

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
				<b>CLOSED FOR NEW YEAR!</b>  <b>HAPPY HOLIDAY</b>	<b>CLOSED FOR NEW YEAR!</b>  <b>HAPPY HOLIDAY</b>	<b>CLOSED FOR NEW YEAR!</b>  <b>HAPPY HOLIDAY</b>	
4	5	6	7	8	9	10	
Private Dryland Avail ~ 7a-4p	Private Dryland Avail ~ 7a-4p <b>DRYLAND SLOTS</b> SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 90 ~ 4-530, 5-630, 530-7 SRDL 2hr ~ 4-6, 430-630, 5-7  <b>WATER W/O DRYLAND (30min deck)</b> SROP 60 ~ 630-730 SROP 90 ~ 630-8  <b>WATER WITH DRYLAND TODAY</b> SROP 30 ~ 7-730, 730-8 SROP 60 ~ 7-8, 730-830 SROP 90 ~ 7-830	Private Dryland Avail ~ 7a-4p + 7-8p <b>DRYLAND SLOTS</b> SRDL 30 ~ 4-430, 430-5, 5-530 SRDL 60 ~ 4-5, 430-530, 5-6, 6-7 SRDL 90 ~ 4-530, 430-6, 5-630, 530-7 SRDL 2hr ~ 4-6, 430-630, 5-7  <b>WATER W/O DRYLAND (30min deck)</b> SROP 60 ~ 5-6 SROP 90 ~ 5-630  <b>WATER WITH DRYLAND TODAY</b> SROP 30 ~ 530-6, 6-630 SROP 60 ~ 530-630, 6-7 SROP 90 ~ 530-7	Private Dryland Avail ~ 7a-4p <b>DRYLAND SLOTS</b> SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 90 ~ 4-530, 5-630, 530-7 SRDL 2hr ~ 4-6, 430-630, 5-7  <b>WATER W/O DRYLAND (30min deck)</b> SROP 60 ~ 630-730 SROP 90 ~ 630-8  <b>WATER WITH DRYLAND TODAY</b> SROP 30 ~ 7-730, 730-8 SROP 60 ~ 7-8, 730-830 SROP 90 ~ 7-830	Private Dryland Avail ~ 7a-4p <b>DRYLAND SLOTS</b> SRDL 30 ~ 4-430, 430-5, 5-530 SRDL 60 ~ 4-5, 430-530, 5-6, 6-7 SRDL 90 ~ 4-530, 430-6, 5-630, 530-7 SRDL 2hr ~ 4-6, 430-630, 5-7  <b>WATER W/O DRYLAND (30min deck)</b> SROP 60 ~ 630-730 SROP 90 ~ 630-8  <b>WATER WITH DRYLAND TODAY</b> SROP 30 ~ 7-730, 730-8 SROP 60 ~ 7-8, 730-830 SROP 90 ~ 7-830	Private Dryland Avail ~ 7a-4p + 7-8p <b>DRYLAND SLOTS</b> SRDL 30 ~ 4-430, 430-5, 5-530 SRDL 60 ~ 4-5, 430-530, 5-6, 6-7 SRDL 90 ~ 4-530, 430-6, 5-630, 530-7 SRDL 2hr ~ 4-6, 430-630, 5-7  <b>WATER W/O DRYLAND (30min deck)</b> SROP 60 ~ 5-6 SROP 90 ~ 5-630  <b>WATER WITH DRYLAND TODAY</b> SROP 30 ~ 530-6, 6-630 SROP 60 ~ 530-630, 6-7 SROP 90 ~ 530-7	Private Dryland Avail ~ 7a-4p <b>DRYLAND SLOTS</b> SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 90 ~ 4-530, 5-630, 530-7 SRDL 2hr ~ 4-6, 430-630, 5-7  <b>WATER W/O DRYLAND (30min deck)</b> SROP 60 ~ 630-730 SROP 90 ~ 630-8  <b>WATER WITH DRYLAND TODAY</b> SROP 30 ~ 7-730, 730-8 SROP 60 ~ 7-8, 730-830 SROP 90 ~ 7-830	Private dryland Avail ~ 7-8a + 1-7p <b>DRYLAND SLOTS</b> SRDL 30 ~ 8-830, 9-930, 10-1030 SRDL 60 ~ 8-9, 830-930, 9-10, 930-1030 SRDL 90 ~ 8-930, 830-10, 9-1030 SRDL 2hr ~ 8-10, 830-1030  <b>WATER W/O DRYLAND (30min deck)</b> SROP 60 ~ 1030-1130 SROP 90 ~ 1030-12 SROP 2hr ~ 1030-1230  <b>WATER WITH DRYLAND TODAY</b> SROP 30 ~ 11-1130, 1130-12 SROP 60 ~ 11-12, 1130-1230 SROP 90 ~ 11-1230, 1130-1 SROP 2hr ~ 11-1
11	12	13	14	15	16	17	
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**JANUARY 2026**

**Write any questions and/or notes you have here (do not write outside the lines of this calendar page):**

DIVER'S NAME: \_\_\_\_\_

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

REGULAR HOURS/WEEK: \_\_\_\_\_

"ExtraHours" (if any): \_\_\_\_\_

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

**Levels, Calendar Notes:**

ALL DIVERS ~ each practice "LEVEL (1-15) has specific timeslot limitations. Please CIRCLE ONLY WHOLE SESSIONS as listed that correspond to your Level. You may not write-in your own session times or request more time than allotted. Levels ARE NOT teams.

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

If you are not sure what your program includes:  
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**SLOT NOTES & EXPLANATIONS ~**

For pool slots ~ SROP/DVHS

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

2) If you did NOT attend dryland 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
18 Private Dryland Avail ~ 7a-4p	19 Private Dryland Avail ~ 7a-4p  <b>CLOSED Martin Luther King HOLIDAY</b>	20 Private Dryland Avail ~ 7a-4p + 7-8p DRYLAND SLOTS SRDL 30 ~ 4-430, 430-5, 5-530 SRDL 60 ~ 4-5, 430-530, 5-6, 6-7 SRDL 90 ~ 4-530, 430-6, 5-630, 530-7 SRDL 2hr ~ 4-6, 430-630, 5-7  WATER W/O DRYLAND (30min deck) SRDP 60 ~ 5-6 SRDP 90 ~ 5-630  WATER WITH DRYLAND TODAY SRDP 30 ~ 530-6, 6-630 SRDP 60 ~ 530-630, 6-7 SRDP 90 ~ 530-7	21 Private Dryland Avail ~ 7a-4p DRYLAND SLOTS SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 90 ~ 4-530, 5-630, 530-7 SRDL 2hr ~ 4-6, 430-630, 5-7  WATER W/O DRYLAND (30min deck) SRDP 60 ~ 630-730 SRDP 90 ~ 630-8  WATER WITH DRYLAND TODAY SRDP 30 ~ 7-730, 730-8 SRDP 60 ~ 7-8, 730-830 SRDP 90 ~ 7-830	22 Private Dryland Avail ~ 7a-4p + 7-8p DRYLAND SLOTS SRDL 30 ~ 4-430, 430-5, 5-530 SRDL 60 ~ 4-5, 430-530, 5-6, 6-7 SRDL 90 ~ 4-530, 430-6, 5-630, 530-7 SRDL 2hr ~ 4-6, 430-630, 5-7  WATER W/O DRYLAND (30min deck) SRDP 60 ~ 5-6 SRDP 90 ~ 5-630  WATER WITH DRYLAND TODAY SRDP 30 ~ 530-6, 6-630 SRDP 60 ~ 530-630, 6-7 SRDP 90 ~ 530-7	23 Private Dryland Avail ~ 7a-4p DRYLAND SLOTS SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 90 ~ 4-530, 5-630, 530-7 SRDL 2hr ~ 4-6, 430-630, 5-7  WATER W/O DRYLAND (30min deck) SRDP 60 ~ 630-730 SRDP 90 ~ 630-8  WATER WITH DRYLAND TODAY SRDP 30 ~ 7-730, 730-8 SRDP 60 ~ 7-8, 730-830 SRDP 90 ~ 7-830	24 Private Dryland Avail ~ 7-8a + 1-7p DRYLAND SLOTS SRDL 30 ~ 8-830, 9-930, 10-1030 SRDL 60 ~ 8-9, 830-930, 9-10, 930-1030 SRDL 90 ~ 8-930, 830-10, 9-1030 SRDL 2hr ~ 8-10, 830-1030  WATER W/O DRYLAND (30min deck) SRDP 60 ~ 1030-1130 SRDP 90 ~ 1030-12 SRDP 2hr ~ 1030-1230  WATER WITH DRYLAND TODAY SRDP 30 ~ 11-1130, 1130-12 SRDP 60 ~ 11-12, 1130-1230 SRDP 90 ~ 11-1230, 1130-1 SRDP 2hr ~ 11-1
25 Private Dryland Avail ~ 7a-4p	26 Private Dryland Avail ~ 7a-4p DRYLAND SLOTS SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 90 ~ 4-530, 5-630, 530-7 SRDL 2hr ~ 4-6, 430-630, 5-7  WATER W/O DRYLAND (30min deck) SRDP 60 ~ 630-730 SRDP 90 ~ 630-8  WATER WITH DRYLAND TODAY SRDP 30 ~ 7-730, 730-8 SRDP 60 ~ 7-8, 730-830 SRDP 90 ~ 7-830	27 Private Dryland Avail ~ 7a-4p + 7-8p DRYLAND SLOTS SRDL 30 ~ 4-430, 430-5, 5-530 SRDL 60 ~ 4-5, 430-530, 5-6, 6-7 SRDL 90 ~ 4-530, 430-6, 5-630, 530-7 SRDL 2hr ~ 4-6, 430-630, 5-7  WATER W/O DRYLAND (30min deck) SRDP 60 ~ 630-730 SRDP 90 ~ 630-8  WATER WITH DRYLAND TODAY SRDP 30 ~ 7-730, 730-8 SRDP 60 ~ 7-8, 730-830 SRDP 90 ~ 7-830	28 Private Dryland Avail ~ 7a-4p DRYLAND SLOTS SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 90 ~ 4-530, 5-630, 530-7 SRDL 2hr ~ 4-6, 430-630, 5-7  WATER W/O DRYLAND (30min deck) SRDP 60 ~ 630-730 SRDP 90 ~ 630-8  WATER WITH DRYLAND TODAY SRDP 30 ~ 7-730, 730-8 SRDP 60 ~ 7-8, 730-830 SRDP 90 ~ 7-830	29 Private Dryland Avail ~ 7a-4p + 7-8p DRYLAND SLOTS SRDL 30 ~ 4-430, 430-5, 5-530 SRDL 60 ~ 4-5, 430-530, 5-6, 6-7 SRDL 90 ~ 4-530, 430-6, 5-630, 530-7 SRDL 2hr ~ 4-6, 430-630, 5-7  WATER W/O DRYLAND (30min deck) SRDP 60 ~ 630-730 SRDP 90 ~ 630-8  WATER WITH DRYLAND TODAY SRDP 30 ~ 7-730, 730-8 SRDP 60 ~ 7-8, 730-830 SRDP 90 ~ 7-830	30 Private Dryland Avail ~ 7a-4p DRYLAND SLOTS SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 90 ~ 4-530, 5-630, 530-7 SRDL 2hr ~ 4-6, 430-630, 5-7  WATER W/O DRYLAND (30min deck) SRDP 60 ~ 630-730 SRDP 90 ~ 630-8  WATER WITH DRYLAND TODAY SRDP 30 ~ 7-730, 730-8 SRDP 60 ~ 7-8, 730-830 SRDP 90 ~ 7-830	31 Private Dryland Avail ~ 7-8a + 1-7p DRYLAND SLOTS SRDL 30 ~ 8-830, 9-930, 10-1030 SRDL 60 ~ 8-9, 830-930, 9-10, 930-1030 SRDL 90 ~ 8-930, 830-10, 9-1030 SRDL 2hr ~ 8-10, 830-1030  WATER W/O DRYLAND (30min deck) SRDP 60 ~ 1030-1130 SRDP 90 ~ 1030-12 SRDP 2hr ~ 1030-1230  WATER WITH DRYLAND TODAY SRDP 30 ~ 11-1130, 1130-12 SRDP 60 ~ 11-12, 1130-1230 SRDP 90 ~ 11-1230, 1130-1 SRDP 2hr ~ 11-1

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JANUARY 2026 (rev09jan26)

Write any questions and/or notes you have here (do not write outside the lines of this calendar page):

DIVER'S NAME: \_\_\_\_\_

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

REGULAR HOURS/WEEK: \_\_\_\_\_

"ExtraHours" (if any): \_\_\_\_\_

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

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2) If you did NOT attend dryland 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
<p><b>1</b></p> <p>Private Dryland Avail ~ 7a-4p  <b>DRYLAND SLOTS</b>                      SRDL 30 ~ 4-430, 5-530, 6-630                      SRDL 60 ~ 4-5, 430-530, 5-6                      SRDL 90 ~ 4-530, 5-630, 530-7                      SRDL 2hr ~ 4-6, 430-630, 5-7</p> <p><b>WATER W/O DRYLAND (30min deck)</b>                      SROP 60 ~ 630-730                      SROP 90 ~ 630-8</p> <p><b>WATER WITH DRYLAND TODAY</b>                      SROP 30 ~ 7-730, 730-8                      SROP 60 ~ 7-8, 730-830                      SROP 90 ~ 7-830</p>	<p><b>2</b></p> <p>Private Dryland Avail ~ 7a-4p  <b>DRYLAND SLOTS</b>                      SRDL 30 ~ 4-430, 5-530, 6-630                      SRDL 60 ~ 4-5, 430-530, 5-6                      SRDL 90 ~ 4-530, 5-630, 530-7                      SRDL 2hr ~ 4-6, 430-630, 5-7</p> <p><b>WATER W/O DRYLAND (30min deck)</b>                      SROP 60 ~ 630-730                      SROP 90 ~ 630-8</p> <p><b>WATER WITH DRYLAND TODAY</b>                      SROP 30 ~ 7-730, 730-8                      SROP 60 ~ 7-8, 730-830                      SROP 90 ~ 7-830</p>	<p><b>3</b></p> <p>Private Dryland Avail ~ 7a-4p + 7-8p  <b>DRYLAND SLOTS</b>                      SRDL 30 ~ 4-430, 430-5, 5-530                      SRDL 60 ~ 4-5, 430-530, 5-6, 6-7                      SRDL 90 ~ 4-530, 430-6, 5-630, 530-7                      SRDL 2hr ~ 4-6, 430-630, 5-7</p> <p><b>WATER W/O DRYLAND (30min deck)</b>                      SROP 60 ~ 630-730                      SROP 90 ~ 630-8</p> <p><b>WATER WITH DRYLAND TODAY</b>                      SROP 30 ~ 7-730, 730-8                      SROP 60 ~ 7-8, 730-830                      SROP 90 ~ 7-830</p>	<p><b>4</b></p> <p>Private Dryland Avail ~ 7a-4p  <b>DRYLAND SLOTS</b>                      SRDL 30 ~ 4-430, 5-530, 6-630                      SRDL 60 ~ 4-5, 430-530, 5-6                      SRDL 90 ~ 4-530, 5-630, 530-7                      SRDL 2hr ~ 4-6, 430-630, 5-7</p> <p><b>WATER W/O DRYLAND (30min deck)</b>                      SROP 60 ~ 630-730                      SROP 90 ~ 630-8</p> <p><b>WATER WITH DRYLAND TODAY</b>                      SROP 30 ~ 7-730, 730-8                      SROP 60 ~ 7-8, 730-830                      SROP 90 ~ 7-830</p>	<p><b>5</b></p> <p>Private Dryland Avail ~ 7a-4p + 7-8p  <b>DRYLAND SLOTS</b>                      SRDL 30 ~ 4-430, 430-5, 5-530                      SRDL 60 ~ 4-5, 430-530, 5-6, 6-7                      SRDL 90 ~ 4-530, 430-6, 5-630, 530-7                      SRDL 2hr ~ 4-6, 430-630, 5-7</p> <p><b>WATER W/O DRYLAND (30min deck)</b>                      SROP 60 ~ 630-730                      SROP 90 ~ 630-8</p> <p><b>WATER WITH DRYLAND TODAY</b>                      SROP 30 ~ 7-730, 730-8                      SROP 60 ~ 7-8, 730-830                      SROP 90 ~ 7-830</p>	<p><b>6</b></p> <p>Private Dryland Avail ~ 7a-4p  <b>DRYLAND SLOTS</b>                      SRDL 30 ~ 4-430, 5-530, 6-630                      SRDL 60 ~ 4-5, 430-530, 5-6                      SRDL 90 ~ 4-530, 5-630, 530-7                      SRDL 2hr ~ 4-6, 430-630, 5-7</p> <p><b>WATER W/O DRYLAND (30min deck)</b>                      SROP 60 ~ 630-730                      SROP 90 ~ 630-8</p> <p><b>WATER WITH DRYLAND TODAY</b>                      SROP 30 ~ 7-730, 730-8                      SROP 60 ~ 7-8, 730-830                      SROP 90 ~ 7-830</p>	<p><b>7</b></p> <p>Private dryland Avail ~ 7-8a + 1-7p  <b>DRYLAND SLOTS</b>                      SRDL 30 ~ 8-830, 9-930, 10-1030                      SRDL 60 ~ 8-9, 830-930, 9-10, 930-1030                      SRDL 90 ~ 8-930, 830-10, 9-1030                      SRDL 2hr ~ 8-10, 830-1030</p> <p><b>WATER W/O DRYLAND (30min deck)</b>                      SROP 60 ~ 1030-1130                      SROP 90 ~ 1030-12                      SROP 2hr ~ 1030-1230</p> <p><b>WATER WITH DRYLAND TODAY</b>                      SROP 30 ~ 11-1130, 1130-12                      SROP 60 ~ 11-12, 1130-1230                      SROP 90 ~ 11-1230, 1130-1                      SROP 2hr ~ 11-1</p>
<p><b>8</b></p> <p>High School Diving Begins                      Private Dryland Avail ~ 7a-4p  <b>DRYLAND SLOTS</b>                      SRDL 30 ~ 4-430, 5-530, 6-630                      SRDL 60 ~ 4-5, 430-530, 5-6                      SRDL 90 ~ 4-530, 5-630, 530-7                      SRDL 2hr ~ 4-6, 430-630, 5-7</p> <p><b>WATER W/O DRYLAND (30min deck)</b>                      SROP 60 ~ 630-730                      SROP 90 ~ 630-8</p> <p><b>WATER WITH DRYLAND TODAY</b>                      SROP 30 ~ 7-730, 730-8                      SROP 60 ~ 7-8, 730-830                      SROP 90 ~ 7-830</p>	<p><b>9</b></p> <p>Private Dryland Avail ~ 7a-4p  <b>DRYLAND SLOTS</b>                      SRDL 30 ~ 4-430, 5-530, 6-630                      SRDL 60 ~ 4-5, 430-530, 5-6                      SRDL 90 ~ 4-530, 5-630, 530-7                      SRDL 2hr ~ 4-6, 430-630, 5-7</p> <p><b>WATER W/O DRYLAND (30min deck)</b>                      DVHS 60 ~ 630-730                      DVHS 90 ~ 630-8</p> <p><b>WATER WITH DRYLAND TODAY</b>                      DVHS 30 ~ 7-730, 730-8                      DVHS 60 ~ 7-8, 730-830                      DVHS 90 ~ 7-830</p>	<p><b>10</b></p> <p>Private Dryland Avail ~ 7a-4p  <b>DRYLAND SLOTS</b>                      SRDL 30 ~ 4-430, 5-530, 6-630                      SRDL 60 ~ 4-5, 430-530, 5-6                      SRDL 90 ~ 4-530, 5-630, 530-7                      SRDL 2hr ~ 4-6, 430-630, 5-7</p> <p><b>WATER W/O DRYLAND (30min deck)</b>                      SROP 60 ~ 630-730                      SROP 90 ~ 630-8</p> <p><b>WATER WITH DRYLAND TODAY</b>                      SROP 30 ~ 7-730, 730-8                      SROP 60 ~ 7-8, 730-830                      SROP 90 ~ 7-830</p>	<p><b>11</b></p> <p>Private Dryland Avail ~ 7a-4p  <b>DRYLAND SLOTS</b>                      SRDL 30 ~ 4-430, 5-530, 6-630                      SRDL 60 ~ 4-5, 430-530, 5-6                      SRDL 90 ~ 4-530, 5-630, 530-7                      SRDL 2hr ~ 4-6, 430-630, 5-7</p> <p><b>WATER W/O DRYLAND (30min deck)</b>                      SROP 60 ~ 630-730                      SROP 90 ~ 630-8</p> <p><b>WATER WITH DRYLAND TODAY</b>                      SROP 30 ~ 7-730, 730-8                      SROP 60 ~ 7-8, 730-830                      SROP 90 ~ 7-830</p>	<p><b>12</b></p> <p>Private Dryland Avail ~ 7a-4p  <b>DRYLAND SLOTS</b>                      SRDL 30 ~ 4-430, 5-530, 6-630                      SRDL 60 ~ 4-5, 430-530, 5-6                      SRDL 90 ~ 4-530, 5-630, 530-7                      SRDL 2hr ~ 4-6, 430-630, 5-7</p> <p><b>WATER W/O DRYLAND (30min deck)</b>                      DVHS 60 ~ 630-730                      DVHS 90 ~ 630-8</p> <p><b>WATER WITH DRYLAND TODAY</b>                      DVHS 30 ~ 7-730, 730-8                      DVHS 60 ~ 7-8, 730-830                      DVHS 90 ~ 7-830</p>	<p><b>13</b></p> <p>Riverside Waterbelt Trip                      Private Dryland Avail ~ 7a-4p  <b>DRYLAND SLOTS</b>                      SRDL 30 ~ 4-430, 5-530                      SRDL 60 ~ 4-5, 430-530, 5-6                      SRDL 90 ~ 4-530, 430-6                      SRDL 2hr ~ 4-6</p> <p><b>WATER W/O DRYLAND (30min deck)</b>                      SROP 60 ~ 630-730                      SROP 90 ~ 630-8</p> <p><b>WATER WITH DRYLAND TODAY</b>                      SROP 30 ~ 7-730, 730-8                      SROP 60 ~ 7-8, 730-830                      SROP 90 ~ 7-830</p>	<p><b>14</b></p> <p>Riverside Waterbelt Trip                      Private dryland Avail ~ 7-8a + 1-7p  <b>DRYLAND SLOTS</b>                      SRDL 30 ~ 8-830, 9-930                      SRDL 60 ~ 8-9, 830-930, 9-10                      SRDL 90 ~ 8-930, 830-10                      SRDL 2hr ~ 8-10</p> <p><b>WATER W/O DRYLAND (30min deck)</b>                      SROP 60 ~ 1030-1130                      SROP 90 ~ 1030-12                      SROP 2hr ~ 1030-1230</p> <p><b>WATER WITH DRYLAND TODAY</b>                      SROP 30 ~ 11-1130, 1130-12                      SROP 60 ~ 11-12, 1130-1230                      SROP 90 ~ 11-1230, 1130-1                      SROP 2hr ~ 11-1</p>

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**FEBRUARY 2026**

Write any questions and/or notes you have here (do not write outside the lines of this calendar page):

DIVER'S NAME: \_\_\_\_\_

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

REGULAR HOURS/WEEK: \_\_\_\_\_

\*ExtraHours\* (if any): \_\_\_\_\_

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

**Levels, Calendar Notes:**

ALL DIVERS ~ each practice "LEVEL (1-15) has specific timeslot limitations. Please CIRCLE ONLY WHOLE SESSIONS as listed that correspond to your Level. You may not write-in your own session times or request more time than allotted. Levels ARE NOT teams.

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

If you are not sure what your program includes:  
 Please email us: [admin@CALdiving.org](mailto:admin@CALdiving.org)

**SLOT NOTES & EXPLANATIONS ~**

For pool slots ~ SROP/DVHS

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

2) If you did NOT attend dryland 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	
15 <b>Riverside Waterbelt Trip</b>	16 <b>Riverside Waterbelt Trip</b>	17 Private Dryland Avail ~ 7a-4p <b>DRYLAND SLOTS</b> SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 90 ~ 4-530, 5-630, 530-7 SRDL 2hr ~ 4-6, 430-630, 5-7	18 Private Dryland Avail ~ 7a-4p <b>DRYLAND SLOTS</b> SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 90 ~ 4-530, 5-630, 530-7 SRDL 2hr ~ 4-6, 430-630, 5-7	19 Private Dryland Avail ~ 7a-4p <b>DRYLAND SLOTS</b> SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 90 ~ 4-530, 5-630, 530-7 SRDL 2hr ~ 4-6, 430-630, 5-7	20 Private Dryland Avail ~ 7a-4p <b>DRYLAND SLOTS</b> SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 90 ~ 4-530, 5-630, 530-7 SRDL 2hr ~ 4-6, 430-630, 5-7	21 Private dryland Avail ~ 7-8a + 1-7p <b>DRYLAND SLOTS</b> SRDL 30 ~ 8-830, 9-930, 10-1030 SRDL 60 ~ 8-9, 830-930, 9-10, 930-1030 SRDL 90 ~ 8-930, 830-10, 9-1030 SRDL 2hr ~ 8-10, 830-1030	
<b>CLOSED President's HOLIDAY</b>		<b>WATER W/O DRYLAND (30min deck)</b> DVHS 60 ~ 630-730 DVHS 90 ~ 630-8	<b>WATER W/O DRYLAND (30min deck)</b> SROP 60 ~ 630-730 SROP 90 ~ 630-8	<b>WATER W/O DRYLAND (30min deck)</b> DVHS 60 ~ 630-730 DVHS 90 ~ 630-8	<b>WATER W/O DRYLAND (30min deck)</b> SROP 60 ~ 630-730 SROP 90 ~ 630-8	<b>WATER W/O DRYLAND (30min deck)</b> SROP 60 ~ 1030-1130 SROP 90 ~ 1030-12 SROP 2hr ~ 1030-1230	
		<b>WATER WITH DRYLAND TODAY</b> DVHS 30 ~ 7-730, 730-8 DVHS 60 ~ 7-8, 730-830 DVHS 90 ~ 7-830	<b>WATER WITH DRYLAND TODAY</b> SROP 30 ~ 7-730, 730-8 SROP 60 ~ 7-8, 730-830 SROP 90 ~ 7-830	<b>WATER WITH DRYLAND TODAY</b> DVHS 30 ~ 7-730, 730-8 DVHS 60 ~ 7-8, 730-830 DVHS 90 ~ 7-830	<b>WATER WITH DRYLAND TODAY</b> SROP 30 ~ 7-730, 730-8 SROP 60 ~ 7-8, 730-830 SROP 90 ~ 7-830	<b>WATER WITH DRYLAND TODAY</b> SROP 30 ~ 7-730, 730-8 SROP 60 ~ 7-8, 730-830 SROP 90 ~ 7-830	<b>WATER WITH DRYLAND TODAY</b> SROP 30 ~ 11-1130, 1130-12 SROP 60 ~ 11-12, 1130-1230 SROP 90 ~ 11-1230, 1130-1 SROP 2hr ~ 11-1
22	23 Private Dryland Avail ~ 7a-4p <b>DRYLAND SLOTS</b> SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 90 ~ 4-530, 5-630, 530-7 SRDL 2hr ~ 4-6, 430-630, 5-7	24 Private Dryland Avail ~ 7a-4p <b>DRYLAND SLOTS</b> SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 90 ~ 4-530, 5-630, 530-7 SRDL 2hr ~ 4-6, 430-630, 5-7	25 Private Dryland Avail ~ 7a-4p <b>DRYLAND SLOTS</b> SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 90 ~ 4-530, 5-630, 530-7 SRDL 2hr ~ 4-6, 430-630, 5-7	26 Private Dryland Avail ~ 7a-4p <b>DRYLAND SLOTS</b> SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 90 ~ 4-530, 5-630, 530-7 SRDL 2hr ~ 4-6, 430-630, 5-7	27 Private Dryland Avail ~ 7a-4p <b>DRYLAND SLOTS</b> SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 90 ~ 4-530, 5-630, 530-7 SRDL 2hr ~ 4-6, 430-630, 5-7	28 <b>Divng Meet ~ Miwok</b> Private dryland Avail ~ 7-8a + 1-7p <b>DRYLAND SLOTS</b> SRDL 30 ~ 8-830, 9-930 SRDL 60 ~ 8-9, 830-930, 9-10 SRDL 90 ~ 8-930, 830-10 SRDL 2hr ~ 8-10	
	<b>WATER W/O DRYLAND (30min deck)</b> SROP 60 ~ 630-730 SROP 90 ~ 630-8	<b>WATER W/O DRYLAND (30min deck)</b> DVHS 60 ~ 630-730 DVHS 90 ~ 630-8	<b>WATER W/O DRYLAND (30min deck)</b> SROP 60 ~ 630-730 SROP 90 ~ 630-8	<b>WATER W/O DRYLAND (30min deck)</b> DVHS 60 ~ 630-730 DVHS 90 ~ 630-8	<b>WATER W/O DRYLAND (30min deck)</b> SROP 60 ~ 630-730 SROP 90 ~ 630-8	<b>WATER W/O DRYLAND (30min deck)</b> SROP 60 ~ 1030-1130 SROP 90 ~ 1030-12 SROP 2hr ~ 1030-1230	
	<b>WATER WITH DRYLAND TODAY</b> SROP 30 ~ 7-730, 730-8 SROP 60 ~ 7-8, 730-830 SROP 90 ~ 7-830	<b>WATER WITH DRYLAND TODAY</b> DVHS 30 ~ 7-730, 730-8 DVHS 60 ~ 7-8, 730-830 DVHS 90 ~ 7-830	<b>WATER WITH DRYLAND TODAY</b> SROP 30 ~ 7-730, 730-8 SROP 60 ~ 7-8, 730-830 SROP 90 ~ 7-830	<b>WATER WITH DRYLAND TODAY</b> DVHS 30 ~ 7-730, 730-8 DVHS 60 ~ 7-8, 730-830 DVHS 90 ~ 7-830	<b>WATER WITH DRYLAND TODAY</b> SROP 30 ~ 7-730, 730-8 SROP 60 ~ 7-8, 730-830 SROP 90 ~ 7-830	<b>WATER WITH DRYLAND TODAY</b> SROP 30 ~ 11-1130, 1130-12 SROP 60 ~ 11-12, 1130-1230 SROP 90 ~ 11-1230, 1130-1 SROP 2hr ~ 11-1	

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FEBRUARY 2026**

**Write any questions and/or notes you have here (do not write outside the lines of this calendar page):**

DIVER'S NAME: \_\_\_\_\_  
  
 PROG LEVEL (circle one):  
 1, 2, 4, 6, 8, 10, 12, 15  
 M1, M2, M3, M4, M5, M6  
  
 REGULAR HOURS/WEEK: \_\_\_\_\_  
  
 "ExtraHours" (if any): \_\_\_\_\_  
  
 DIVER'S TEAM (if any, circle):  
 DT, RT, ZT, NT, S&E, M

**Levels, Calendar Notes:**  
  
 ALL DIVERS ~ each practice "LEVEL (1-15) has specific timeslot limitations. Please CIRCLE ONLY WHOLE SESSIONS as listed that correspond to your Level. You may not write-in your own session times or request more time than allotted. Levels ARE NOT teams.  
  
 TEAM DIVERS ~ each team (Dev1-3, Region, Zone, National, S&E, and Masters) have specific/prescribed session configurations for length of session(s) per slot/week. When submitting your calendar requests, ONLY CIRCLE whole sessions that are equal to your program listing. Please review the right-hand column on the Fees tab of our website.  
 If you are not sure what your program includes:  
 Please email us: [admin@CALdiving.org](mailto:admin@CALdiving.org)

**SLOT NOTES & EXPLANATIONS ~**  
  
 For pool slots ~ SROP/DVHS  
  
 1) w/ OR w/o "dryland" ~ If you were at dryland (dry) that day, then you MAY attend the "with" (w/) or "without" (w/o) water (wet) sessions  
  
 2) If you did NOT attend dryland 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
1 Diving Meet - Miwok	2 Private Dryland Avail ~ 7a-4p DRYLAND SLOTS SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 90 ~ 4-530, 5-630, 530-7 SRDL 2hr ~ 4-6, 430-630, 5-7 WATER W/O DRYLAND (30min deck) SROP 60 ~ 630-730 SROP 90 ~ 630-8 WATER WITH DRYLAND TODAY SROP 30 ~ 7-730, 730-8 SROP 60 ~ 7-8, 730-830 SROP 90 ~ 7-830	3 Private Dryland Avail ~ 7a-4p DRYLAND SLOTS SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 90 ~ 4-530, 5-630, 530-7 SRDL 2hr ~ 4-6, 430-630, 5-7 WATER W/O DRYLAND (30min deck) DVHS 60 ~ 630-730 DVHS 90 ~ 630-8 WATER WITH DRYLAND TODAY DVHS 30 ~ 7-730, 730-8 DVHS 60 ~ 7-8, 730-830 DVHS 90 ~ 7-830	4 Private Dryland Avail ~ 7a-4p DRYLAND SLOTS SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 90 ~ 4-530, 5-630, 530-7 SRDL 2hr ~ 4-6, 430-630, 5-7 WATER W/O DRYLAND (30min deck) SROP 60 ~ 630-730 SROP 90 ~ 630-8 WATER WITH DRYLAND TODAY SROP 30 ~ 7-730, 730-8 SROP 60 ~ 7-8, 730-830 SROP 90 ~ 7-830	5 Private Dryland Avail ~ 7a-4p DRYLAND SLOTS SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 90 ~ 4-530, 5-630, 530-7 SRDL 2hr ~ 4-6, 430-630, 5-7 WATER W/O DRYLAND (30min deck) DVHS 60 ~ 630-730 DVHS 90 ~ 630-8 WATER WITH DRYLAND TODAY DVHS 30 ~ 7-730, 730-8 DVHS 60 ~ 7-8, 730-830 DVHS 90 ~ 7-830	6 Private Dryland Avail ~ 7a-4p DRYLAND SLOTS SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 90 ~ 4-530, 5-630, 530-7 SRDL 2hr ~ 4-6, 430-630, 5-7 WATER W/O DRYLAND (30min deck) DVHS 60 ~ 630-730 DVHS 90 ~ 630-8 WATER WITH DRYLAND TODAY DVHS 30 ~ 7-730, 730-8 DVHS 60 ~ 7-8, 730-830 DVHS 90 ~ 7-830	7 Private dryland Avail ~ 7-8a + 1-7p DRYLAND SLOTS SRDL 30 ~ 8-830, 9-930, 10-1030 SRDL 60 ~ 8-9, 830-930, 9-10, 930-1030 SRDL 90 ~ 8-930, 830-10, 9-1030 SRDL 2hr ~ 8-10, 830-1030 WATER W/O DRYLAND (30min deck) DVHS 60 ~ 1030-1130 DVHS 90 ~ 1030-12 DVHS 2hr ~ 1030-1230 WATER WITH DRYLAND TODAY DVHS 30 ~ 11-1130, 1130-12 DVHS 60 ~ 11-12, 1130-1230 DVHS 90 ~ 11-1230, 1130-1 DVHS 2hr ~ 11-1
8	9 Private Dryland Avail ~ 7a-4p DRYLAND SLOTS SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 90 ~ 4-530, 5-630, 530-7 SRDL 2hr ~ 4-6, 430-630, 5-7 WATER W/O DRYLAND (30min deck) SROP 60 ~ 630-730 SROP 90 ~ 630-8 WATER WITH DRYLAND TODAY SROP 30 ~ 7-730, 730-8 SROP 60 ~ 7-8, 730-830 SROP 90 ~ 7-830	10 Private Dryland Avail ~ 7a-4p DRYLAND SLOTS SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 90 ~ 4-530, 5-630, 530-7 SRDL 2hr ~ 4-6, 430-630, 5-7 WATER W/O DRYLAND (30min deck) DVHS 60 ~ 630-730 DVHS 90 ~ 630-8 WATER WITH DRYLAND TODAY DVHS 30 ~ 7-730, 730-8 DVHS 60 ~ 7-8, 730-830 DVHS 90 ~ 7-830	11 Private Dryland Avail ~ 7a-4p DRYLAND SLOTS SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 90 ~ 4-530, 5-630, 530-7 SRDL 2hr ~ 4-6, 430-630, 5-7 WATER W/O DRYLAND (30min deck) DVHS 60 ~ 630-730 DVHS 90 ~ 630-8 WATER WITH DRYLAND TODAY DVHS 30 ~ 7-730, 730-8 DVHS 60 ~ 7-8, 730-830 DVHS 90 ~ 7-830	12 Private Dryland Avail ~ 7a-4p DRYLAND SLOTS SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 90 ~ 4-530, 5-630, 530-7 SRDL 2hr ~ 4-6, 430-630, 5-7 WATER W/O DRYLAND (30min deck) DVHS 60 ~ 630-730 DVHS 90 ~ 630-8 WATER WITH DRYLAND TODAY DVHS 30 ~ 7-730, 730-8 DVHS 60 ~ 7-8, 730-830 DVHS 90 ~ 7-830	13 Private Dryland Avail ~ 7a-4p DRYLAND SLOTS SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 90 ~ 4-530, 5-630, 530-7 SRDL 2hr ~ 4-6, 430-630, 5-7 WATER W/O DRYLAND (30min deck) SROP 60 ~ 630-730 SROP 90 ~ 630-8 WATER WITH DRYLAND TODAY SROP 30 ~ 7-730, 730-8 SROP 60 ~ 7-8, 730-830 SROP 90 ~ 7-830	14 Private dryland Avail ~ 7-8a + 1-7p DRYLAND SLOTS SRDL 30 ~ 8-830, 9-930, 10-1030 SRDL 60 ~ 8-9, 830-930, 9-10, 930-1030 SRDL 90 ~ 8-930, 830-10, 9-1030 SRDL 2hr ~ 8-10, 830-1030 WATER W/O DRYLAND (30min deck) SROP 60 ~ 1030-1130 SROP 90 ~ 1030-12 SROP 2hr ~ 1030-1230 WATER WITH DRYLAND TODAY SROP 30 ~ 11-1130, 1130-12 SROP 60 ~ 11-12, 1130-1230 SROP 90 ~ 11-1230, 1130-1 SROP 2hr ~ 11-1

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MARCH 2026

Write any questions and/or notes you have here (do not write outside the lines of this calendar page):

<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>REGULAR HOURS/WEEK: _____</p> <p>*ExtraHours* (if any): _____</p> <p>DIVER'S TEAM (if any, circle): DT, RT, ZT, NT, S&amp;E, M</p>	<p><b>Levels, Calendar Notes:</b></p> <p>ALL DIVERS ~ each practice "LEVEL (1-15) has specific timeslot limitations. Please CIRCLE ONLY WHOLE SESSIONS as listed that correspond to your Level. You may not write-in your own session times or request more time than allotted. Levels ARE NOT teams.</p> <p>TEAM DIVERS ~ each team (Dev1-3, Region, Zone, National, S&amp;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: <a href="mailto:admin@CALdiving.org">admin@CALdiving.org</a></p>	<p><b>SLOT NOTES &amp; EXPLANATIONS ~</b></p> <p>For pool slots ~ SROP/DVHS</p> <p>1) w/ OR w/o "dryland" ~ If you were at dryland (dry) that day, then you MAY attend the "with" (w/) or "without" (w/o) day (wet) sessions</p> <p>2) If you did NOT attend dryland AND you want to attend water that day, you MUST attend sessions marked (w/o).</p>	<p><b>"TRY-IT-OUT" (TIO) PROGRAM OFFERING</b></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>
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15	16	17	18	19	20	21
	Private Dryland Avail ~ 7a-4p DRYLAND SLOTS	Private Dryland Avail ~ 7-8a + 1-7p DRYLAND SLOTS				
	SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 90 ~ 4-530, 5-630, 530-7 SRDL 2hr ~ 4-6, 430-630, 5-7	SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 90 ~ 4-530, 5-630, 530-7 SRDL 2hr ~ 4-6, 430-630, 5-7	SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 90 ~ 4-530, 5-630, 530-7 SRDL 2hr ~ 4-6, 430-630, 5-7	SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 90 ~ 4-530, 5-630, 530-7 SRDL 2hr ~ 4-6, 430-630, 5-7	SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 90 ~ 4-530, 5-630, 530-7 SRDL 2hr ~ 4-6, 430-630, 5-7	SRDL 30 ~ 8-830, 9-930 SRDL 60 ~ 8-9, 830-930, 9-10 SRDL 90 ~ 8-930, 830-10 SRDL 2hr ~ 8-10
	WATER W/O DRYLAND (30min deck) SROP 60 ~ 630-730 SROP 90 ~ 630-8	WATER W/O DRYLAND (30min deck) DVHS 60 ~ 630-730 DVHS 90 ~ 630-8	WATER W/O DRYLAND (30min deck) SROP 60 ~ 630-730 SROP 90 ~ 630-8	WATER W/O DRYLAND (30min deck) DVHS 60 ~ 630-730 DVHS 90 ~ 630-8	WATER W/O DRYLAND (30min deck) SROP 60 ~ 630-730 SROP 90 ~ 630-8	WATER W/O DRYLAND (30min deck) SROP 60 ~ 1030-1130 SROP 90 ~ 1030-12 SROP 2hr ~ 1030-1230
	WATER WITH DRYLAND TODAY SROP 30 ~ 7-730, 730-8 SROP 60 ~ 7-8, 730-830 SROP 90 ~ 7-830	WATER WITH DRYLAND TODAY DVHS 30 ~ 7-730, 730-8 DVHS 60 ~ 7-8, 730-830 DVHS 90 ~ 7-830	WATER WITH DRYLAND TODAY SROP 30 ~ 7-730, 730-8 SROP 60 ~ 7-8, 730-830 SROP 90 ~ 7-830	WATER WITH DRYLAND TODAY DVHS 30 ~ 7-730, 730-8 DVHS 60 ~ 7-8, 730-830 DVHS 90 ~ 7-830	WATER WITH DRYLAND TODAY SROP 30 ~ 7-730, 730-8 SROP 60 ~ 7-8, 730-830 SROP 90 ~ 7-830	WATER WITH DRYLAND TODAY SROP 30 ~ 11-1130, 1130-12 SROP 60 ~ 11-12, 1130-1230 SROP 90 ~ 11-1230, 1130-1 SROP 2hr ~ 11-1
22	23	24	25	26	27	28
	Private Dryland Avail ~ 7a-4p DRYLAND SLOTS	Diving Meet ~ UC Davis Private dryland Avail ~ 7-8a + 1-7p DRYLAND SLOTS				
	SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 90 ~ 4-530, 5-630, 530-7 SRDL 2hr ~ 4-6, 430-630, 5-7	SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 90 ~ 4-530, 5-630, 530-7 SRDL 2hr ~ 4-6, 430-630, 5-7	SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 90 ~ 4-530, 5-630, 530-7 SRDL 2hr ~ 4-6, 430-630, 5-7	SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 90 ~ 4-530, 5-630, 530-7 SRDL 2hr ~ 4-6, 430-630, 5-7	SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 90 ~ 4-530, 5-630, 530-7 SRDL 2hr ~ 4-6, 430-630, 5-7	SRDL 30 ~ 8-830, 9-930 SRDL 60 ~ 8-9, 830-930, 9-10 SRDL 90 ~ 8-930, 830-10 SRDL 2hr ~ 8-10
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MARCH 2026

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DIVER'S NAME: \_\_\_\_\_

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

REGULAR HOURS/WEEK: \_\_\_\_\_

"ExtraHours" (if any): \_\_\_\_\_

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

**Levels, Calendar Notes:**

ALL DIVERS ~ each practice "LEVEL (1-15) has specific timeslot limitations. Please CIRCLE ONLY WHOLE SESSIONS as listed that correspond to your Level. You may not write-in your own session times or request more time than allotted. Levels ARE NOT teams.

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**SLOT NOTES & EXPLANATIONS ~**

For pool slots ~ SROP/DVHS

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

2) If you did NOT attend dryland 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  
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(coach's discretion for completion of any session)

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29 <b>Diving Meet ~ UC Davis</b>	30 Private Dryland Avail ~ 7a-4p <b>DRYLAND SLOTS</b> SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 90 ~ 4-530, 5-630, 530-7 SRDL 2hr ~ 4-6, 430-630, 5-7  <b>WATER W/O DRYLAND (30min deck)</b> SROP 60 ~ 630-730 SROP 90 ~ 630-8  <b>WATER WITH DRYLAND TODAY</b> SROP 30 ~ 7-730, 730-8 SROP 60 ~ 7-8, 730-830 SROP 90 ~ 7-830	31 <b>Cesar Chavez Day - Observed?</b> Private Dryland Avail ~ 7a-4p <b>DRYLAND SLOTS</b> SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 90 ~ 4-530, 5-630, 530-7 SRDL 2hr ~ 4-6, 430-630, 5-7  <b>WATER W/O DRYLAND (30min deck)</b> DVHS 60 ~ 630-730 DVHS 90 ~ 630-8  <b>WATER WITH DRYLAND TODAY</b> DVHS 30 ~ 7-730, 730-8 DVHS 60 ~ 7-8, 730-830 DVHS 90 ~ 7-830	Notes:			

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