL (circle one): 1, 2, 4, 6, 8, 10, 12, 15 M1, M2, M3, M4, M5, M6</p> <p>INCLUDED HOURS: _____</p> <p>"ExtraHours" (if any): _____</p> <p>DIVER'S TEAM (if any, circle): DT, RT, ZT, NT, S&E, M</p>	<p align="center"><u>NOTES/EXPLANATION ~</u></p> <p>For pool slots ~ SROP/DVHS</p> <p>1) if you were at dryland (dry) that day, then you MAY attend the "with" (w/) or "without" (w/o) sessions</p> <p>2) If you did NOT attend dryland the same day as you want to attend a water session, you MUST attend sessions marked (w/o).</p>	<p>"TRY-IT-OUT" (TIO) PROGRAM OFFERING</p> <p align="center">Try-it-Out (TIO) Inclusive Sessions ~ Total of 3 sessions (2-water + 1-dryland) Taken in order as: Water-Dryland-Water</p> <p align="center">WATER options are: (30-, 60-, or 90-minute) sessions DRYLAND sessions are (30- or 60-minute) sessions (coach's discretion for completion of any session)</p>		<p align="center">1</p> <p>SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p</p> <p>DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)</p>	<p align="center">2</p> <p>SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 2hr ~ 4-6p</p> <p>DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)</p>	<p align="center">3</p> <p align="center">Local Diving Meet ~ 03-04feb24 NO REGULAR PRACTICE Miwok Aquatic Center, Novato</p> <p align="center">Event is on DiveMeets</p> <p align="center">ALL DIVERS / ALL LEVELS INVITED</p> <p align="center">MUST BE REGISTERED WITH USAD</p>
<p align="center">4</p> <p align="center">Local Diving Meet ~ 03-04feb24 CONTINUED Miwok Aquatic Center, Novato</p>	<p align="center">5</p> <p align="center">START OF HIGH SCHOOL DIVING</p>	<p align="center">6</p> <p>SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p</p> <p>DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)</p>	<p align="center">7</p> <p>SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p</p> <p>DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)</p>	<p align="center">8</p> <p>SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p</p> <p>DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)</p>	<p align="center">9</p> <p>SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 2hr ~ 4-6p</p> <p>DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)</p>	<p align="center">10</p> <p>SRDL 30 ~ 8-830a, 10-1030a, 11-1130a SRDL 60 ~ 8-9a, 9-10a, 10-11a SRDL 90 ~ 8-930a, 9-1030a, 10-1130a SRDL 2hr ~ 8-10a, 830-1030a, 930-1130a</p> <p>DVHS 30 ~ 12-1230p, 1230-1p DVHS 60 ~ 1130a-1230p (w/o dry) DVHS 60 ~ 12-1p (w/dry) DVHS 90 ~ 1130a-1p (w/o dry) DVHS 90 ~ 12-130p, 1230-2p (w/dry) DVHS 2hr ~ 1130a-130p (w/o dry) DVHS 2hr ~ 12-2p (w/dry)</p>
<p align="center">11</p> <p>Levels, Calendar Notes ~ ALL DIVERS ~ each LEVEL has specific timeslot restrictions and inclusions. Please CIRCLE ONLY WHOLE SESSIONS as listed that correspond to your Level. You may not write-in your own session times or request more time than allotted.</p> <p>TEAM DIVERS ~ each team (Dev1-3, Region, Zone, National, S&E, and Masters) have specific/prescribed session configurations for length of session(s) per slot/week. When submitting your calendar requests, ONLY CIRCLE whole sessions that are equal to your program listing. Please review the right-hand column on the Fees tab of our website. If you are not sure what your program includes, please email us: admin@CALdiving.org</p>	<p align="center">12</p> <p>SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p</p> <p>DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)</p>	<p align="center">13</p> <p>SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p</p> <p>DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)</p>	<p align="center">14</p> <p>SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p</p> <p>DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)</p>	<p align="center">15</p> <p>SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p</p> <p>DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)</p>	<p align="center">16</p> <p>SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 2hr ~ 4-6p</p> <p>DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)</p>	<p align="center">17</p> <p>SRDL 30 ~ 8-830a, 10-1030a, 11-1130a SRDL 60 ~ 8-9a, 9-10a, 10-11a SRDL 90 ~ 8-930a, 9-1030a, 10-1130a SRDL 2hr ~ 8-10a, 830-1030a, 930-1130a</p> <p>DVHS 30 ~ 12-1230p, 1230-1p DVHS 60 ~ 1130a-1230p (w/o dry) DVHS 60 ~ 12-1p (w/dry) DVHS 90 ~ 1130a-1p (w/o dry) DVHS 90 ~ 12-130p, 1230-2p (w/dry) DVHS 2hr ~ 1130a-130p (w/o dry) DVHS 2hr ~ 12-2p (w/dry)</p>

February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>DIVER'S NAME: _____</p> <p>PROG LEVEL (circle one): 1, 2, 4, 6, 8, 10, 12, 15 M1, M2, M3, M4, M5, M6</p> <p>INCLUDED HOURS: _____</p> <p>"ExtraHours" (if any): _____</p> <p>DIVER'S TEAM (if any, circle): DT, RT, ZT, NT, S&E, M</p>	<p>NOTES/EXPLANATION ~</p> <p>For pool slots ~ SROP/DVHS</p> <p>1) if you were at dryland (dry) that day, then you MAY attend the "with" (w/) or "without" (w/o) sessions</p> <p>2) If you did NOT attend dryland the same day as you want to attend a water session, you MUST attend sessions marked (w/o).</p>	<p align="center">"TRY-IT-OUT" (TIO) PROGRAM OFFERING</p>		<p>THIS IS PAGE-2 FOR FEBRUARY 18-29feb24</p>		
<p align="center">Try-it-Out (TIO) Inclusive Sessions ~ Total of 3 sessions (2-water + 1-dryland) Taken in order as: Water-Dryland-Water</p> <p>WATER options are: (30-, 60-, or 90-minute) sessions DRYLAND sessions are (30- or 60-minute) sessions (coach's discretion for completion of any session)</p>						
<p>18</p>	<p>19</p> <p>SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p</p> <p>DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)</p>	<p>20</p> <p>SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p</p> <p>DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)</p>	<p>21</p> <p>SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p</p> <p>DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)</p>	<p>22</p> <p>SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p</p> <p>DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)</p>	<p>23</p> <p>SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 2hr ~ 4-6p</p> <p>DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)</p>	<p>24</p> <p>SRDL 30 ~ 8-830a, 10-1030a, 11-1130a SRDL 60 ~ 8-9a, 9-10a, 10-11a SRDL 90 ~ 8-930a, 9-1030a, 10-1130a SRDL 2hr ~ 8-10a, 830-1030a, 930-1130a</p> <p>DVHS 30 ~ 12-1230p, 1230-1p DVHS 60 ~ 1130a-1230p (w/o dry) DVHS 60 ~ 12-1p (w/dry) DVHS 90 ~ 1130a-1p (w/o dry) DVHS 90 ~ 12-130p, 1230-2p (w/dry) DVHS 2hr ~ 1130a-130p (w/o dry) DVHS 2hr ~ 12-2p (w/dry)</p>
<p>25 MIWOK TOWER 1130-2pm</p> <p align="center">CIRCLE THIS SESSION AND Send a text to Coach Eric (925-586-0169) Fees \$30 per diver</p> <p>If you have not been to a Tower session, you should reach out to Coach Eric (925-586-0169) via text to discuss what a Tower session involves and if it might be good for you or your diver.</p>	<p>26</p> <p>SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p</p> <p>DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)</p>	<p>27</p> <p>SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p</p> <p>DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)</p>	<p>28</p> <p>SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p</p> <p>DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)</p>	<p>29</p> <p>SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p</p> <p>DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)</p>	<p align="center">Levels, Calendar Notes:</p> <p>ALL DIVERS ~ each LEVEL has specific timeslot restrictions and inclusions. Please CIRCLE ONLY WHOLE SESSIONS as listed that correspond to your Level. You may not write-in your own session times or request more time than allotted.</p> <p>TEAM DIVERS ~ each team (Dev1-3, Region, Zone, National, S&E, and Masters) have specific/prescribed session configurations for length of session(s) per slot/week. When submitting your calendar requests, ONLY CIRCLE whole sessions that are equal to your program listing. Please review the right-hand column on the Fees tab of our website.</p> <p>If you are not sure what your program includes, please email us: admin@CALdiving.org</p>	

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

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

April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
DIVER'S NAME: PROG LEVEL (circle one): 1, 2, 4, 6, 8, 10, 12, 15 M1, M2, M3, M4, M5, M6 INCLUDED HOURS/WEEK: _____ "ExtraHours" (if any): _____ DIVER'S TEAM (if any, circle): DT, RT, ZT, NT, S&E, M	1 SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)	2 SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p SROP 30 ~ 7-730p, 730-8p (water) SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/dry)	3 SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p SROP 30 ~ 7-730p, 730-8p (water) SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/dry)	4 SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p SROP 30 ~ 7-730p, 730-8p (water) SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/dry)	5 SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 2hr ~ 4-6p SROP 30 ~ 7-730p, 730-8p (water) SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/dry)	6 Dividing Meet UC Davis (Sat JO, Sun FC) SRDL 30 ~ 8-830a, 10-1030a, 11-1130a SRDL 60 ~ 8-9a, 9-10a, 10-11a SRDL 90 ~ 8-930a, 9-1030a, 10-1130a SRDL 2hr ~ 8-10a, 830-1030a, 930-1130a DVHS 30 ~ 12-1230p, 1230-1p DVHS 60 ~ 1130a-1230p (w/o dry) DVHS 60 ~ 12-1p (w/dry) DVHS 90 ~ 1130a-1p (w/o dry) DVHS 90 ~ 12-130p, 1230-2p (w/dry) DVHS 2hr ~ 1130a-130p (w/o dry) DVHS 2hr ~ 12-2p (w/dry)
	7 Dividing Meet - UC Davis (FC's Today)	8 SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)	9 SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p SROP 30 ~ 7-730p, 730-8p (water) SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/dry)	10 SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p SROP 30 ~ 7-730p, 730-8p (water) SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/dry)	11 SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p SROP 30 ~ 7-730p, 730-8p (water) SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/dry)	12 SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 2hr ~ 4-6p SROP 30 ~ 7-730p, 730-8p (water) SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/dry)

**THIS IS PAGE-1
 FOR APRIL, 2024
 01-20apr24**

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

**Try-it-Out (TIO) Inclusive Sessions ~
 Total of 3 sessions (2-water + 1-dryland)
 Taken in order as: Water-Dryland-Water**

**WATER options are: (30-, 60-, or 90-minute) sessions
 DRYLAND sessions are (30- or 60-minute) sessions
 (coach's discretion for completion of any session)**

Levels, Calendar Notes:

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

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

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

April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>14 MIWOK TOWER 1130-2pm</p> <p>CIRCLE THIS SESSION AND Send a text to Coach Eric (925-586-0169) Fees \$30 per diver</p> <p>If you have not been to a Tower session, you should reach out to Coach Eric (925-586-0169) via text to discuss what a Tower session involves and if it might be good for you or your diver.</p>	<p>15</p> <p>SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p</p> <p>SROP 30 ~ 7-730p, 730-8p (water) SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/dry)</p>	<p>16</p> <p>SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p</p> <p>SROP 30 ~ 7-730p, 730-8p (water) SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/dry)</p>	<p>17</p> <p>SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p</p> <p>SROP 30 ~ 7-730p, 730-8p (water) SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/dry)</p>	<p>18</p> <p>SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 2hr ~ 4-6p</p> <p>SROP 30 ~ 7-730p, 730-8p (water) SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/dry)</p>	<p>19</p> <p>SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 2hr ~ 4-6p</p> <p>SROP 30 ~ 7-730p, 730-8p (water) SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/dry)</p>	<p>20</p> <p>SRDL 30 ~ 8-830a, 9-930a, 10-1030a SRDL 60 ~ 8-9a, 9-10a, 10-11a SRDL 90 ~ 8-930a, 9-1030a SRDL 2hr ~ 8-10a, 830-1030a</p> <p>DVHS 30 ~ 12-1230p, 1230-1p DVHS 60 ~ 1130a-1230p (w/o dry) DVHS 60 ~ 12-1p (w/dry) DVHS 90 ~ 1130a-1p (w/o dry) DVHS 90 ~ 12-130p, 1230-2p (w/dry) DVHS 2hr ~ 1130a-130p (w/o dry) DVHS 2hr ~ 12-2p (w/dry)</p>
<p>21</p> <p>DIVER'S NAME: _____</p> <p>PROG LEVEL (circle one): 1, 2, 4, 6, 8, 10, 12, 15 M1, M2, M3, M4, M5, M6</p> <p>INCLUDED HOURS/WEEK: _____</p> <p>"ExtraHours" (if any): _____</p> <p>DIVER'S TEAM (if any, circle): DT, RT, ZT, NT, S&E, M</p>	<p>22</p> <p>SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 2hr ~ 4-6p</p> <p>DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)</p>	<p>23 HS WACC Champ's, Berkeley, CA</p> <p>SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p</p> <p>SROP 30 ~ 7-730p, 730-8p (water) SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/dry)</p>	<p>24 HS EBAL Champ's, Livermore, CA</p> <p>SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p</p> <p>SROP 30 ~ 7-730p, 730-8p (water) SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/dry)</p>	<p>25</p> <p>SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p</p> <p>SROP 30 ~ 7-730p, 730-8p (water) SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/dry)</p>	<p>26</p> <p>SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 2hr ~ 4-6p</p> <p>SROP 30 ~ 7-730p, 730-8p (water) SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/dry)</p>	<p>27 HS DAL Champ's, Moraga, CA</p> <p>SPECIAL NOTE...(time/place) DRY/WET ~ CHANGES TODAY</p> <p>SRDL 30 ~ 8-830a, 830-9a, 9-930a SRDL 60 ~ 8-9a, 9-10a SRDL 90 ~ 8-930a, 9-1030a SRDL 2hr ~ 8-10a</p> <p>SROP 30 ~ 10-1030a, 11-1130a SROP 60 ~ 0930a-1030a (w/o dry) SROP 60 ~ 10-11a (w/dry) SROP 90 ~ 930a-11p (w/o dry) SROP 90 ~ 10-1130a, 1030-12p (w/dry) SROP 2.5hrs ~ 0930a-12p (w/o dry) SROP 2hr ~ 10a-12p (w/dry)</p>
<p>NOTES/EXPLANATION ~</p> <p>For pool slots ~ SROP/DVHS</p> <p>1) if you were at dryland (dry) that day, then you MAY attend the "with" (w/) or "without" (w/o) wet sessions</p> <p>2) If you did NOT attend dryland the same day and you want to attend a water session, you MUST attend sessions marked (w/o).</p>	<p>29</p> <p>SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p</p> <p>SROP 30 ~ 7-730p, 730-8p (water) SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/dry)</p>	<p>30</p> <p>SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p</p> <p>SROP 30 ~ 7-730p, 730-8p (water) SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/dry)</p>	<p align="center">"TRY-IT-OUT" (TIO) PROGRAM OFFERING</p> <p align="center">Try-it-Out (TIO) Inclusive Sessions ~ Total of 3 sessions (2-water + 1-dryland) Taken in order as: Water-Dryland-Water</p> <p align="center">WATER options are: (30-, 60-, or 90-minute) sessions DRYLAND sessions are (30- or 60-minute) sessions (coach's discretion for completion of any session)</p>		<p align="center">Levels, Calendar Notes:</p> <p>ALL DIVERS ~ each LEVEL has specific timeslot restrictions and inclusions. Please CIRCLE ONLY WHOLE SESSIONS as listed that correspond to your Level. You may not write-in your own session times or request more time than allotted.</p> <p>TEAM DIVERS ~ each team (Dev1-3, Region, Zone, National, S&E, and Masters) have specific/prescribed session configurations for length of session(s) per slot/week. When submitting your calendar requests, ONLY CIRCLE whole sessions that are equal to your program listing. Please review the right-hand column on the Fees tab of our website.</p> <p>If you are not sure what your program includes, please email us: admin@CALdiving.org</p>	

May 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: center;">THIS IS PAGE-1 FOR MAY, 2024 01-11may24</p>			<p>1 HS NCS Champ's, Concord, CA</p> <p>SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 2hr ~ 4-6p</p> <p>SROP 30 ~ 7-730p, 730-8p (water) SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/dry)</p>	<p>2</p> <p>SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p</p> <p>SROP 30 ~ 7-730p, 730-8p (water) SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/dry)</p>	<p>3 USAD Region-7, Chicago, IL</p> <p>SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 2hr ~ 4-6p</p> <p>SROP 30 ~ 7-730p, 730-8p (water) SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/dry)</p>	<p>4 USAD Region-7, Chicago, IL</p> <p>SRDL 30 ~ 9-930a, 10-1030a SRDL 60 ~ 9-10a, 10-11a SRDL 90 ~ 9-1030a</p> <p>DVHS 30 ~ 12-1230p, 1230-1p DVHS 60 ~ 1130a-1230p (w/o dry) DVHS 60 ~ 12-1p (w/dry) DVHS 90 ~ 1130a-1p (w/o dry) DVHS 90 ~ 12-130p, 1230-2p (w/dry) DVHS 2hr ~ 1130a-130p (w/o dry) DVHS 2hr ~ 12-2p (w/dry)</p>
			<p>5 USAD Region-7, Chicago, IL</p> <p>SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p</p> <p>SROP 30 ~ 7-730p, 730-8p (water) SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/dry)</p>	<p>6</p> <p>SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p</p> <p>SROP 30 ~ 7-730p, 730-8p (water) SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/dry)</p>	<p>7</p> <p>SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p</p> <p>SROP 30 ~ 7-730p, 730-8p (water) SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/dry)</p>	<p>8</p> <p>SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 2hr ~ 4-6p</p> <p>SROP 30 ~ 7-730p, 730-8p (water) SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/dry)</p>
<p>DIVER'S NAME: _____</p> <p>PROG LEVEL (circle one): 1, 2, 4, 6, 8, 10, 12, 15 M1, M2, M3, M4, M5, M6</p> <p>INCLUDED HOURS/WEEK: _____</p> <p>"ExtraHours" (if any): _____</p> <p>DIVER'S TEAM (if any, circle): DT, RT, ZT, NT, S&E, M</p>	<p>Levels, Calendar Notes:</p> <p>ALL DIVERS ~ each LEVEL has specific timeslot restrictions and inclusions. Please CIRCLE ONLY WHOLE SESSIONS as listed that correspond to your Level. You may not write-in your own session times or request more time than allotted.</p> <p>TEAM DIVERS ~ each team (Dev1-3, Region, Zone, National, S&E, and Masters) have specific/prescribed session configurations for length of session(s) per slot/week. When submitting your calendar requests, ONLY CIRCLE whole sessions that are equal to your program listing. Please review the right-hand column on the Fees tab of our website.</p> <p>If you are not sure what your program includes, please email us: admin@CALdiving.org</p>	<p>SLOT NOTES & EXPLANATIONS ~</p> <p>For pool slots ~ SROP/DVHS</p> <p>1) If you were at dryland (dry) that day, then you MAY attend the "with" (w) or "without" (w/o) water (wet) sessions</p> <p>2) If you did NOT attend dryland that day AND you want to attend water that day, you MUST attend sessions marked (w/o).</p>	<p>"TRY-IT-OUT" (TIO) PROGRAM OFFERING</p> <p>Try-it-Out (TIO) Inclusive Sessions ~ Total of 3 sessions (2-water + 1-dryland) Taken in order as: Water-Dryland-Water</p> <p>WATER options are: (30-, 60-, or 90-minute) sessions DRYLAND sessions are (30- or 60-minute) sessions (coach's discretion for completion of any session)</p>			

May 2024						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>12</p> <p style="text-align: center;">THIS IS PAGE-2 FOR MAY, 2024 12-31may24</p>	<p>13</p> <p>SRDL 30 - 4-430p, 5-530p, 6-630p SRDL 60 - 4-5p, 5-6p SRDL 90 - 4-530p, 430-6p, 5-630p SRDL 2hr - 4-6p, 430-630p, 5-7p</p> <p>SROP 30 - 7-730p, 730-8p (water) SROP 60 - 630-730p (w/o dry) SROP 60 - 7-8p (w/dry) SROP 90 - 630-8p (w/o dry) SROP 90 - 7-830p (w/dry) SROP 90 - 730-9p (w/dry) SROP 2hr - 630-830p (w/o dry) SROP 2hr - 7-9p (w/dry)</p>	<p>14</p> <p>SRDL 30 - 4-430p, 5-530p, 6-630p SRDL 60 - 4-5p, 5-6p SRDL 90 - 4-530p, 430-6p, 5-630p SRDL 2hr - 4-6p, 430-630p, 5-7p</p> <p>SROP 30 - 7-730p, 730-8p (water) SROP 60 - 630-730p (w/o dry) SROP 60 - 7-8p (w/dry) SROP 90 - 630-8p (w/o dry) SROP 90 - 7-830p (w/dry) SROP 90 - 730-9p (w/dry) SROP 2hr - 630-830p (w/o dry) SROP 2hr - 7-9p (w/dry)</p>	<p>15</p> <p>SRDL 30 - 4-430p, 5-530p, 6-630p SRDL 60 - 4-5p, 5-6p SRDL 90 - 4-530p, 430-6p, 5-630p SRDL 2hr - 4-6p, 430-630p, 5-7p</p> <p>SROP 30 - 7-730p, 730-8p (water) SROP 60 - 630-730p (w/o dry) SROP 60 - 7-8p (w/dry) SROP 90 - 630-8p (w/o dry) SROP 90 - 7-830p (w/dry) SROP 90 - 730-9p (w/dry) SROP 2hr - 630-830p (w/o dry) SROP 2hr - 7-9p (w/dry)</p>	<p>16</p> <p>SRDL 30 - 4-430p, 5-530p, 6-630p SRDL 60 - 4-5p, 5-6p SRDL 90 - 4-530p, 430-6p, 5-630p SRDL 2hr - 4-6p, 430-630p, 5-7p</p> <p>SROP 30 - 7-730p, 730-8p (water) SROP 60 - 630-730p (w/o dry) SROP 60 - 7-8p (w/dry) SROP 90 - 630-8p (w/o dry) SROP 90 - 7-830p (w/dry) SROP 90 - 730-9p (w/dry) SROP 2hr - 630-830p (w/o dry) SROP 2hr - 7-9p (w/dry)</p>	<p>17</p> <p>SRDL 30 - 4-430p, 5-530p SRDL 60 - 4-5p, 5-6p SRDL 90 - 4-530p, 430-6p SRDL 2hr - 4-6p</p> <p>SROP 30 - 7-730p, 730-8p (water) SROP 60 - 630-730p (w/o dry) SROP 60 - 7-8p (w/dry) SROP 90 - 630-8p (w/o dry) SROP 90 - 7-830p (w/dry) SROP 90 - 730-9p (w/dry) SROP 2hr - 630-830p (w/o dry) SROP 2hr - 7-9p (w/dry)</p>	<p>18</p> <p>SRDL 30 - 8-830a, 10-1030a, 11-1130a SRDL 60 - 8-9a, 9-10a, 10-11a SRDL 90 - 8-930a, 8-1030a, 10-1130a SRDL 2hr - 8-10a, 830-1030a, 930-1130a</p> <p>DVHS 30 - 12-1230p, 1230-1p DVHS 60 - 1130a-1230p (w/o dry) DVHS 60 - 12-1p (w/dry) DVHS 90 - 1130a-1p (w/o dry) DVHS 90 - 12-130p, 1230-2p (w/dry) DVHS 2hr - 1130a-130p (w/o dry) DVHS 2hr - 12-2p (w/dry)</p>
<p>19</p>	<p>20</p> <p>SRDL 30 - 4-430p, 5-530p, 6-630p SRDL 60 - 4-5p, 5-6p SRDL 90 - 4-530p, 430-6p, 5-630p SRDL 2hr - 4-6p, 430-630p, 5-7p</p> <p>SROP 30 - 7-730p, 730-8p (water) SROP 60 - 630-730p (w/o dry) SROP 60 - 7-8p (w/dry) SROP 90 - 630-8p (w/o dry) SROP 90 - 7-830p (w/dry) SROP 90 - 730-9p (w/dry) SROP 2hr - 630-830p (w/o dry) SROP 2hr - 7-9p (w/dry)</p>	<p>21</p> <p>SRDL 30 - 4-430p, 5-530p, 6-630p SRDL 60 - 4-5p, 5-6p SRDL 90 - 4-530p, 430-6p, 5-630p SRDL 2hr - 4-6p, 430-630p, 5-7p</p> <p>SROP 30 - 7-730p, 730-8p (water) SROP 60 - 630-730p (w/o dry) SROP 60 - 7-8p (w/dry) SROP 90 - 630-8p (w/o dry) SROP 90 - 7-830p (w/dry) SROP 90 - 730-9p (w/dry) SROP 2hr - 630-830p (w/o dry) SROP 2hr - 7-9p (w/dry)</p>	<p>22</p> <p>SRDL 30 - 4-430p, 5-530p, 6-630p SRDL 60 - 4-5p, 5-6p SRDL 90 - 4-530p, 430-6p, 5-630p SRDL 2hr - 4-6p, 430-630p, 5-7p</p> <p>SROP 30 - 7-730p, 730-8p (water) SROP 60 - 630-730p (w/o dry) SROP 60 - 7-8p (w/dry) SROP 90 - 630-8p (w/o dry) SROP 90 - 7-830p (w/dry) SROP 90 - 730-9p (w/dry) SROP 2hr - 630-830p (w/o dry) SROP 2hr - 7-9p (w/dry)</p>	<p>23</p> <p>SRDL 30 - 4-430p, 5-530p, 6-630p SRDL 60 - 4-5p, 5-6p SRDL 90 - 4-530p, 430-6p, 5-630p SRDL 2hr - 4-6p, 430-630p, 5-7p</p> <p>SROP 30 - 7-730p, 730-8p (water) SROP 60 - 630-730p (w/o dry) SROP 60 - 7-8p (w/dry) SROP 90 - 630-8p (w/o dry) SROP 90 - 7-830p (w/dry) SROP 90 - 730-9p (w/dry) SROP 2hr - 630-830p (w/o dry) SROP 2hr - 7-9p (w/dry)</p>	<p>24</p> <p>SRDL 30 - 4-430p, 5-530p SRDL 60 - 4-5p, 5-6p SRDL 90 - 4-530p, 430-6p SRDL 2hr - 4-6p</p> <p>SROP 30 - 7-730p, 730-8p (water) SROP 60 - 630-730p (w/o dry) SROP 60 - 7-8p (w/dry) SROP 90 - 630-8p (w/o dry) SROP 90 - 7-830p (w/dry) SROP 90 - 730-9p (w/dry) SROP 2hr - 630-830p (w/o dry) SROP 2hr - 7-9p (w/dry)</p>	<p>25</p> <p style="text-align: center;">DVHS SUBSTANTIAL TIME CHANGES</p> <p>SRDL 30 - 7-730, 8-830a, 9-930a SRDL 60 - 7-8a, 8-9a, 9-10a SRDL 90 - 7-830a, 8-930a SRDL 2hr - 7-9a, 8-10a</p> <p>DVHS/SROP? 30 - 1030-11a, 11-1130a DVHS/SROP? 60 - 10-11a (w/o dry) DVHS/SROP? 60 - 1030-1130a, 11a-12p (w/dry) DVHS/SROP? 90 - 10-1130a (w/o dry) DVHS/SROP? 90 - 1030a-12p, 11a-1230p (w/dry) DVHS 2hr - 10a-12p (w/o dry) DVHS/SROP? 2hr - 1030a-1230p (w/dry)</p>
<p>26</p> <p style="text-align: center;">MIWOK TOWER 1130-2pm</p> <p style="text-align: center;">CIRCLE THIS SESSION AND Send a text to Coach Eric (925-586-0169) Fees \$30 per diver</p> <p style="text-align: center;">If you have not been to a Tower session, you should reach out to Coach Eric (925-586-0169) via text to discuss what a Tower session involves and if it might be good for you or your diver.</p>	<p>27</p> <p style="text-align: center;">CLOSED FOR HOLIDAY</p>	<p>28</p> <p>SRDL 30 - 4-430p, 5-530p, 6-630p SRDL 60 - 4-5p, 5-6p SRDL 90 - 4-530p, 430-6p, 5-630p SRDL 2hr - 4-6p, 430-630p, 5-7p</p> <p>SROP 30 - 7-730p, 730-8p (water) SROP 60 - 630-730p (w/o dry) SROP 60 - 7-8p (w/dry) SROP 90 - 630-8p (w/o dry) SROP 90 - 7-830p (w/dry) SROP 90 - 730-9p (w/dry) SROP 2hr - 630-830p (w/o dry) SROP 2hr - 7-9p (w/dry)</p>	<p>29</p> <p>SRDL 30 - 4-430p, 5-530p, 6-630p SRDL 60 - 4-5p, 5-6p SRDL 90 - 4-530p, 430-6p, 5-630p SRDL 2hr - 4-6p, 430-630p, 5-7p</p> <p>SROP 30 - 7-730p, 730-8p (water) SROP 60 - 630-730p (w/o dry) SROP 60 - 7-8p (w/dry) SROP 90 - 630-8p (w/o dry) SROP 90 - 7-830p (w/dry) SROP 90 - 730-9p (w/dry) SROP 2hr - 630-830p (w/o dry) SROP 2hr - 7-9p (w/dry)</p>	<p>30</p> <p>SRDL 30 - 4-430p, 5-530p, 6-630p SRDL 60 - 4-5p, 5-6p SRDL 90 - 4-530p, 430-6p, 5-630p SRDL 2hr - 4-6p, 430-630p, 5-7p</p> <p>SROP 30 - 7-730p, 730-8p (water) SROP 60 - 630-730p (w/o dry) SROP 60 - 7-8p (w/dry) SROP 90 - 630-8p (w/o dry) SROP 90 - 7-830p (w/dry) SROP 90 - 730-9p (w/dry) SROP 2hr - 630-830p (w/o dry) SROP 2hr - 7-9p (w/dry)</p>	<p>31</p> <p>SRDL 30 - 4-430p, 5-530p SRDL 60 - 4-5p, 5-6p SRDL 90 - 4-530p, 430-6p SRDL 2hr - 4-6p</p> <p>SROP 30 - 7-730p, 730-8p (water) SROP 60 - 630-730p (w/o dry) SROP 60 - 7-8p (w/dry) SROP 90 - 630-8p (w/o dry) SROP 90 - 7-830p (w/dry) SROP 90 - 730-9p (w/dry) SROP 2hr - 630-830p (w/o dry) SROP 2hr - 7-9p (w/dry)</p>	<p>1</p> <p style="text-align: center;">SROP SUBSTANTIAL TIME CHANGES</p> <p>SRDL 30 - 7-730, 8-830a, 9-930a SRDL 60 - 7-8a, 8-9a, 9-10a SRDL 90 - 7-830a, 8-930a SRDL 2hr - 7-9a, 8-10a</p> <p>DVHS/SROP? 30 - 1030-11a, 11-1130a DVHS/SROP? 60 - 10-11a (w/o dry) DVHS/SROP? 60 - 1030-1130a, 11a-12p (w/dry) DVHS/SROP? 90 - 10-1130a (w/o dry) DVHS/SROP? 90 - 1030a-12p, 11a-1230p (w/dry) DVHS 2hr - 10a-12p (w/o dry) DVHS/SROP? 2hr - 1030a-1230p (w/dry)</p>
<p>DIVER'S NAME: _____</p> <p>PROG LEVEL (circle one): 1, 2, 4, 6, 8, 10, 12, 15 M1, M2, M3, M4, M5, M6</p> <p>INCLUDED HOURS/WEEK: _____</p> <p>"ExtraHours" (if any): _____</p> <p>DIVER'S TEAM (if any, circle): DT, RT, ZT, NT, S&E, M</p>	<p>Levels, Calendar Notes:</p> <p>ALL DIVERS ~ each LEVEL has specific timeslot restrictions and inclusions. Please CIRCLE ONLY WHOLE SESSIONS as listed that correspond to your Level. You may not write-in your own session times or request more time than allotted.</p> <p>TEAM DIVERS ~ each team (Dev1-3, Region, Zone, National, S&E, and Masters) have specific/prescribed session configurations for length of session(s) per slot/week. When submitting your calendar requests, ONLY CIRCLE whole sessions that are equal to your program listing. Please review the right-hand column on the Fees tab of our website.</p> <p>If you are not sure what your program includes, please email us: admin@CALdiving.org</p>	<p>SLOT NOTES & EXPLANATIONS ~</p> <p style="text-align: center;">For pool slots ~ SROP/DVHS</p> <p>1) If you were at dryland (dry) that day, then you MAY attend the "with" (w) or "without" (w/o) water (wet) sessions</p> <p>2) If you did NOT attend dryland that day AND you want to attend water that day, you MUST attend sessions marked (w/o).</p>	<p>"TRY-IT-OUT" (TIO) PROGRAM OFFERING</p> <p style="text-align: center;">Try-it-Out (TIO) Inclusive Sessions ~ Total of 3 sessions (2-water + 1-dryland) Taken in order as: Water-Dryland-Water</p> <p>WATER options are: (30-, 60-, or 90-minute) sessions DRYLAND sessions are (30- or 60-minute) sessions (coach's discretion for completion of any session)</p>			

June 2024						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<p>1</p> <p>SRDL 30 - 7-730, 8-830a, 9-930a SRDL 60 - 7-8a, 8-9a, 9-10a SRDL 90 - 7-830a, 8-930a SRDL 2hr - 7-9a, 8-10a</p> <p>SRDP 30 - 1030-11a, 11-1130a SRDP 60 - 10-11a (w/o dry) SRDP 60 - 1030-1130a, 11a-12p (w/dry) SRDP 90 - 10-1130a (w/o dry) SRDP 90 - 1030a-12p, 11a-1230p (w/dry) SRDP 2hr - 10a-12p (w/o dry) SRDP 2hr - 1030a-1230p (w/dry)</p> <p>Private dryland appointments - 130-7pm</p>
2	<p>3</p> <p>Private dryland appointments - 1-4p SRDL 30 - 4-430p, 5-530p, 6-630p SRDL 60 - 4-5p, 5-6p SRDL 90 - 4-530p, 430-6p, 5-630p SRDL 2hr - 4-6p, 430-630p, 5-7p</p> <p>SRDP 30 - 7-730p, 730-8p (water) SRDP 60 - 630-730p (w/o dry) SRDP 60 - 7-8p (w/dry) SRDP 90 - 630-8p (w/o dry) SRDP 90 - 7-830p (w/dry) SRDP 90 - 730-9p (w/dry) SRDP 2hr - 630-830p (w/o dry) SRDP 2hr - 7-9p (w/dry)</p>	<p>4</p> <p>Private dryland appointments - 1-4p SRDL 30 - 4-430p, 5-530p, 6-630p SRDL 60 - 4-5p, 5-6p SRDL 90 - 4-530p, 430-6p, 5-630p SRDL 2hr - 4-6p, 430-630p, 5-7p</p> <p>SRDP 30 - 7-730p, 730-8p (water) SRDP 60 - 630-730p (w/o dry) SRDP 60 - 7-8p (w/dry) SRDP 90 - 630-8p (w/o dry) SRDP 90 - 7-830p (w/dry) SRDP 90 - 730-9p (w/dry) SRDP 2hr - 630-830p (w/o dry) SRDP 2hr - 7-9p (w/dry)</p>	<p>5</p> <p>Private dryland appointments - 1-4p SRDL 30 - 4-430p, 5-530p, 6-630p SRDL 60 - 4-5p, 5-6p SRDL 90 - 4-530p, 430-6p, 5-630p SRDL 2hr - 4-6p, 430-630p, 5-7p</p> <p>SRDP 30 - 7-730p, 730-8p (water) SRDP 60 - 630-730p (w/o dry) SRDP 60 - 7-8p (w/dry) SRDP 90 - 630-8p (w/o dry) SRDP 90 - 7-830p (w/dry) SRDP 90 - 730-9p (w/dry) SRDP 2hr - 630-830p (w/o dry) SRDP 2hr - 7-9p (w/dry)</p>	<p>6</p> <p>Private dryland appointments - 1-4p SRDL 30 - 4-430p, 5-530p, 6-630p SRDL 60 - 4-5p, 5-6p SRDL 90 - 4-530p, 430-6p, 5-630p SRDL 2hr - 4-6p, 430-630p, 5-7p</p> <p>SCHOOL GRADUATION NO WATER TIME</p>	<p>7</p> <p>Private dryland appointments - 1-4p SRDL 30 - 4-430p, 5-530p SRDL 60 - 4-5p, 5-6p SRDL 90 - 4-530p, 430-6p SRDL 2hr - 4-6p</p> <p>SRDP 30 - 7-730p, 730-8p (water) SRDP 60 - 630-730p (w/o dry) SRDP 60 - 7-8p (w/dry) SRDP 90 - 630-8p (w/o dry) SRDP 90 - 7-830p (w/dry) SRDP 90 - 730-9p (w/dry) SRDP 2hr - 630-830p (w/o dry) SRDP 2hr - 7-9p (w/dry)</p>	<p>8</p> <p>SRDL 30 - 7-730, 8-830a, 9-930a SRDL 60 - 7-8a, 8-9a, 9-10a SRDL 90 - 7-830a, 8-930a SRDL 2hr - 7-9a, 8-10a</p> <p>SRDP 30 - 1030-11a, 11-1130a SRDP 60 - 10-11a (w/o dry) SRDP 60 - 1030-1130a, 11a-12p (w/dry) SRDP 90 - 10-1130a (w/o dry) SRDP 90 - 1030a-12p, 11a-1230p (w/dry) SRDP 2hr - 10a-12p (w/o dry) SRDP 2hr - 1030a-1230p (w/dry)</p> <p>Private dryland appointments - 130-7pm</p>
<p>PAGE 1of3 JUNE '24 01-08jun</p>	<p>Note:</p> <p style="text-align: center;">PLEASE PAY CLOSE ATTENTION ON A DAILY BASIS TO HOURS/SLOTS/POOLS.</p>					
<p>DIVER'S NAME: _____</p> <p>PROG LEVEL (circle one): 1, 2, 4, 6, 8, 10, 12, 15 M1, M2, M3, M4, M5, M6</p> <p>INCLUDED HOURS/WEEK: _____</p> <p>"ExtraHours" (if any): _____</p> <p>DIVER'S TEAM (if any, circle): DT, RT, ZT, NT, S&E, M</p>	<p>Levels, Calendar Notes:</p> <p>ALL DIVERS ~ each LEVEL has specific timeslot restrictions and inclusions. Please CIRCLE ONLY WHOLE SESSIONS as listed that correspond to your Level. You may not write-in your own session times or request more time than allotted.</p> <p>TEAM DIVERS ~ each team (Dev1-3, Region, Zone, National, S&E, and Masters) have specific/prescribed session configurations for length of session(s) per slot/week. When submitting your calendar requests, ONLY CIRCLE whole sessions that are equal to your program listing. Please review the right-hand column on the Fees tab of our website.</p> <p>If you are not sure what your program includes, please email us: admin@CALdiving.org</p>	<p>SLOT NOTES & EXPLANATIONS ~</p> <p>For pool slots ~ SRDP/DVHS</p> <p>1) If you were at dryland (dry) that day, then you MAY attend the "with" (w/) or "without" (w/o) water (wet) sessions</p> <p>2) If you did NOT attend dryland that day AND you want to attend water that day, you MUST attend sessions marked (w/o).</p>	<p>"TRY-IT-OUT" (TIO) PROGRAM OFFERING</p> <p>Try-it-Out (TIO) Inclusive Sessions ~ Total of 3 sessions (2-water + 1-dryland) Taken in order as: Water-Dryland-Water</p> <p>WATER options are: (30-, 60-, or 90-minute) sessions DRYLAND sessions are (30- or 60-minute) sessions</p> <p>(coach's discretion for completion of any session)</p>			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10 San Ramon City LTD Camp - 4-5p @DVHS</p> <p>Private dryland appointments ~ 7-930a</p> <p>SRDL 30 ~ 9-930, 10-1030, 1230-1</p> <p>SRDL 60 ~ 930-1030, 10-11, 1130-11230</p> <p>SRDL 90 ~ 9-1030, 10-1130, 1130-1</p> <p>SRDL 2hr ~ 9-11, 930-1130, 10-12</p> <p>SRDL 3hr ~ 9-12, 930-1230, 10-1</p> <p>SRDL 4hr ~ 9-1</p> <p>DVHS 30 ~ 2-230, 230-3 (w/ or w/o dry)</p> <p>DVHS 60 ~ 130-230 (w/o dry)</p> <p>DVHS 60 ~ 2-3 (w/dry)</p> <p>DVHS 90 ~ 130-3 (w/o dry)</p> <p>DVHS 90 ~ 2-330, 230-4 (w/dry)</p> <p>DVHS 2hr ~ 2-4 (w/dry)</p> <p>SROP 60 ~ 530-630p (w/o dry)</p> <p>SROP 60 ~ 6-7 (w/dry)</p> <p>SROP 90 ~ 530-7p (w/o dry)</p>	<p>11 San Ramon City LTD Camp - 4-5p @DVHS</p> <p>Private dryland appointments ~ 7-930a</p> <p>SRDL 30 ~ 9-930, 10-1030, 1230-1</p> <p>SRDL 60 ~ 930-1030, 10-11, 1130-11230</p> <p>SRDL 90 ~ 9-1030, 10-1130, 1130-1</p> <p>SRDL 2hr ~ 9-11, 930-1130, 10-12</p> <p>SRDL 3hr ~ 9-12, 930-1230, 10-1</p> <p>SRDL 4hr ~ 9-1</p> <p>DVHS 30 ~ 2-230, 230-3 (w/ or w/o dry)</p> <p>DVHS 60 ~ 130-230 (w/o dry)</p> <p>DVHS 60 ~ 2-3 (w/dry)</p> <p>DVHS 90 ~ 130-3 (w/o dry)</p> <p>DVHS 90 ~ 2-330, 230-4 (w/dry)</p> <p>DVHS 2hr ~ 2-4 (w/dry)</p> <p>SROP 60 ~ 530-630p (w/o dry)</p> <p>SROP 60 ~ 6-7 (w/dry)</p> <p>SROP 90 ~ 530-7p (w/o dry)</p>	<p>12 San Ramon City LTD Camp - 4-5p @DVHS</p> <p>Private dryland appointments ~ 7-11a</p> <p>SRDL 30 ~ 11-1130, 12-1230, 1-130</p> <p>SRDL 60 ~ 1-2, 2-3</p> <p>SRDL 90 ~ 11-1230, 1230-2</p> <p>SRDL 2hr ~ 11-1, 1130-130, 12-2</p> <p>SRDL 3hr ~ 11-2, 1130-230, 12-3</p> <p>SRDL 4hr ~ 11-3</p> <p>SROP 30 ~ 5-530, 530-6 (w/ or w/o dry)</p> <p>SROP 60 ~ 430-530 (w/o dry)</p> <p>SROP 60 ~ 4-5, 5-6 (w/dry)</p> <p>SROP 90 ~ 430-6 (w/o dry)</p> <p>SROP 90 ~ 5-630, 530-7 (w/dry)</p> <p>SROP 2hr ~ 5-7 (w/dry)</p>	<p>13 San Ramon City LTD Camp - 4-5p @DVHS</p> <p>Private dryland appointments ~ 7-930a</p> <p>SRDL 30 ~ 9-930, 10-1030, 1230-1</p> <p>SRDL 60 ~ 930-1030, 10-11, 1130-11230</p> <p>SRDL 90 ~ 9-1030, 10-1130, 1130-1</p> <p>SRDL 2hr ~ 9-11, 930-1130, 10-12</p> <p>SRDL 3hr ~ 9-12, 930-1230, 10-1</p> <p>SRDL 4hr ~ 9-1</p> <p>DVHS 30 ~ 2-230, 230-3 (w/ or w/o dry)</p> <p>DVHS 60 ~ 130-230 (w/o dry)</p> <p>DVHS 60 ~ 2-3 (w/dry)</p> <p>DVHS 90 ~ 130-3 (w/o dry)</p> <p>DVHS 90 ~ 2-330, 230-4 (w/dry)</p> <p>DVHS 2hr ~ 2-4 (w/dry)</p> <p>SROP 60 ~ 530-630p (w/o dry)</p> <p>SROP 60 ~ 6-7 (w/dry)</p> <p>SROP 90 ~ 530-7p (w/o dry)</p>	<p>14 San Ramon City LTD Camp - 4-5p @DVHS</p> <p>Private dryland appointments ~ 7-930a</p> <p>SRDL 30 ~ 9-930, 10-1030, 1230-1</p> <p>SRDL 60 ~ 930-1030, 10-11, 1130-11230</p> <p>SRDL 90 ~ 9-1030, 10-1130, 1130-1</p> <p>SRDL 2hr ~ 9-11, 930-1130, 10-12</p> <p>SRDL 3hr ~ 9-12, 930-1230, 10-1</p> <p>SRDL 4hr ~ 9-1</p> <p>DVHS 30 ~ 2-230, 230-3 (w/ or w/o dry)</p> <p>DVHS 60 ~ 130-230 (w/o dry)</p> <p>DVHS 60 ~ 2-3 (w/dry)</p> <p>DVHS 90 ~ 130-3 (w/o dry)</p> <p>DVHS 90 ~ 2-330, 230-4 (w/dry)</p> <p>DVHS 2hr ~ 2-4 (w/dry)</p> <p>SROP 60 ~ 530-630p (w/o dry)</p> <p>SROP 60 ~ 6-7 (w/dry)</p> <p>SROP 90 ~ 530-7p (w/o dry)</p>	<p>15</p> <p>SRDL ~ 8-830a, 830-9a (30min slots)</p> <p>SRDL ~ 8-9a (only 60min slot)</p> <p>SRDL ~ 8-930a, 830-10a (90min slots)</p> <p>SRDL ~ 8-10a (2hr session)</p> <p>SROP ~ 930-1030a (only 60min slot)</p> <p>SROP ~ 930-11a (90min w/o SRDL)</p> <p>SROP ~ 10a-1130a (90min w/SRDL)</p> <p>SROP ~ 10a-12p (2hr w/SRDL)</p> <p>Private dryland appointments ~ 1-7pm</p>	

<p>16 MIWOK TOWER 1130-2pm</p> <p>CIRCLE THIS SESSION AND Send a text to Coach Eric (925-586-0169) Fees \$30 per diver</p> <p>If you have not been to a Tower session, you should reach out to Coach Eric (925-586-0169) via text to discuss what a Tower session involves and if it might be good for you or your diver.</p>	<p>17</p> <p>Private dryland appointments ~ 7-11a</p> <p>SRDL 30 ~ 11-1130, 1130-12, 1-130</p> <p>SRDL 60 ~ 1-2, 2-3</p> <p>SRDL 90 ~ 11-1230, 1230-2</p> <p>SRDL 2hr ~ 11-1, 1130-130, 12-2</p> <p>SRDL 3hr ~ 11-2, 1130-230, 12-3</p> <p>SRDL 4hr ~ 11-3</p> <p>SROP 30 ~ 4-430, 430-5 (w/ or w/o dry)</p> <p>SROP 60 ~ 330-430 (w/o dry)</p> <p>SROP 60 ~ 4-5, 5-6 (w/dry)</p> <p>SROP 90 ~ 330-5 (w/o dry)</p> <p>SROP 90 ~ 4-530, 5-630 (w/dry)</p> <p>SROP 2hr ~ 4-6, 5-7 (w/dry)</p> <p>SROP 3hr ~ 4-7 (w/dry)</p>	<p>18</p> <p>Private dryland appointments ~ 7-930a</p> <p>SRDL 30 ~ 9-930, 10-1030, 1230-1</p> <p>SRDL 60 ~ 930-1030, 10-11, 1130-11230</p> <p>SRDL 90 ~ 9-1030, 10-1130, 1130-1</p> <p>SRDL 2hr ~ 9-11, 930-1130, 10-12</p> <p>SRDL 3hr ~ 9-12, 930-1230, 10-1</p> <p>SRDL 4hr ~ 9-1</p> <p>DVHS 30 ~ 2-230, 230-3 (w/ or w/o dry)</p> <p>DVHS 60 ~ 130-230 (w/o dry)</p> <p>DVHS 60 ~ 2-3 (w/dry)</p> <p>DVHS 90 ~ 130-3 (w/o dry)</p> <p>DVHS 90 ~ 2-330, 230-4 (w/dry)</p> <p>DVHS 2hr ~ 2-4 (w/dry)</p> <p>SROP 60 ~ 530-630p (w/o dry)</p> <p>SROP 60 ~ 6-7 (w/dry)</p> <p>SROP 90 ~ 530-7p (w/o dry)</p>	<p>19</p> <p>Private dryland appointments ~ 7-11a</p> <p>SRDL 30 ~ 11-1130, 1130-12, 1-130</p> <p>SRDL 60 ~ 1-2, 2-3</p> <p>SRDL 90 ~ 11-1230, 1230-2</p> <p>SRDL 2hr ~ 11-1, 1130-130, 12-2</p> <p>SRDL 3hr ~ 11-2, 1130-230, 12-3</p> <p>SRDL 4hr ~ 11-3</p> <p>SROP 30 ~ 4-430, 430-5 (w/ or w/o dry)</p> <p>SROP 60 ~ 330-430 (w/o dry)</p> <p>SROP 60 ~ 4-5, 5-6 (w/dry)</p> <p>SROP 90 ~ 330-5 (w/o dry)</p> <p>SROP 90 ~ 4-530, 5-630 (w/dry)</p> <p>SROP 2hr ~ 4-6, 5-7 (w/dry)</p> <p>SROP 3hr ~ 4-7 (w/dry)</p>	<p>20</p> <p>Private dryland appointments ~ 7-11a</p> <p>SRDL 30 ~ 11-1130, 1130-12, 1-130</p> <p>SRDL 60 ~ 1-2, 2-3</p> <p>SRDL 90 ~ 11-1230, 1230-2, 1-230</p> <p>SRDL 2hr ~ 11-1, 1130-130, 12-2</p> <p>SRDL 3hr ~ 11-2, 1130-230, 12-3</p> <p>SRDL 4hr ~ 11-3</p> <p>SROP 30 ~ 4-430, 430-5 (w/ or w/o dry)</p> <p>SROP 60 ~ 330-430 (w/o dry)</p> <p>SROP 60 ~ 4-5, 5-6 (w/dry)</p> <p>SROP 90 ~ 330-5 (w/o dry)</p> <p>SROP 90 ~ 4-530, 5-630 (w/dry)</p> <p>SROP 2hr ~ 4-6, 5-7 (w/dry)</p> <p>SROP 3hr ~ 4-7 (w/dry)</p>	<p>21</p> <p>Private dryland appointments ~ 7-11a</p> <p>SRDL 30 ~ 11-1130, 1130-12, 1-130</p> <p>SRDL 60 ~ 11-12, 12-1, 1-2</p> <p>SRDL 90 ~ 11-1230, 1230-2, 1-230</p> <p>SRDL 2hr ~ 11-1, 1130-130, 12-2</p> <p>SRDL 3hr ~ 11-2, 1130-230</p> <p>SROP 30 ~ 4-430, 430-5 (w/ or w/o dry)</p> <p>SROP 60 ~ 330-430 (w/o dry)</p> <p>SROP 60 ~ 4-5, 5-6 (w/dry)</p> <p>SROP 90 ~ 330-5 (w/o dry)</p> <p>SROP 90 ~ 4-530, 5-630 (w/dry)</p> <p>SROP 2hr ~ 4-6, 5-7 (w/dry)</p> <p>SROP 3hr ~ 4-7 (w/dry)</p>	<p>22</p> <p>DIVING MEET ~ Miwok, Novato (FC1-8, beginner/Intermediate) Event on DiveLive</p> <p>NO CLUB PRACTICE All are expected to participate in this event</p>
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Notes:

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

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

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

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

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

DIVER'S NAME: _____

PROG LEVEL (circle one):
 1, 2, 4, 6, 8, 10, 12, 15
 M1, M2, M3, M4, M5, M6

INCLUDED HOURS/WEEK: _____

"ExtraHours" (if any): _____

DIVER'S TEAM (if any, circle):
 DT, RT, ZT, NT, S&E, M

Levels, Calendar Notes:

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

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

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

SLOT NOTES & EXPLANATIONS ~

For pool slots ~ SROP/DVHS

1) If you were at dryland (dry) that day, then you MAY attend the "with" (w/) or "without" (w/o) water (wet) sessions

2) If you did NOT attend dryland that day AND you want to attend water that day, you MUST attend sessions marked (w/o).

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

Try-it-Out (TIO) Inclusive Sessions ~
 Total of 3 sessions (2-water + 1-dryland)
 Taken in order as: Water-Dryland-Water

WATER options are: (30-, 60-, or 90-minute) sessions
 DRYLAND sessions are (30- or 60-minute) sessions

(coach's discretion for completion of any session)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 USAD Zone-D Madison, WI Indiana Diving Camp w/Coach Eric drive from Madison to Indianapolis w/Coach Eric	1 Indiana Diving Camp w/Coach Eric SRDL 30 ~ 12-1230, 1230-1, 1-130 SRDL 60 ~ 1230-130, 1-2, 130-230 SRDL 90 ~ 1230-2, 1-230 SRDL 2hr ~ 1230-230 SROP 30 ~ 4-430, 430-5 (w/ or w/o dry) SROP 60 ~ 330-430 (w/o dry) SROP 60 ~ 4-5, 5-6 (w/dry) SROP 90 ~ 330-5 (w/o dry) SROP 90 ~ 4-530 (w/dry) SROP 2hr ~ 4-6 (w/dry)	2 Indiana Diving Camp w/Coach Eric SRDL 30 ~ 9-930, 10-1030, 1230-1 SRDL 60 ~ 930-1030, 10-11, 1130-11230 SRDL 90 ~ 9-1030, 10-1130, 1130-1 SRDL 2hr ~ 9-11, 930-1130, 10-12 SRDL 3hr ~ 9-12, 930-1230, 10-1 SRDL 4hr ~ 9-1 DVHS 30 ~ 2-230, 230-3 (w/ or w/o dry) DVHS 60 ~ 130-230 (w/o dry) DVHS 60 ~ 2-3 (w/dry) DVHS 90 ~ 130-3 (w/o dry) DVHS 90 ~ 2-330, 230-4 (w/dry) DVHS 2hr ~ 2-4 (w/dry)	3 Indiana Diving Camp w/Coach Eric SRDL 30 ~ 12-1230, 1230-1, 1-130 SRDL 60 ~ 1230-130, 1-2, 130-230 SRDL 90 ~ 1230-2, 1-230 SRDL 2hr ~ 1230-230 SROP 30 ~ 4-430, 430-5 (w/ or w/o dry) SROP 60 ~ 330-430 (w/o dry) SROP 60 ~ 4-5, 5-6 (w/dry) SROP 90 ~ 330-5 (w/o dry) SROP 90 ~ 4-530 (w/dry) SROP 2hr ~ 4-6 (w/dry)	4 Indiana Diving Camp w/Coach Eric SRDL 30 ~ 12-1230, 1230-1, 1-130 SRDL 60 ~ 1230-130, 1-2, 130-230 SRDL 90 ~ 1230-2, 1-230 SRDL 2hr ~ 1230-230 SROP 30 ~ 4-430, 430-5 (w/ or w/o dry) SROP 60 ~ 330-430 (w/o dry) SROP 60 ~ 4-5, 5-6 (w/dry) SROP 90 ~ 330-5 (w/o dry) SROP 90 ~ 4-530 (w/dry) SROP 2hr ~ 4-6 (w/dry)	5 Indiana Diving Camp w/Coach Eric SRDL 30 ~ 130-2, 2-230 SRDL 60 ~ 130-230, 2-3 SRDL 90 ~ 130-3, 2-330 SRDL 2hr ~ 130-330 SROP 30 ~ 5-530, 530-6 (w/ or w/o dry) SROP 60 ~ 430-530 (w/o dry) SROP 60 ~ 5-6 (w/dry) SROP 90 ~ 430-6 (w/o dry) SROP 90 ~ 530-7 (w/dry) SROP 2hr ~ 5-7 (w/dry)	6 DIVING MEET ~ DVD, Stockton 1-day meet ~ FC1-8 and JO (an AAU event on DiveMeets) NO CLUB PRACTICE All are expected to participate in this event
7	8 San Ramon City LTD Camp ~ 4-5p @DVHS Private dryland appointments ~ 7-9a SRDL 30 ~ 9-930, 10-1030, 1230-1 SRDL 60 ~ 930-1030, 10-11, 1130-11230 SRDL 90 ~ 9-1030, 10-1130, 1130-1 SRDL 2hr ~ 9-11, 930-1130, 10-12 SRDL 3hr ~ 9-12, 930-1230, 10-1 SRDL 4hr ~ 9-1 DVHS 30 ~ 2-230, 230-3 (w/ or w/o dry) DVHS 60 ~ 130-230 (w/o dry) DVHS 60 ~ 2-3 (w/dry) DVHS 90 ~ 130-3 (w/o dry) DVHS 90 ~ 2-330, 230-4 (w/dry) DVHS 2hr ~ 2-4 (w/dry) SROP 60 ~ 530-630p (w/o dry) SROP 60 ~ 6-7 (w/dry) SROP 90 ~ 530-7p (w/o dry)	9 San Ramon City LTD Camp ~ 4-5p @DVHS Private dryland appointments ~ 7-9a SRDL 30 ~ 9-930, 10-1030, 1230-1 SRDL 60 ~ 930-1030, 10-11, 1130-11230 SRDL 90 ~ 9-1030, 10-1130, 1130-1 SRDL 2hr ~ 9-11, 930-1130, 10-12 SRDL 3hr ~ 9-12, 930-1230, 10-1 SRDL 4hr ~ 9-1 DVHS 30 ~ 2-230, 230-3 (w/ or w/o dry) DVHS 60 ~ 130-230 (w/o dry) DVHS 60 ~ 2-3 (w/dry) DVHS 90 ~ 130-3 (w/o dry) DVHS 90 ~ 2-330, 230-4 (w/dry) DVHS 2hr ~ 2-4 (w/dry) SROP 60 ~ 530-630p (w/o dry) SROP 60 ~ 6-7 (w/dry) SROP 90 ~ 530-7p (w/o dry)	10 San Ramon City LTD Camp ~ 4-5p @SROP Private dryland appointments ~ 7-11a SRDL 30 ~ 11-1130, 12-1230, 1-130 SRDL 60 ~ 1-2, 2-3 SRDL 90 ~ 11-1230, 1230-2 SRDL 2hr ~ 11-1, 1130-130, 12-2 SRDL 3hr ~ 11-2, 1130-230, 12-3 SRDL 4hr ~ 11-3 SROP 30 ~ 5-530, 530-6 (w/ or w/o dry) SROP 60 ~ 430-530 (w/o dry) SROP 60 ~ 5-6 (w/dry) SROP 90 ~ 430-6 (w/o dry) SROP 90 ~ 5-630, 530-7 (w/dry) SROP 2hr ~ 5-7 (w/dry)	11 San Ramon City LTD Camp ~ 4-5p @DVHS Private dryland appointments ~ 7-9a SRDL 30 ~ 9-930, 10-1030, 1230-1 SRDL 60 ~ 930-1030, 10-11, 1130-11230 SRDL 90 ~ 9-1030, 10-1130, 1130-1 SRDL 2hr ~ 9-11, 930-1130, 10-12 SRDL 3hr ~ 9-12, 930-1230, 10-1 SRDL 4hr ~ 9-1 DVHS 30 ~ 2-230, 230-3 (w/ or w/o dry) DVHS 60 ~ 130-230 (w/o dry) DVHS 60 ~ 2-3 (w/dry) DVHS 90 ~ 130-3 (w/o dry) DVHS 90 ~ 2-330, 230-4 (w/dry) DVHS 2hr ~ 2-4 (w/dry) SROP 60 ~ 530-630p (w/o dry) SROP 60 ~ 6-7 (w/dry) SROP 90 ~ 530-7p (w/o dry)	12 San Ramon City LTD Camp ~ 4-5p @DVHS Private dryland appointments ~ 7-9a SRDL 30 ~ 9-930, 10-1030, 1230-1 SRDL 60 ~ 930-1030, 10-11, 1130-11230 SRDL 90 ~ 9-1030, 10-1130, 1130-1 SRDL 2hr ~ 9-11, 930-1130, 10-12 SRDL 3hr ~ 9-12, 930-1230, 10-1 SRDL 4hr ~ 9-1 DVHS 30 ~ 2-230, 230-3 (w/ or w/o dry) DVHS 60 ~ 130-230 (w/o dry) DVHS 60 ~ 2-3 (w/dry) DVHS 90 ~ 130-3 (w/o dry) DVHS 90 ~ 2-330, 230-4 (w/dry) DVHS 2hr ~ 2-4 (w/dry) SROP 60 ~ 530-630p (w/o dry) SROP 60 ~ 6-7 (w/dry) SROP 90 ~ 530-7p (w/o dry)	13 SRDL ~ 8-830a, 830-9a (30min slots) SRDL ~ 8-9a (only 60min slot) SRDL ~ 8-930a, 830-10a (90min slots) SRDL ~ 8-10a (2hr session) SROP 30 ~ 10-1030, 1030-11 (w/ or w/o dry) SROP 60 ~ 930-1030 (w/o dry) SROP 60 ~ 10-11 (w/dry) SROP 90 ~ 930-11 (w/o dry) SROP 90 ~ 10-1130 (w/dry) SROP 2hr ~ 10-12 (w/dry) Private dryland appointments ~ 1-7pm

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 JULY '24
 01-13jul**

Notes:

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

Levels, Calendar Notes:

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

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

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

SLOT NOTES & EXPLANATIONS ~

For pool slots ~ 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	
14	MIWOK TOWER 1130-2pm	15	Private dryland appointments ~ 7-12p	16	Private dryland appointments ~ 7-9a	17	AAU Nationals, Ft. Lauderdale, FL	18	AAU Nationals, Ft. Lauderdale, FL	19	AAU Nationals, Ft. Lauderdale, FL	20	AAU Nationals, Ft. Lauderdale, FL
<p>CIRCLE THIS SESSION AND Send a text to Coach Eric (925-586-0169) Fees \$30 per diver</p>		SRDL 30 ~ 12-1230, 1230-1, 1-130 SRDL 60 ~ 12-1, 1-2, 2-3 SRDL 90 ~ 12-130, 1230-2, 1-230 SRDL 2hr ~ 12-2, 1-3 SRDL 3hr ~ 12-3		SRDL 30 ~ 9-930, 10-1030, 1230-1 SRDL 60 ~ 930-1030, 10-11, 1130-11230 SRDL 90 ~ 9-1030, 10-1130, 1130-1 SRDL 2hr ~ 9-11, 930-1130, 10-12 SRDL 3hr ~ 9-12, 930-1230, 10-1 SRDL 4hr ~ 9-1		SRDL 30 ~ 12-1230, 1230-1, 1-130 SRDL 60 ~ 1230-130, 1-2, 130-230 SRDL 90 ~ 1230-2, 1-230 SRDL 2hr ~ 1230-230 SROP 30 ~ 4-430, 430-5 (w/ or w/o dry) SROP 60 ~ 330-430 (w/o dry) SROP 60 ~ 4-5, 5-6 (w/dry) SROP 90 ~ 330-5 (w/o dry) SROP 90 ~ 4-530 (w/dry) SROP 2hr ~ 4-6 (w/dry)		SRDL 30 ~ 12-1230, 1230-1, 1-130 SRDL 60 ~ 1230-130, 1-2, 130-230 SRDL 90 ~ 1230-2, 1-230 SRDL 2hr ~ 1230-230 SROP 30 ~ 4-430, 430-5 (w/ or w/o dry) SROP 60 ~ 330-430 (w/o dry) SROP 60 ~ 4-5, 5-6 (w/dry) SROP 90 ~ 330-5 (w/o dry) SROP 90 ~ 4-530 (w/dry) SROP 2hr ~ 4-6 (w/dry)		SRDL 30 ~ 12-1230, 1230-1, 1-130 SRDL 60 ~ 1230-130, 1-2, 130-230 SRDL 90 ~ 1230-2, 1-230 SRDL 2hr ~ 1230-230 SROP 30 ~ 4-430, 430-5 (w/ or w/o dry) SROP 60 ~ 330-430 (w/o dry) SROP 60 ~ 4-5, 5-6 (w/dry) SROP 90 ~ 330-5 (w/o dry) SROP 90 ~ 4-530 (w/dry) SROP 2hr ~ 4-6 (w/dry)		SRDL ~ 8-830a, 830-9a (30min slots) SRDL ~ 8-9a (only 60min slot) SRDL ~ 8-930a, 830-10a (90min slots) SRDL ~ 8-10a (2hr session) SROP 30 ~ 10-1030, 1030-11 (w/ or w/o dry) SROP 60 ~ 930-1030 (w/o dry) SROP 60 ~ 10-11 (w/dry) SROP 90 ~ 930-11 (w/o dry) SROP 90 ~ 10-1130 (w/dry) SROP 2hr ~ 10-12 (w/dry)	
<p>If you have not been to a Tower session, you should reach out to Coach Eric (925-586-0169) via text to discuss what a Tower session involves and if it might be good for you or your diver.</p>		SROP 30 ~ 4-430, 430-5 (w/ or w/o dry) SROP 60 ~ 330-430 (w/o dry) SROP 60 ~ 4-5, 5-6 (w/dry) SROP 90 ~ 330-5 (w/o dry) SROP 90 ~ 4-530, 5-630 (w/dry) SROP 2hr ~ 4-6, 5-7 (w/dry) SROP 3hr ~ 4-7 (w/dry)		DVHS 30 ~ 2-230, 230-3 (w/ or w/o dry) DVHS 60 ~ 130-230 (w/o dry) DVHS 60 ~ 4-5, 5-6 (w/dry) DVHS 90 ~ 130-3 (w/o dry) DVHS 90 ~ 2-330, 230-4 (w/dry) DVHS 2hr ~ 2-4 (w/dry) SROP 60 ~ 530-630p (w/o dry) SROP 60 ~ 6-7 (w/dry) SROP 90 ~ 530-7p (w/o dry)		SROP 30 ~ 4-430, 430-5 (w/ or w/o dry) SROP 60 ~ 330-430 (w/o dry) SROP 60 ~ 4-5, 5-6 (w/dry) SROP 90 ~ 330-5 (w/o dry) SROP 90 ~ 4-530 (w/dry) SROP 2hr ~ 4-6 (w/dry)		SROP 30 ~ 4-430, 430-5 (w/ or w/o dry) SROP 60 ~ 330-430 (w/o dry) SROP 60 ~ 4-5, 5-6 (w/dry) SROP 90 ~ 330-5 (w/o dry) SROP 90 ~ 4-530 (w/dry) SROP 2hr ~ 4-6 (w/dry)		SROP 30 ~ 4-430, 430-5 (w/ or w/o dry) SROP 60 ~ 330-430 (w/o dry) SROP 60 ~ 4-5, 5-6 (w/dry) SROP 90 ~ 330-5 (w/o dry) SROP 90 ~ 4-530 (w/dry) SROP 2hr ~ 4-6 (w/dry)		SROP 30 ~ 10-1030, 1030-11 (w/ or w/o dry) SROP 60 ~ 930-1030 (w/o dry) SROP 60 ~ 10-11 (w/dry) SROP 90 ~ 930-11 (w/o dry) SROP 90 ~ 10-1130 (w/dry) SROP 2hr ~ 10-12 (w/dry)	

21	AAU Nationals, Ft. Lauderdale, FL	22	AAU Nationals, Ft. Lauderdale, FL	23		24		25		26		27	
San Ramon City LTD Camp - NO CAMP TODAY		San Ramon City LTD Camp - 8-11a @SROP		San Ramon City LTD Camp - 8-11a @SROP		San Ramon City LTD Camp - 8-11a @SROP		San Ramon City LTD Camp - 8-11a @SROP		San Ramon City LTD Camp - 8-11a @SROP		SRDL ~ 8-830a, 830-9a (30min slots) SRDL ~ 8-9a (only 60min slot) SRDL ~ 8-930a, 830-10a (90min slots) SRDL ~ 8-10a (2hr session) SROP 30 ~ 10-1030, 1030-11 (w/ or w/o dry) SROP 60 ~ 930-1030 (w/o dry) SROP 60 ~ 10-11 (w/dry) SROP 90 ~ 930-11 (w/o dry) SROP 90 ~ 10-1130 (w/dry) SROP 2hr ~ 10-12 (w/dry)	
SRDL 30 ~ 12-1230, 1230-1, 1-130 SRDL 60 ~ 1230-130, 1-2, 130-230 SRDL 90 ~ 1230-2, 1-230 SRDL 2hr ~ 1230-230 SROP 30 ~ 4-430, 430-5 (w/ or w/o dry) SROP 60 ~ 330-430 (w/o dry) SROP 60 ~ 4-5, 5-6 (w/dry) SROP 90 ~ 330-5 (w/o dry) SROP 90 ~ 4-530 (w/dry) SROP 2hr ~ 4-6 (w/dry)		SRDL 30 ~ 12-1230, 1230-1, 1-130 SRDL 60 ~ 12-1, 1-2 SRDL 90 ~ 12-130, 1230-2 SRDL 2hr ~ 12-2 DVHS 30 ~ 2-230, 230-3 (w/ or w/o dry) DVHS 60 ~ 130-230 (w/o dry) DVHS 60 ~ 2-3 (w/dry) DVHS 90 ~ 130-3 (w/o dry) DVHS 90 ~ 2-330, 230-4 (w/dry) DVHS 2hr ~ 2-4 (w/dry) SROP 60 ~ 530-630p (w/o dry) SROP 60 ~ 6-7 (w/dry) SROP 90 ~ 530-7p (w/o dry)		SRDL 30 ~ 12-1230, 1230-1, 1-130 SRDL 60 ~ 12-1, 1-2 SRDL 90 ~ 12-130, 1230-2 SRDL 2hr ~ 12-2 DVHS 30 ~ 2-230, 230-3 (w/ or w/o dry) DVHS 60 ~ 130-230 (w/o dry) DVHS 60 ~ 2-3 (w/dry) DVHS 90 ~ 130-3 (w/o dry) DVHS 90 ~ 2-330, 230-4 (w/dry) DVHS 2hr ~ 2-4 (w/dry) SROP 60 ~ 530-630p (w/o dry) SROP 60 ~ 6-7 (w/dry) SROP 90 ~ 530-7p (w/o dry)		SRDL 30 ~ 12-1230, 1230-1, 1-130 SRDL 60 ~ 12-1, 1-2 SRDL 90 ~ 12-130, 1230-2 SRDL 2hr ~ 12-2 DVHS 30 ~ 2-230, 230-3 (w/ or w/o dry) DVHS 60 ~ 130-230 (w/o dry) DVHS 60 ~ 2-3 (w/dry) DVHS 90 ~ 130-3 (w/o dry) DVHS 90 ~ 2-330, 230-4 (w/dry) DVHS 2hr ~ 2-4 (w/dry) SROP 60 ~ 530-630p (w/o dry) SROP 60 ~ 6-7 (w/dry) SROP 90 ~ 530-7p (w/o dry)		SRDL 30 ~ 12-1230, 1230-1, 1-130 SRDL 60 ~ 12-1, 1-2 SRDL 90 ~ 12-130, 1230-2 SRDL 2hr ~ 12-2 DVHS 30 ~ 2-230, 230-3 (w/ or w/o dry) DVHS 60 ~ 130-230 (w/o dry) DVHS 60 ~ 2-3 (w/dry) DVHS 90 ~ 130-3 (w/o dry) DVHS 90 ~ 2-330, 230-4 (w/dry) DVHS 2hr ~ 2-4 (w/dry) SROP 60 ~ 530-630p (w/o dry) SROP 60 ~ 6-7 (w/dry) SROP 90 ~ 530-7p (w/o dry)		SRDL 30 ~ 12-1230, 1230-1 SRDL 60 ~ 12-1 SRDL 90 ~ 12-130 DVHS 30 ~ 2-230, 230-3 (w/ or w/o dry) DVHS 60 ~ 2-3 (w/dry) DVHS 90 ~ 2-330, 230-4 (w/dry) DVHS 2hr ~ 2-4 (w/dry)		SRDL ~ 8-830a, 830-9a (30min slots) SRDL ~ 8-9a (only 60min slot) SRDL ~ 8-930a, 830-10a (90min slots) SRDL ~ 8-10a (2hr session) SROP 30 ~ 10-1030, 1030-11 (w/ or w/o dry) SROP 60 ~ 930-1030 (w/o dry) SROP 60 ~ 10-11 (w/dry) SROP 90 ~ 930-11 (w/o dry) SROP 90 ~ 10-1130 (w/dry) SROP 2hr ~ 10-12 (w/dry) Private dryland appointments ~ 1-7pm	

PAGE 2 of 3
JULY '24
14-27jul

Notes:

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

<p>DIVER'S NAME:</p> <p>PROG LEVEL (circle one): 1, 2, 4, 6, 8, 10, 12, 15 M1, M2, M3, M4, M5, M6</p> <p>INCLUDED HOURS/WEEK: _____</p> <p>*ExtraHours* (if any): _____</p> <p>DIVER'S TEAM (if any, circle): DT, RT, ZT, NT, S&E, M</p>	<p>Levels, Calendar Notes:</p> <p>ALL DIVERS ~ each LEVEL has specific timeslot restrictions and inclusions. Please CIRCLE ONLY WHOLE SESSIONS as listed that correspond to your Level. You may not write-in your own session times or request more time than allotted.</p> <p>TEAM DIVERS ~ each team (Dev1-3, Region, Zone, National, S&E, and Masters) have specific/prescribed session configurations for length of session(s) per slot/week. When submitting your calendar requests, ONLY CIRCLE whole sessions that are equal to your program listing. Please review the right-hand column on the Fees tab of our website. If you are not sure what your program includes, please email us: admin@CALdiving.org</p>	<p>SLOT NOTES & EXPLANATIONS ~</p> <p>For pool slots ~ SROP/DVHS</p> <p>1) If you were at dryland (dry) that day, then you MAY attend the "with" (w/) or "without" (w/o) water (wet) sessions</p> <p>2) If you did NOT attend dryland that day AND you want to attend water that day, you MUST attend sessions marked (w/o).</p>	<p>"TRY-IT-OUT" (TIO) PROGRAM OFFERING</p> <p>Try-it-Out (TIO) Inclusive Sessions ~ Total of 3 sessions (2-water + 1-dryland) Taken in order as: Water-Dryland-Water</p> <p>WATER options are: (30-, 60-, or 90-minute) sessions DRYLAND sessions are (30- or 60-minute) sessions (coach's discretion for completion of any session)</p>
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	Notes:		
	Private dryland appointments ~ 7-12p SRDL 30 ~ 12-1230, 1230-1, 1-130 SRDL 60 ~ 12-1, 1-2, 2-3 SRDL 90 ~ 12-130, 1230-2, 1-230 SRDL 2hr ~ 12-2, 1-3 SRDL 3hr ~ 12-3 SROP 30 ~ 4-430, 430-5 (w/ or w/o dry) SROP 60 ~ 330-430 (w/o dry) SROP 60 ~ 4-5, 5-6 (w/dry) SROP 90 ~ 330-5 (w/o dry) SROP 90 ~ 4-530, 5-630 (w/dry) SROP 2hr ~ 4-6, 5-7 (w/dry) SROP 3hr ~ 4-7 (w/dry)	Private dryland appointments ~ 7-9a SRDL 30 ~ 9-930, 10-1030, 1230-1 SRDL 60 ~ 930-1030, 10-11, 1130-11230 SRDL 90 ~ 9-1030, 10-1130, 1130-1 SRDL 2hr ~ 9-11, 930-1130, 10-12 SRDL 3hr ~ 9-12, 930-1230, 10-1 SRDL 4hr ~ 9-1 DVHS 30 ~ 2-230, 230-3 (w/ or w/o dry) DVHS 60 ~ 130-230 (w/o dry) DVHS 60 ~ 2-3 (w/dry) DVHS 90 ~ 130-3 (w/o dry) DVHS 90 ~ 2-330, 230-4 (w/dry) DVHS 2hr ~ 2-4 (w/dry) SROP 60 ~ 530-630p (w/o dry) SROP 60 ~ 6-7 (w/dry) SROP 90 ~ 530-7p (w/o dry)	Private dryland appointments ~ 7-12p SRDL 30 ~ 12-1230, 1230-1, 1-130 SRDL 60 ~ 12-1, 1-2, 2-3 SRDL 90 ~ 12-130, 1230-2, 1-230 SRDL 2hr ~ 12-2, 1-3 SRDL 3hr ~ 12-3 SROP 30 ~ 4-430, 430-5 (w/ or w/o dry) SROP 60 ~ 330-430 (w/o dry) SROP 60 ~ 4-5, 5-6 (w/dry) SROP 90 ~ 330-5 (w/o dry) SROP 90 ~ 4-530, 5-630 (w/dry) SROP 2hr ~ 4-6, 5-7 (w/dry) SROP 3hr ~ 4-7 (w/dry)			

**PAGE 3of3
JULY '24
28-31jul**

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

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M1, M2, M3, M4, M5, M6

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"ExtraHours" (if any): _____

DIVER'S TEAM (if any, circle):
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