

Sunday		Monday		Tuesday		June 2025 Wednesday		Thursday		Friday		Saturday	
1	DiveLab ~ DIVING MEET	2		3		4		5		6		7	
		Private dryland Avail ~ 12-4p		Private dryland Avail ~ 12-4p		Private dryland Avail ~ 12-4p		Private dryland Avail ~ 12-4p		Private dryland Avail ~ 12-4p		Spring/Summer CLEANING	
		DRYLAND SLOTS		DRYLAND SLOTS		DRYLAND SLOTS		DRYLAND SLOTS		DRYLAND SLOTS		Volunteer sign-up clean/reset dryland.	
		SRDL 30 ~ 4-430, 5-530, 6-630		SRDL 30 ~ 4-430, 5-530, 6-630		SRDL 30 ~ 4-430, 5-530, 6-630		SRDL 30 ~ 4-430, 5-530, 6-630		SRDL 30 ~ 4-430, 5-530, 530-6		There is a Sign-up Link in the email announcing the June calendar	
		SRDL 60 ~ 4-5, 430-530, 5-6		SRDL 60 ~ 4-5, 430-530, 5-6		SRDL 60 ~ 4-5, 430-530, 5-6		SRDL 60 ~ 4-5, 430-530, 5-6		SRDL 60 ~ 4-5, 430-530, 5-6			
		SRDL 60 ~ 530-630		SRDL 60 ~ 530-630		SRDL 60 ~ 530-630		SRDL 60 ~ 530-630		SRDL 90 ~ 4-530, 430-6			
		SRDL 90 ~ 4-530, 430-6, 5-630		SRDL 90 ~ 4-530, 430-6, 5-630		SRDL 90 ~ 4-530, 430-6, 5-630		SRDL 90 ~ 4-530, 430-6, 5-630		SRDL 90 ~ 4-530, 430-6, 5-630			
SRDL 2hr ~ 4-6, 430-630, 5-7		SRDL 2hr ~ 4-6, 430-630, 5-7		SRDL 2hr ~ 4-6, 430-630, 5-7		SRDL 2hr ~ 4-6, 430-630, 5-7		SRDL 2hr ~ 4-6, 430-630, 5-7					
SRDL 3hr ~ 4-7		SRDL 3hr ~ 4-7		SRDL 3hr ~ 4-7		SRDL 3hr ~ 4-7		SRDL 3hr ~ 4-7					
WATER W/O DRYLAND (30min deck)		WATER W/O DRYLAND (30min deck)		WATER W/O DRYLAND (30min deck)		WATER W/O DRYLAND (30min deck)		WATER W/O DRYLAND (30min deck)		WATER W/O DRYLAND (30min deck)		LINK ~ https://forms.gle/w3sh23utMUcPvSxg8	
DVHS 60 ~ 7-8 (w/o dry)		DVHS 60 ~ 7-8 (w/o dry)		DVHS 60 ~ 7-8 (w/o dry)		DVHS 60 ~ 7-8 (w/o dry)		DVHS 60 ~ 7-8 (w/o dry)		DVHS 60 ~ 7-8 (w/o dry)			
DVHS 90 ~ 7-830 (w/o dry)		DVHS 90 ~ 7-830 (w/o dry)		DVHS 90 ~ 7-830 (w/o dry)		DVHS 90 ~ 7-830 (w/o dry)		DVHS 90 ~ 7-830 (w/o dry)		DVHS 90 ~ 7-830 (w/o dry)			
WATER WITH DRYLAND TODAY		WATER WITH DRYLAND TODAY		WATER WITH DRYLAND TODAY		WATER WITH DRYLAND TODAY		WATER WITH DRYLAND TODAY		WATER WITH DRYLAND TODAY			
DVHS 30 ~ 730-8 (w/dry)		DVHS 30 ~ 730-8 (w/dry)		DVHS 30 ~ 730-8 (w/dry)		DVHS 30 ~ 730-8 (w/dry)		DVHS 30 ~ 730-8 (w/dry)		DVHS 30 ~ 730-8 (w/dry)			
DVHS 60 ~ 730-830 (w/dry)		DVHS 60 ~ 730-830 (w/dry)		DVHS 60 ~ 730-830 (w/dry)		DVHS 60 ~ 730-830 (w/dry)		DVHS 60 ~ 730-830 (w/dry)		DVHS 60 ~ 730-830 (w/dry)			
DVHS 90 ~ 730-9 (w/dry)		DVHS 90 ~ 730-9 (w/dry)		DVHS 90 ~ 730-9 (w/dry)		DVHS 90 ~ 730-9 (w/dry)		DVHS 90 ~ 730-9 (w/dry)		DVHS 90 ~ 730-9 (w/dry)			
8		Spring/Summer CLEANING											
Volunteer sign-up clean/reset dryland.													
There is a Sign-up Link in the email for the June calendar													
LINK ~ https://forms.gle/w3sh23utMUcPvSxg8													

PAGE 1of3 ~ 01-08jun JUNE 2025		Write any questions and/or notes you have here:
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DIVER'S NAME:		Levels, Calendar Notes:		SLOT NOTES & EXPLANATIONS ~		"TRY-IT-OUT" (TIO) PROGRAM OFFERING	
DIVER'S NAME:		ALL DIVERS ~ each practice "LEVEL (1-15) has specific timeslot limitations. Please CIRCLE ONLY WHOLE SESSIONS as listed that correspond to your Level. You may not write-in your own session times or request more time than allotted. Levels ARE NOT teams.		For pool slots ~ SROP/DVHS		Try-it-Out (TIO) Inclusive Sessions ~ Total of 3 sessions (2-water + 1-dryland) Taken in order as: Water-Dryland-Water	
PROG LEVEL (circle one): 1, 2, 4, 6, 8, 10, 12, 15 M1, M2, M3, M4, M5, M6		TEAM DIVERS ~ each team (Dev1-3, Region, Zone, National, S&E, and Masters) have specific/prescribed session configurations for length of session(s) per slot/week. When submitting your calendar requests, ONLY CIRCLE whole sessions that are equal to your program listing. Please review the right-hand column on the Fees tab of our website. If you are not sure what your program includes: Please email us: admin@CALdiving.org		1) w/ OR w/o "dryland" ~ If you were at dryland (dry) that day, then you MAY attend the "with" (w/) or "without" (w/o) water (wet) sessions		WATER options are: (30-, 60-, or 90-minute) sessions DRYLAND sessions are (30- or 60-minute) sessions	
INCLUDED HOURS/WEEK: _____				2) If you did NOT attend dryland AND you want to attend water that day, you MUST attend sessions marked (w/o).		(coach's discretion for completion of any session)	
"ExtraHours" (if any): _____							
DIVER'S TEAM (if any, circle): DT, RT, ZT, NT, S&E, M							

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
8 Spring/Summer CLEANING		9 San Ramon City LTD Camp ~ 4-5p @DVHS Private Dryland Avail ~ 7-930a DRYLAND SLOTS SRDL 30 ~ 930-10, 10-1030, 11-1130 SRDL 60 ~ 10-11, 11-12, 12-1 SRDL 90 ~ 10-1130, 1130-1 SRDL 2hr ~ 10-12, 1030-1230, 11-1 SRDL 3hr ~ 930-1230, 10-1 SRDL 4hr ~ 9-1		10 San Ramon City LTD Camp ~ 4-5p @DVHS Private Dryland Avail ~ 7-930a DRYLAND SLOTS SRDL 30 ~ 930-10, 10-1030, 11-1130 SRDL 60 ~ 10-11, 11-12, 12-1 SRDL 90 ~ 10-1130, 1130-1 SRDL 2hr ~ 10-12, 1030-1230, 11-1 SRDL 3hr ~ 930-1230, 10-1 SRDL 4hr ~ 9-1		11 San Ramon City LTD Camp ~ 4-5p @DVHS Private Dryland Avail ~ 7-930a DRYLAND SLOTS SRDL 30 ~ 930-10, 10-1030, 11-1130 SRDL 60 ~ 10-11, 11-12, 12-1 SRDL 90 ~ 10-1130, 1130-1 SRDL 2hr ~ 10-12, 1030-1230, 11-1 SRDL 3hr ~ 930-1230, 10-1 SRDL 4hr ~ 9-1		12 San Ramon City LTD Camp ~ 4-5p @DVHS Private Dryland Avail ~ 7-930a DRYLAND SLOTS SRDL 30 ~ 930-10, 10-1030, 11-1130 SRDL 60 ~ 10-11, 11-12, 12-1 SRDL 90 ~ 10-1130, 1130-1 SRDL 2hr ~ 10-12, 1030-1230, 11-1 SRDL 3hr ~ 930-1230, 10-1 SRDL 4hr ~ 9-1		13 San Ramon City LTD Camp ~ 4-5p @DVHS Private Dryland Avail ~ 7-930a DRYLAND SLOTS SRDL 30 ~ 930-10, 10-1030, 11-1130 SRDL 60 ~ 10-11, 11-12, 12-1 SRDL 90 ~ 10-1130, 1130-1 SRDL 2hr ~ 10-12, 1030-1230, 11-1 SRDL 3hr ~ 930-1230, 10-1 SRDL 4hr ~ 9-1		14 Private dryland Avail ~ 7-8 + 1-7p DRYLAND SLOTS SRDL 30 ~ 8-830, 830-9 SRDL 60 ~ 8-9, 830-930 SRDL 90 ~ 8-930 SRDL 2hr ~ 730-930 SRDL 3hr ~ 7-10	
Volunteer sign-up clean/reset dryland.		WATER W/O DRYLAND (30min deck) DVHS 60 ~ 130-230 DVHS 90 ~ 130-3 DVHS 2hr ~ 130-330, 2-4		WATER W/O DRYLAND (30min deck) DVHS 60 ~ 130-230 DVHS 90 ~ 130-3 DVHS 2hr ~ 130-330, 2-4		WATER W/O DRYLAND (30min deck) DVHS 60 ~ 130-230 DVHS 90 ~ 130-3 DVHS 2hr ~ 130-330, 2-4		WATER W/O DRYLAND (30min deck) DVHS 60 ~ 130-230 DVHS 90 ~ 130-3 DVHS 2hr ~ 130-330, 2-4		WATER W/O DRYLAND (30min deck) DVHS 60 ~ 130-230 DVHS 90 ~ 130-3 DVHS 2hr ~ 130-330, 2-4		WATER W/O DRYLAND (30min deck) SROP 60 ~ 930-1030 SROP 90 ~ 930-11 SROP 2hr ~ 930-1130	
There is a Sign-up Link in the email for the June calendar		WATER WITH DRYLAND TODAY DVHS 30 ~ 2-230, 3-330, 330-4, 5-530 DVHS 60 ~ 2-3, 230-330, 3-4, 5-6 DVHS 90 ~ 2-330, 230-4 DVHS 2hr ~ 2-4		WATER WITH DRYLAND TODAY DVHS 30 ~ 2-230, 3-330, 330-4, 5-530 DVHS 60 ~ 2-3, 230-330, 3-4, 5-6 DVHS 90 ~ 2-330, 230-4 DVHS 2hr ~ 2-4		WATER WITH DRYLAND TODAY DVHS 30 ~ 2-230, 3-330, 330-4, 5-530 DVHS 60 ~ 2-3, 230-330, 3-4, 5-6 DVHS 90 ~ 2-330, 230-4 DVHS 2hr ~ 2-4		WATER WITH DRYLAND TODAY DVHS 30 ~ 2-230, 3-330, 330-4, 5-530 DVHS 60 ~ 2-3, 230-330, 3-4, 5-6 DVHS 90 ~ 2-330, 230-4 DVHS 2hr ~ 2-4		WATER WITH DRYLAND TODAY DVHS 30 ~ 2-230, 3-330, 330-4, 5-530 DVHS 60 ~ 2-3, 230-330, 3-4, 5-6 DVHS 90 ~ 2-330, 230-4 DVHS 2hr ~ 2-4		WATER WITH DRYLAND TODAY SROP 30 ~ 10-1030, 1030-11 SROP 60 ~ 10-11, 1030-1130 SROP 90 ~ 10-1130 SROP 2hr ~ 10-12 SROP 3hr ~ 10-1	
LINK ~ https://forms.gle/w3sh23utMUcPvSxg8													
15 MIWOK TOWER time 130-4		16 Private Dryland Avail ~ 7-930a DRYLAND SLOTS SRDL 30 ~ 930-10, 10-1030, 11-1130 SRDL 60 ~ 10-11, 11-12, 12-1 SRDL 90 ~ 10-1130, 1130-1 SRDL 2hr ~ 10-12, 1030-1230, 11-1 SRDL 3hr ~ 930-1230, 10-1		17 Private Dryland Avail ~ 7-930a DRYLAND SLOTS SRDL 30 ~ 930-10, 10-1030, 11-1130 SRDL 60 ~ 10-11, 11-12, 12-1 SRDL 90 ~ 10-1130, 1130-1 SRDL 2hr ~ 10-12, 1030-1230, 11-1 SRDL 3hr ~ 930-1230, 10-1		18 Private Dryland Avail ~ 7-930a DRYLAND SLOTS SRDL 30 ~ 12-1230, 1230-1, 1-130 SRDL 60 ~ 10-11, 1-12 SRDL 90 ~ 12-130 SRDL 2hr ~ 12-2, 1230-230		19 USAD Zone-E Championships DRYLAND SLOTS SRDL 30 ~ 10-1030, 11-1130 SRDL 60 ~ 10-11, 11-12 SRDL 90 ~ 10-1130 SRDL 2hr ~ 10-12, 1030-1230		20 USAD Zone-E Championships DRYLAND SLOTS SRDL 30 ~ 10-1030, 11-1130 SRDL 60 ~ 10-11, 11-12 SRDL 90 ~ 10-1130 SRDL 2hr ~ 10-12, 1030-1230		21 USAD Zone-E Championships DRYLAND SLOTS SRDL 30 ~ 8-830, 830-9 SRDL 60 ~ 8-9, 830-930 SRDL 90 ~ 8-930	
CIRCLE THIS SESSION AND Send a text to Coach Eric (925-586-0169) Fees \$30 per diver If you have not been to a Tower session, you should reach out to Coach Eric (925-586-0169) via text to discuss what a Tower session involves and if it might be good for you or your diver.		WATER W/O DRYLAND (30min deck) DVHS 60 ~ 130-230, 2-3, 230-330, 3-4 DVHS 90 ~ 130-3, 2-330, 230-4, 3-430 DVHS 2hr ~ 130-330, 2-4		WATER W/O DRYLAND (30min deck) DVHS 60 ~ 130-230, 2-3, 230-330, 3-4 DVHS 90 ~ 130-3, 2-330, 230-4, 3-430 DVHS 2hr ~ 130-330, 2-4		WATER W/O DRYLAND (30min deck) DVHS 60 ~ 3-4 SROP 90 ~ 3-430		WATER W/O DRYLAND (30min deck) DVHS 60 ~ 130-230 DVHS 90 ~ 130-3		WATER W/O DRYLAND (30min deck) DVHS 60 ~ 130-230 DVHS 90 ~ 130-3		WATER W/O DRYLAND (30min deck) SROP 60 ~ 10-11, 11-12 SROP 90 ~ 10-1130 SROP 2hr ~ 10-12	
WATER WITH DRYLAND TODAY DVHS 30 ~ 2-230, 3-330, 330-4, 5-530 DVHS 60 ~ 2-3, 230-330, 3-4 DVHS 90 ~ 2-330, 230-4, 330-5 DVHS 2hr ~ 2-4, 230-430, 3-5 DVHS 3hr ~ 2-5		WATER WITH DRYLAND TODAY DVHS 30 ~ 2-230, 3-330, 330-4, 5-530 DVHS 60 ~ 2-3, 230-330, 3-4 DVHS 90 ~ 2-330, 230-4, 330-5 DVHS 2hr ~ 2-4, 230-430, 3-5 DVHS 3hr ~ 2-5		WATER WITH DRYLAND TODAY SROP 30 ~ 330-4, 4-430 SROP 60 ~ 330-430		WATER WITH DRYLAND TODAY DVHS 30 ~ 2-230, 3-330 DVHS 60 ~ 2-3, 230-330 DVHS 90 ~ 2-330, 230-4 DVHS 2hr ~ 2-4		WATER WITH DRYLAND TODAY DVHS 30 ~ 2-230, 3-330 DVHS 60 ~ 2-3, 230-330 DVHS 90 ~ 2-330, 230-4 DVHS 2hr ~ 2-4		WATER WITH DRYLAND TODAY DVHS 30 ~ 2-230, 3-330 DVHS 60 ~ 2-3, 230-330 DVHS 90 ~ 2-330, 230-4 DVHS 2hr ~ 2-4		WATER WITH DRYLAND TODAY SROP 30 ~ 10-1030, 1030-11 SROP 60 ~ 10-11, 1030-1130 SROP 90 ~ 10-1130 SROP 2hr ~ 10-12	

PAGE 2of3 ~ 08-21jun JUNE 2025		Write any questions and/or notes you have here:	
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Levels, Calendar Notes:		SLOT NOTES & EXPLANATIONS ~		"TRY-IT-OUT" (TIO) PROGRAM OFFERING	
DIVER'S NAME: PROG LEVEL (circle one): 1, 2, 4, 6, 8, 10, 12, 15 M1, M2, M3, M4, M5, M6 INCLUDED HOURS/WEEK: "ExtraHours" (if any): DIVER'S TEAM (if any, circle): DT, RT, ZT, NT, S&E, M		ALL DIVERS ~ each practice "LEVEL (1-15) has specific timeslot limitations. Please CIRCLE ONLY WHOLE SESSIONS as listed that correspond to your Level. You may not write-in your own session times or request more time than allotted. Levels ARE NOT teams. TEAM DIVERS ~ each team (Dev1-3, Region, Zone, National, S&E, and Masters) have specific/prescribed session configurations for length of session(s) per slot/week. When submitting your calendar requests, ONLY CIRCLE whole sessions that are equal to your program listing. Please review the right-hand column on the Fees tab of our website. If you are not sure what your program includes: Please email us: admin@CALdiving.org		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)	

June 2025							
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
22 USAD Zone-E Championships	23 San Ramon City LTD Camp ~ 8-11a @SROP	24 San Ramon City LTD Camp ~ 8-11a @SROP	25 San Ramon City LTD Camp ~ 8-11a @SROP	26 San Ramon City LTD Camp ~ 8-11a @SROP	27 San Ramon City LTD Camp ~ 8-11a @SROP	28 Private dryland Avail ~ 7-8 + 1-7p	
	DRYLAND SLOTS SRDL 30 ~ 930-10, 10-1030, 11-1130 SRDL 60 ~ 10-11, 11-12, 12-1 SRDL 90 ~ 10-1130, 1130-1 SRDL 2hr ~ 10-12, 1030-1230, 11-1 SRDL 3hr ~ 10-1	DRYLAND SLOTS SRDL 30 ~ 930-10, 10-1030, 11-1130 SRDL 60 ~ 10-11, 11-12, 12-1 SRDL 90 ~ 10-1130, 1130-1 SRDL 2hr ~ 10-12, 1030-1230, 11-1 SRDL 3hr ~ 10-1	DRYLAND SLOTS SRDL 30 ~ 12-1230, 1230-1, 1-130 SRDL 60 ~ 12-1, 1-2 SRDL 90 ~ 12-130 SRDL 2hr ~ 12-2, 1230-230	DRYLAND SLOTS SRDL 30 ~ 930-10, 10-1030, 11-1130 SRDL 60 ~ 10-11, 11-12, 12-1 SRDL 90 ~ 10-1130, 1130-1 SRDL 2hr ~ 10-12, 1030-1230, 11-1 SRDL 3hr ~ 10-1	DRYLAND SLOTS SRDL 30 ~ 930-10, 10-1030, 11-1130 SRDL 60 ~ 10-11, 11-12, 12-1 SRDL 90 ~ 10-1130, 1130-1 SRDL 2hr ~ 10-12, 1030-1230, 11-1 SRDL 3hr ~ 10-1	DRYLAND SLOTS SRDL 30 ~ 8-830, 830-9 SRDL 60 ~ 8-9, 830-930 SRDL 90 ~ 8-930 SRDL 2hr ~ 730-930 SRDL 3hr ~ 7-10	
	WATER W/O DRYLAND (30min deck) DVHS 60 ~ 130-230, 2-3, 230-330, 3-4 DVHS 90 ~ 130-3, 2-330, 230-4, 3-430 DVHS 2hr ~ 130-330, 2-4	WATER W/O DRYLAND (30min deck) DVHS 60 ~ 130-230, 2-3, 230-330, 3-4 DVHS 90 ~ 130-3, 2-330, 230-4, 3-430 DVHS 2hr ~ 130-330, 2-4	WATER W/O DRYLAND (30min deck) DVHS 60 ~ 3-4 SROP 90 ~ 3-430	WATER W/O DRYLAND (30min deck) DVHS 60 ~ 130-230, 2-3, 230-330, 3-4 DVHS 90 ~ 130-3, 2-330, 230-4, 3-430 DVHS 2hr ~ 130-330, 2-4	WATER W/O DRYLAND (30min deck) DVHS 60 ~ 130-230, 2-3, 230-330, 3-4 DVHS 90 ~ 130-3, 2-330, 230-4, 3-430 DVHS 2hr ~ 130-330, 2-4	WATER W/O DRYLAND (30min deck) SROP 60 ~ 930-1030 SROP 90 ~ 930-11 SROP 2hr ~ 930-1130	
	WATER WITH DRYLAND TODAY DVHS 30 ~ 2-230, 3-330, 330-4, 5-530 DVHS 60 ~ 2-3, 230-330, 3-4 DVHS 90 ~ 2-330, 230-4, 330-5 DVHS 2hr ~ 2-4, 230-430, 3-5 DVHS 3hr ~ 2-5	WATER WITH DRYLAND TODAY DVHS 30 ~ 2-230, 3-330, 330-4, 5-530 DVHS 60 ~ 2-3, 230-330, 3-4 DVHS 90 ~ 2-330, 230-4, 330-5 DVHS 2hr ~ 2-4, 230-430, 3-5 DVHS 3hr ~ 2-5	WATER WITH DRYLAND TODAY SROP 30 ~ 330-4, 4-430 SROP 60 ~ 330-430	WATER WITH DRYLAND TODAY DVHS 30 ~ 2-230, 3-330, 330-4, 5-530 DVHS 60 ~ 2-3, 230-330, 3-4 DVHS 90 ~ 2-330, 230-4, 330-5 DVHS 2hr ~ 2-4, 230-430, 3-5 DVHS 3hr ~ 2-5	WATER WITH DRYLAND TODAY DVHS 30 ~ 2-230, 3-330, 330-4, 5-530 DVHS 60 ~ 2-3, 230-330, 3-4 DVHS 90 ~ 2-330, 230-4, 330-5 DVHS 2hr ~ 2-4, 230-430, 3-5 DVHS 3hr ~ 2-5	WATER WITH DRYLAND TODAY SROP 30 ~ 10-1030, 1030-11 SROP 60 ~ 10-11, 1030-1130 SROP 90 ~ 10-1130 SROP 2hr ~ 10-12 SROP 3hr ~ 10-1	

29 UT Austin Diving Camp	30 UT Austin Diving Camp	Notes:					
	DRYLAND SLOTS SRDL 30 ~ 10-1030, 11-1130 SRDL 60 ~ 10-11, 11-12 SRDL 90 ~ 10-1130 SRDL 2hr ~ 10-12, 1030-1230						
	WATER W/O DRYLAND (30min deck) DVHS 60 ~ 130-230 DVHS 90 ~ 130-3						
	WATER WITH DRYLAND TODAY DVHS 30 ~ 2-230, 3-330 DVHS 60 ~ 2-3, 230-330 DVHS 90 ~ 2-330, 230-4 DVHS 2hr ~ 2-4						

PAGE 3of3 ~ 22-30jun JUNE 2025	Write any questions and/or notes you have here:
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DIVER'S NAME: PROG LEVEL (circle one): 1, 2, 4, 6, 8, 10, 12, 15 M1, M2, M3, M4, M5, M6 INCLUDED HOURS/WEEK: _____ "ExtraHours" (if any): _____ DIVER'S TEAM (if any, circle): DT, RT, ZT, NT, S&E, M	Levels, Calendar Notes:	SLOT NOTES & EXPLANATIONS ~	"TRY-IT-OUT" (TIO) PROGRAM OFFERING
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 UT Austin Diving Camp DRYLAND SLOTS SRDL 30 ~ 10-1030, 11-1130 SRDL 60 ~ 10-11, 11-12 SRDL 90 ~ 10-1130 SRDL 2hr ~ 10-12, 1030-1230 WATER W/O DRYLAND (30min deck) DVHS 60 ~ 130-230 DVHS 90 ~ 130-3 WATER WITH DRYLAND TODAY DVHS 30 ~ 2-230, 3-330 DVHS 60 ~ 2-3, 230-330 DVHS 90 ~ 2-330, 230-4 DVHS 2hr ~ 2-4	2 UT Austin Diving Camp DRYLAND SLOTS SRDL 30 ~ 10-1030, 11-1130 SRDL 60 ~ 10-11, 11-12 SRDL 90 ~ 10-1130 SRDL 2hr ~ 10-12, 1030-1230 WATER W/O DRYLAND (30min deck) DVHS 60 ~ 130-230 DVHS 90 ~ 130-3 WATER WITH DRYLAND TODAY DVHS 30 ~ 2-230, 3-330 DVHS 60 ~ 2-3, 230-330 DVHS 90 ~ 2-330, 230-4 DVHS 2hr ~ 2-4	3 UT Austin Diving Camp DRYLAND SLOTS SRDL 30 ~ 10-1030, 11-1130 SRDL 60 ~ 10-11, 11-12 SRDL 90 ~ 10-1130 SRDL 2hr ~ 10-12, 1030-1230 WATER W/O DRYLAND (30min deck) DVHS 60 ~ 130-230 DVHS 90 ~ 130-3 WATER WITH DRYLAND TODAY DVHS 30 ~ 2-230, 3-330 DVHS 60 ~ 2-3, 230-330 DVHS 90 ~ 2-330, 230-4 DVHS 2hr ~ 2-4	4 UT Austin Diving Camp DRYLAND SLOTS SRDL 30 ~ 10-1030, 11-1130 SRDL 60 ~ 10-11, 11-12 SRDL 90 ~ 10-1130 SRDL 2hr ~ 10-12, 1030-1230 WATER W/O DRYLAND (30min deck) DVHS 60 ~ 130-230 DVHS 90 ~ 130-3 WATER WITH DRYLAND TODAY DVHS 30 ~ 2-230, 3-330 DVHS 60 ~ 2-3, 230-330 DVHS 90 ~ 2-330, 230-4 DVHS 2hr ~ 2-4	5 DRYLAND SLOTS SRDL 30 ~ 8-830, 830-9 SRDL 60 ~ 8-9, 830-930 SRDL 90 ~ 8-930 SRDL 2hr ~ 730-930 SRDL 3hr ~ 7-10 WATER W/O DRYLAND (30min deck) SROP 60 ~ 930-1030 SROP 90 ~ 930-11 SROP 2hr ~ 930-1130 WATER WITH DRYLAND TODAY SROP 30 ~ 10-1030, 1030-11 SROP 60 ~ 10-11, 1030-1130 SROP 90 ~ 10-1130 SROP 2hr ~ 10-12
6 MIWOK TOWER time 130-4 CIRCLE THIS SESSION AND Send a text to Coach Eric (925-586-0169) Fees \$30 per diver If you have not been to a Tower session, you should reach out to Coach Eric (925-586-0169) via text to discuss what a Tower session involves and if it might be good for you or your diver. WATER W/O DRYLAND (30min deck) DVHS 60 ~ 130-230, 2-3, 230-330 DVHS 90 ~ 130-3, 2-330, 230-4 DVHS 2hr ~ 130-330, 2-4 WATER WITH DRYLAND TODAY DVHS 30 ~ 2-230, 3-330, 330-4, 5-530 DVHS 60 ~ 2-3, 230-330, 3-4 DVHS 90 ~ 2-330, 230-4 DVHS 2hr ~ 2-4	7 San Ramon City LTD Camp ~ 4-5p @DVHS Private Dryland Avail ~ 7-930a DRYLAND SLOTS SRDL 30 ~ 930-10, 10-1030, 11-1130 SRDL 60 ~ 10-11, 11-12, 12-1 SRDL 90 ~ 10-1130, 1130-1 SRDL 2hr ~ 10-12, 1030-1230, 11-1 SRDL 3hr ~ 930-1230, 10-1 WATER W/O DRYLAND (30min deck) DVHS 60 ~ 130-230, 2-3, 230-330 DVHS 90 ~ 130-3, 2-330, 230-4 DVHS 2hr ~ 130-330, 2-4 WATER WITH DRYLAND TODAY DVHS 30 ~ 2-230, 3-330, 330-4, 5-530 DVHS 60 ~ 2-3, 230-330, 3-4 DVHS 90 ~ 2-330, 230-4 DVHS 2hr ~ 2-4	8 San Ramon City LTD Camp ~ 4-5p @DVHS Private Dryland Avail ~ 7-930a DRYLAND SLOTS SRDL 30 ~ 930-10, 10-1030, 11-1130 SRDL 60 ~ 10-11, 11-12, 12-1 SRDL 90 ~ 10-1130, 1130-1 SRDL 2hr ~ 10-12, 1030-1230, 11-1 SRDL 3hr ~ 930-1230, 10-1 WATER W/O DRYLAND (30min deck) DVHS 60 ~ 130-230, 2-3, 230-330 DVHS 90 ~ 130-3, 2-330, 230-4 DVHS 2hr ~ 130-330, 2-4 WATER WITH DRYLAND TODAY DVHS 30 ~ 2-230, 3-330, 330-4, 5-530 DVHS 60 ~ 2-3, 230-330, 3-4 DVHS 90 ~ 2-330, 230-4 DVHS 2hr ~ 2-4	9 San Ramon City LTD Camp ~ 4-5p @DVHS Private Dryland Avail ~ 7-930a DRYLAND SLOTS SRDL 30 ~ 930-10, 10-1030, 11-1130 SRDL 60 ~ 10-11, 11-12, 12-1 SRDL 90 ~ 10-1130, 1130-1 SRDL 2hr ~ 10-12, 1030-1230, 11-1 SRDL 3hr ~ 930-1230, 10-1 WATER W/O DRYLAND (30min deck) DVHS 60 ~ 130-230, 2-3, 230-330 DVHS 90 ~ 130-3, 2-330, 230-4 DVHS 2hr ~ 130-330, 2-4 WATER WITH DRYLAND TODAY DVHS 30 ~ 2-230, 3-330, 330-4, 5-530 DVHS 60 ~ 2-3, 230-330, 3-4 DVHS 90 ~ 2-330, 230-4 DVHS 2hr ~ 2-4	10 San Ramon City LTD Camp ~ 4-5p @DVHS Private Dryland Avail ~ 7-930a DRYLAND SLOTS SRDL 30 ~ 930-10, 10-1030, 11-1130 SRDL 60 ~ 10-11, 11-12, 12-1 SRDL 90 ~ 10-1130, 1130-1 SRDL 2hr ~ 10-12, 1030-1230, 11-1 SRDL 3hr ~ 930-1230, 10-1 WATER W/O DRYLAND (30min deck) DVHS 60 ~ 130-230, 2-3, 230-330 DVHS 90 ~ 130-3, 2-330, 230-4 DVHS 2hr ~ 130-330, 2-4 WATER WITH DRYLAND TODAY DVHS 30 ~ 2-230, 3-330, 330-4, 5-530 DVHS 60 ~ 2-3, 230-330, 3-4 DVHS 90 ~ 2-330, 230-4 DVHS 2hr ~ 2-4	11 San Ramon City LTD Camp ~ 4-5p @DVHS Private Dryland Avail ~ 7-930a DRYLAND SLOTS SRDL 30 ~ 930-10, 10-1030, 11-1130 SRDL 60 ~ 10-11, 11-12, 12-1 SRDL 90 ~ 10-1130, 1130-1 SRDL 2hr ~ 10-12, 1030-1230, 11-1 SRDL 3hr ~ 930-1230, 10-1 WATER W/O DRYLAND (30min deck) DVHS 60 ~ 130-230, 2-3, 230-330 DVHS 90 ~ 130-3, 2-330, 230-4 DVHS 2hr ~ 130-330, 2-4 WATER WITH DRYLAND TODAY DVHS 30 ~ 2-230, 3-330, 330-4, 5-530 DVHS 60 ~ 2-3, 230-330, 3-4 DVHS 90 ~ 2-330, 230-4 DVHS 2hr ~ 2-4	12 Private dryland Avail ~ 7-8 + 1-7p DRYLAND SLOTS SRDL 30 ~ 8-830, 830-9 SRDL 60 ~ 8-9, 830-930 SRDL 90 ~ 8-930 SRDL 2hr ~ 730-930 WATER W/O DRYLAND (30min deck) SROP 60 ~ 930-1030 SROP 90 ~ 930-11 SROP 2hr ~ 930-1130 WATER WITH DRYLAND TODAY SROP 30 ~ 10-1030, 1030-11 SROP 60 ~ 10-11, 1030-1130 SROP 90 ~ 10-1130 SROP 2hr ~ 10-12 SROP 3hr ~ 10-1

PAGE 1of3 ~ 01-12jul
JULY 2025

Write any questions and/or notes you have here:

Levels, Calendar Notes:	SLOT NOTES & EXPLANATIONS ~	"TRY-IT-OUT" (TIO) PROGRAM OFFERING
DIVER'S NAME: PROG LEVEL (circle one): 1, 2, 4, 6, 8, 10, 12, 15 M1, M2, M3, M4, M5, M6 INCLUDED HOURS/WEEK: _____ "ExtraHours" (if any): _____ DIVER'S TEAM (if any, circle): DT, RT, ZT, NT, S&E, M	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) 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)

July 2025						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13	14 AAU Summer Nationals Private Dryland Avail ~ 7-930a DRYLAND SLOTS SRDL 30 ~ 10-1030, 11-1130 SRDL 60 ~ 10-11, 11-12 SRDL 90 ~ 10-1130 SRDL 2hr ~ 10-12, 1030-1230 WATER W/O DRYLAND (30min deck) DVHS 60 ~ 130-230, 2-3, 230-330 DVHS 90 ~ 130-3, 2-330, 230-4 DVHS 2hr ~ 130-330, 2-4 WATER WITH DRYLAND TODAY DVHS 30 ~ 2-230, 3-330, 330-4, 5-530 DVHS 60 ~ 2-3, 230-330, 3-4, 5-6 DVHS 90 ~ 2-330, 230-4 DVHS 2hr ~ 2-4	15 AAU Summer Nationals Private Dryland Avail ~ 7-930a DRYLAND SLOTS SRDL 30 ~ 10-1030, 11-1130 SRDL 60 ~ 10-11, 11-12 SRDL 90 ~ 10-1130 SRDL 2hr ~ 10-12, 1030-1230 WATER W/O DRYLAND (30min deck) DVHS 60 ~ 130-230, 2-3, 230-330 DVHS 90 ~ 130-3, 2-330, 230-4 DVHS 2hr ~ 130-330, 2-4 WATER WITH DRYLAND TODAY DVHS 30 ~ 2-230, 3-330, 330-4, 5-530 DVHS 60 ~ 2-3, 230-330, 3-4, 5-6 DVHS 90 ~ 2-330, 230-4 DVHS 2hr ~ 2-4	16 AAU Summer Nationals Private Dryland Avail ~ 7-930a DRYLAND SLOTS SRDL 30 ~ 12-1230, 1230-1, 1-130 SRDL 60 ~ 12-1, 1-2 SRDL 90 ~ 12-130 SRDL 2hr ~ 12-2, 1230-230 WATER W/O DRYLAND (30min deck) DVHS 60 ~ 3-4 SROP 90 ~ 3-430 WATER WITH DRYLAND TODAY SROP 30 ~ 330-4, 4-430 SROP 60 ~ 330-430	17 AAU Summer Nationals Private Dryland Avail ~ 7-930a DRYLAND SLOTS SRDL 30 ~ 10-1030, 11-1130 SRDL 60 ~ 10-11, 11-12 SRDL 90 ~ 10-1130 SRDL 2hr ~ 10-12, 1030-1230 WATER W/O DRYLAND (30min deck) DVHS 60 ~ 130-230, 2-3, 230-330 DVHS 90 ~ 130-3, 2-330, 230-4 DVHS 2hr ~ 130-330, 2-4 WATER WITH DRYLAND TODAY DVHS 30 ~ 2-230, 3-330, 330-4, 5-530 DVHS 60 ~ 2-3, 230-330, 3-4, 5-6 DVHS 90 ~ 2-330, 230-4 DVHS 2hr ~ 2-4	18 AAU Summer Nationals Private Dryland Avail ~ 7-930a DRYLAND SLOTS SRDL 30 ~ 10-1030, 11-1130 SRDL 60 ~ 10-11, 11-12 SRDL 90 ~ 10-1130 SRDL 2hr ~ 10-12, 1030-1230 WATER W/O DRYLAND (30min deck) DVHS 60 ~ 130-230, 2-3, 230-330 DVHS 90 ~ 130-3, 2-330, 230-4 DVHS 2hr ~ 130-330, 2-4 WATER WITH DRYLAND TODAY DVHS 30 ~ 2-230, 3-330, 330-4, 5-530 DVHS 60 ~ 2-3, 230-330, 3-4, 5-6 DVHS 90 ~ 2-330, 230-4 DVHS 2hr ~ 2-4	19 AAU Summer Nationals DRYLAND SLOTS SRDL 30 ~ 8-830, 830-9 SRDL 60 ~ 8-9, 830-930 SRDL 90 ~ 8-930 SRDL 2hr ~ 730-930 WATER W/O DRYLAND (30min deck) SROP 60 ~ 930-1030 SROP 90 ~ 930-11 SROP 2hr ~ 930-1130 WATER WITH DRYLAND TODAY SROP 30 ~ 10-1030, 1030-11 SROP 60 ~ 10-11, 1030-1130 SROP 90 ~ 10-1130 SROP 2hr ~ 10-12
	20 AAU Summer Nationals	21 AAU Summer Nationals San Ramon City LTD Camp ~ 8-11a @SROP DRYLAND SLOTS SRDL 30 ~ 10-1030, 11-1130 SRDL 60 ~ 10-11, 11-12 SRDL 90 ~ 10-1130 SRDL 2hr ~ 10-12, 1030-1230 WATER W/O DRYLAND (30min deck) DVHS 60 ~ 130-230 DVHS 90 ~ 130-3 WATER WITH DRYLAND TODAY DVHS 30 ~ 2-230, 3-330 DVHS 60 ~ 2-3, 230-330 DVHS 90 ~ 2-330, 230-4 DVHS 2hr ~ 2-4	22 AAU Summer Nationals San Ramon City LTD Camp ~ 8-11a @SROP DRYLAND SLOTS SRDL 30 ~ 10-1030, 11-1130 SRDL 60 ~ 10-11, 11-12 SRDL 90 ~ 10-1130 SRDL 2hr ~ 10-12, 1030-1230 WATER W/O DRYLAND (30min deck) DVHS 60 ~ 130-230 DVHS 90 ~ 130-3 WATER WITH DRYLAND TODAY DVHS 30 ~ 2-230, 3-330 DVHS 60 ~ 2-3, 230-330 DVHS 90 ~ 2-330, 230-4 DVHS 2hr ~ 2-4	23 USAD Junior Nationals San Ramon City LTD Camp ~ 8-11a @SROP DRYLAND SLOTS SRDL 30 ~ 10-1030, 11-1130 SRDL 60 ~ 10-11, 11-12 SRDL 90 ~ 10-1130 SRDL 2hr ~ 10-12, 1030-1230 WATER W/O DRYLAND (30min deck) DVHS 60 ~ 130-230 DVHS 90 ~ 130-3 WATER WITH DRYLAND TODAY DVHS 30 ~ 2-230, 3-330 DVHS 60 ~ 2-3, 230-330 DVHS 90 ~ 2-330, 230-4 DVHS 2hr ~ 2-4	24 USAD Junior Nationals San Ramon City LTD Camp ~ 8-11a @SROP DRYLAND SLOTS SRDL 30 ~ 10-1030, 11-1130 SRDL 60 ~ 10-11, 11-12 SRDL 90 ~ 10-1130 SRDL 2hr ~ 10-12, 1030-1230 WATER W/O DRYLAND (30min deck) DVHS 60 ~ 130-230 DVHS 90 ~ 130-3 WATER WITH DRYLAND TODAY DVHS 30 ~ 2-230, 3-330 DVHS 60 ~ 2-3, 230-330 DVHS 90 ~ 2-330, 230-4 DVHS 2hr ~ 2-4	25 USAD Junior Nationals San Ramon City LTD Camp ~ 8-11a @SROP DRYLAND SLOTS SRDL 30 ~ 10-1030, 11-1130 SRDL 60 ~ 10-11, 11-12 SRDL 90 ~ 10-1130 SRDL 2hr ~ 10-12, 1030-1230 WATER W/O DRYLAND (30min deck) DVHS 60 ~ 130-230 DVHS 90 ~ 130-3 WATER WITH DRYLAND TODAY DVHS 30 ~ 2-230, 3-330 DVHS 60 ~ 2-3, 230-330 DVHS 90 ~ 2-330, 230-4 DVHS 2hr ~ 2-4
	26 USAD Junior Nationals San Ramon City LTD Camp ~ 8-11a @SROP DRYLAND SLOTS SRDL 30 ~ 8-830, 830-9 SRDL 60 ~ 8-9, 830-930 SRDL 90 ~ 8-930 SRDL 2hr ~ 730-930 WATER W/O DRYLAND (30min deck) SROP 60 ~ 930-1030 SROP 90 ~ 930-11 SROP 2hr ~ 930-1130 WATER WITH DRYLAND TODAY SROP 30 ~ 10-1030, 1030-11 SROP 60 ~ 10-11, 1030-1130 SROP 90 ~ 10-1130 SROP 2hr ~ 10-12					

PAGE 2of3 ~ 13-26jul JULY 2025		Write any questions and/or notes you have here:
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DIVER'S NAME:	Levels, Calendar Notes:	SLOT NOTES & EXPLANATIONS ~	"TRY-IT-OUT" (TIO) PROGRAM OFFERING
	ALL DIVERS ~ each practice "LEVEL (1-15) has specific timeslot limitations. Please CIRCLE ONLY WHOLE SESSIONS as listed that correspond to your Level. You may not write-in your own session times or request more time than allotted. Levels ARE NOT teams. TEAM DIVERS ~ each team (Dev1-3, Region, Zone, National, S&E, and Masters) have specific/prescribed session configurations for length of session(s) per slot/week. When submitting your calendar requests, ONLY CIRCLE whole sessions that are equal to your program listing. Please review the right-hand column on the Fees tab of our website. If you are not sure what your program includes: Please email us: admin@CALdiving.org	For pool slots ~ SROP/DVHS 1) w/ OR w/o "dryland" ~ If you were at dryland (dry) that day, then you MAY attend the "with" (w/) or "without" (w/o) water (wet) sessions 2) If you did NOT attend dryland AND you want to attend water that day, you MUST attend sessions marked (w/o).	Try-it-Out (TIO) Inclusive Sessions ~ Total of 3 sessions (2-water + 1-dryland) Taken in order as: Water-Dryland-Water WATER options are: (30-, 60-, or 90-minute) sessions DRYLAND sessions are (30- or 60-minute) sessions (coach's discretion for completion of any session)

July 2025													
Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
27	USAD Junior Nationals	28	USAD Junior Nationals	29	USAD Junior Nationals	30	USAD Junior Nationals	31	USAD Junior Nationals	Notes:			
		DRYLAND SLOTS		DRYLAND SLOTS		DRYLAND SLOTS		DRYLAND SLOTS					
		SRDL 30 ~ 10-1030, 11-1130		SRDL 30 ~ 10-1030, 11-1130		SRDL 30 ~ 10-1030, 11-1130		SRDL 30 ~ 10-1030, 11-1130					
		SRDL 60 ~ 10-11, 11-12		SRDL 60 ~ 10-11, 11-12		SRDL 60 ~ 10-11, 11-12		SRDL 60 ~ 10-11, 11-12					
		SRDL 90 ~ 10-1130		SRDL 90 ~ 10-1130		SRDL 90 ~ 10-1130		SRDL 90 ~ 10-1130					
		SRDL 2hr ~ 10-12, 1030-1230		SRDL 2hr ~ 10-12, 1030-1230		SRDL 2hr ~ 10-12, 1030-1230		SRDL 2hr ~ 10-12, 1030-1230					
		WATER W/O DRYLAND (30min deck)		WATER W/O DRYLAND (30min deck)		WATER W/O DRYLAND (30min deck)		WATER W/O DRYLAND (30min deck)					
		DVHS 60 ~ 130-230		DVHS 60 ~ 130-230		DVHS 60 ~ 130-230		DVHS 60 ~ 130-230					
		DVHS 90 ~ 130-3		DVHS 90 ~ 130-3		DVHS 90 ~ 130-3		DVHS 90 ~ 130-3					
		WATER WITH DRYLAND TODAY		WATER WITH DRYLAND TODAY		WATER WITH DRYLAND TODAY		WATER WITH DRYLAND TODAY					
DVHS 30 ~ 2-230, 3-330		DVHS 30 ~ 2-230, 3-330		DVHS 30 ~ 2-230, 3-330		DVHS 30 ~ 2-230, 3-330							
DVHS 60 ~ 2-3, 230-330		DVHS 60 ~ 2-3, 230-330		DVHS 60 ~ 2-3, 230-330		DVHS 60 ~ 2-3, 230-330							
DVHS 90 ~ 2-330, 230-4		DVHS 90 ~ 2-330, 230-4		DVHS 90 ~ 2-330, 230-4		DVHS 90 ~ 2-330, 230-4							
DVHS 2hr ~ 2-4		DVHS 2hr ~ 2-4		DVHS 2hr ~ 2-4		DVHS 2hr ~ 2-4							

PAGE 3of3 ~ 27-31jul JULY 2025				Write any questions and/or notes you have here:			
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DIVER'S NAME: PROG LEVEL (circle one): 1, 2, 4, 6, 8, 10, 12, 15 M1, M2, M3, M4, M5, M6 INCLUDED HOURS/WEEK: _____ "ExtraHours" (if any): _____ DIVER'S TEAM (if any, circle): DT, RT, ZT, NT, S&E, M		Levels, Calendar Notes: ALL DIVERS ~ each practice "LEVEL (1-15) has specific timeslot limitations. Please CIRCLE ONLY WHOLE SESSIONS as listed that corespond to your Level. You may not write-in your own session times or request more time than allotted. Levels ARE NOT teams. TEAM DIVERS ~ each team (Dev1-3, Region, Zone, National, S&E, and Masters) have specific/prescribed session configurations for length of session(s) per slot/week. When submitting your calendar requests, ONLY CIRCLE whole sessions that are equal to your program listing. Please review the right-hand column on the Fees tab of our website. If you are not sure what your program includes: Please email us: admin@CALdiving.org		SLOT NOTES & EXPLANATIONS ~ For pool slots ~ SROP/DVHS 1) 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)	
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