

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>NOTES/EXPLANATION:</b></p> <p>With (w) and Without (w/o) DRYLAND (dry):</p> <p>For pool slots (SROP/DVHS): 1) if you were at dryland (dry) that day, then you MAY attend the "with" or "without" sessions</p> <p>2) If you did NOT attend dryland that day, you MUST attend without (w/o) sessions.</p>	<p><b>DIVER'S NAME:</b> _____</p> <p><b>PROG LEVEL (circle one):</b> 1, 2, 4, 6, 8, 10, 12, 15 M1, M2, M3, M4, M5, M6</p> <p><b>INCLUDED HOURS:</b> _____</p> <p><b>"ExtraHours" (if any):</b> _____</p> <p><b>DIVER'S TEAM (if any, circle):</b> DT, RT, ZT, NT, S&amp;E, M</p>	<p><b>TRY-IT-OUT PROGRAM OFFERING ~</b></p> <p>Try-it-Out (TIO's) ~ <b>WATER</b> options are the earlier (30-, 60-, or 90-minute) sessions. <b>DRYLAND</b> sessions are the earlier (30- or 60-minute) sessions. Coach's discretion (for completion as scheduled) during any session.</p> <hr/> <p><b>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.</b></p> <p><b>TEAM DIVERS ~ each team (Dev1-2, 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 for details.</b></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>1</b></p> <p><b>CLOSED FOR HOLIDAY</b></p>	<p><b>2</b></p> <p><b>CLOSED FOR HOLIDAY</b></p>
<p><b>3</b></p> <p><b>CLOSED FOR HOLIDAY</b></p> <p><b>NOTE: PRIVATE DRYLAND SESSIONS ARE AVAILABLE EVERY DAY BY APPOINTMENT (7-DAYS/WEEK)</b> Email ~ <a href="mailto:admin@CALdiving.org">admin@CALdiving.org</a></p>	<p><b>4</b></p> <p><b>CLOSED FOR HOLIDAY</b></p>	<p><b>5</b></p> <p>SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p SRDL 90 ~ 4-530p</p> <p>SROP 30 ~ 7-730p, 730-8p 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><b>6</b></p> <p>SRDL 30 ~ 4-430p, 5-530p 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 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><b>7</b></p> <p>POSS girls WP ~ LATE START (tba)</p> <p>SRDL 30 ~ 4-430p, 5-530p 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 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><b>8</b></p> <p>SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p SRDL 90 ~ 4-530p</p> <p>SROP 30 ~ 7-730p, 730-8p 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><b>9</b></p> <p>SRDL 30 ~ 8-830a, 830-9a SRDL 60 ~ 8-9a, 830-930a SRDL 90 ~ 8-930a</p> <p>SROP 30 ~ 11-1130a, 1130a-12p SROP 60 ~ 1030-1130a (w/o dry) SROP 60 ~ 11a-12p (w/dry) SROP 90 ~ 1030a-12p (w/o dry) SROP 90 ~ 11a-1230p, 1130a-1p (w/dry) SROP 2hr ~ 1030-1230p (w/o dry) SROP 2hr ~ 11a-1p (w/dry)</p>
<p><b>10</b></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 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><b>11</b></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 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><b>12</b></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 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><b>13</b></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 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><b>14</b></p> <p>POSS girls WP ~ LATE START (tba)</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 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><b>15</b></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 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><b>16</b></p> <p>SRDL 30 ~ 8-830a, 830-9a SRDL 60 ~ 8-9a, 830-930a SRDL 90 ~ 8-930a, 830-10a SRDL 2hr ~ 8-10a, 830-1030a</p> <p>SROP 30 ~ 11-1130a, 1130a-12p SROP 60 ~ 1030-1130a (w/o dry) SROP 60 ~ 11a-12p (w/dry) SROP 90 ~ 1030a-12p (w/o dry) SROP 90 ~ 11a-1230p, 1130a-1p (w/dry) SROP 2hr ~ 1030-1230p (w/o dry) SROP 2hr ~ 11a-1p (w/dry)</p>

**THIS IS PAGE-1 OF SEPTEMBER, 2023  
(01-16sept23)**

September 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>NOTES/EXPLANATION:</b></p> <p>With (w/) and Without (w/o) DRYLAND (dry):</p> <p>For pool slots (SROP/DVHS):                      1) if you were at dryland (dry) that day, then you MAY attend the "with" or "without" sessions                      2) If you did NOT attend dryland that day, you MUST attend without (w/o) sessions.</p>						
<p><b>TRY-IT-OUT PROGRAM OFFERING ~</b></p> <p>Try-it-Out (TIO's) ~ <b>WATER</b> options are the earlier (30-, 60-, or 90-minute) sessions. <b>DRYLAND</b> sessions are the earlier (30- or 60-minute) sessions. Coach's discretion (for completion as scheduled) during any session.</p>						
<p><b>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.</b></p> <p><b>TEAM DIVERS ~ each team (Dev1-2, 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 for details.</b></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>THIS IS PAGE-2 OF SEPTEMBER, 2023 (17-30sept23)</b></p>						
<p>17 MIWOK TOWER 1130-2pm</p> <p>CIRCLE THIS SESSION AND - Send a text to Coach Eric (925-586-0169)</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>SROP 30 ~ 7-730p, 730-8p                      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, 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                      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 ~ 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                      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 POSS girls WP ~ LATE START (tba)</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                      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                      SRDL 60 ~ 4-5p, 5-6p                      SRDL 90 ~ 4-530p, 430-6p                      SRDL 2hr ~ 4-6p</p> <p>SROP 30 ~ 7-730p, 730-8p                      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 ~ 8-830a, 830-9a                      SRDL 60 ~ 8-9a, 830-930a                      SRDL 90 ~ 8-930a, 830-10a                      SRDL 2hr ~ 8-10a, 830-1030a</p> <p>SROP 30 ~ 11-1130a, 1130a-12p                      SROP 60 ~ 1030-1130a (w/o dry)                      SROP 60 ~ 11a-12p (w/dry)                      SROP 90 ~ 1030a-12p (w/o dry)                      SROP 90 ~ 11a-1230p, 1130a-1p (w/dry)                      SROP 2hr ~ 1030-1230p (w/o dry)                      SROP 2hr ~ 11a-1p (w/dry)</p>
<p>24</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                      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, 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                      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</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                      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>28 POSS girls WP ~ LATE START (tba)</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                      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                      SRDL 60 ~ 4-5p, 5-6p                      SRDL 90 ~ 4-530p, 430-6p                      SRDL 2hr ~ 4-6p</p> <p>SROP 30 ~ 7-730p, 730-8p                      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 ~ 8-830a, 830-9a                      SRDL 60 ~ 8-9a, 830-930a                      SRDL 90 ~ 8-930a, 830-10a                      SRDL 2hr ~ 8-10a</p> <p>SROP 30 ~ 11-1130a, 1130a-12p                      SROP 60 ~ 1030-1130a (w/o dry)                      SROP 60 ~ 11a-12p (w/dry)                      SROP 90 ~ 1030a-12p (w/o dry)                      SROP 90 ~ 11a-1230p, 1130a-1p (w/dry)                      SROP 2hr ~ 1030-1230p (w/o dry)                      SROP 2hr ~ 11a-1p (w/dry)</p>

**October 2023**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>1</b></p> <p><b>NOTES/EXPLANATION:</b></p> <p>For pool slots (SROP/DVHS):                      1) if you were at dryland (dry) that day, then you MAY attend the "with" or "without" sessions</p> <p>2) If you did NOT attend dryland that day, you MUST attend without (w/o) sessions.</p>	<p><b>2</b></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><b>3</b></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><b>4</b></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><b>5</b></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><b>6</b></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><b>7</b></p> <p align="center"><b>REGULAR PRACTICE CANCELLED</b></p> <p align="center"><b>DIVING MEET STOCKTON, CA</b>                      ** (ALL LEVELS INVITED) **</p>
<p><b>8</b></p> <p><b>DIVER'S NAME:</b> _____</p> <p><b>PROG LEVEL (circle one):</b>                      1, 2, 4, 6, 8, 10, 12, 15                      M1, M2, M3, M4, M5, M6</p> <p><b>INCLUDED HOURS:</b> _____</p> <p><b>"ExtraHours" (if any):</b> _____</p> <p><b>DIVER'S TEAM (if any, circle):</b>                      DT, RT, ZT, NT, S&amp;E, M</p>	<p><b>9</b></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><b>10</b></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><b>11</b></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><b>12</b></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><b>13</b></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><b>14</b></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, 12-130p (w/o dry)                      DVHS 90 ~ 11a-1230p, 1130a-1p (w/dry)                      DVHS 2hr ~ 1130a-130p (w/o dry)                      DVHS 2hr ~ 12-2p (w/dry)</p>
			Notes:	<p><b>TRY-IT-OUT PROGRAM OFFERING ~</b></p> <p>Try-it-Out (TIO's) ~ <b>WATER</b> options are the earlier (30-, 60-, or 90-minute) sessions.  <b>DRYLAND</b> sessions are the earlier (30- or 60-minute) sessions.                      Coach's discretion (for completion as scheduled) during any session.</p>		
<p><b>This is Page-1 for October (01-14oct23)</b></p>						
<p>ALL DIVERS ~ each LEVEL has specific timeslot restrictions and inclusions. Please <b>CIRCLE ONLY WHOLE SESSIONS</b> as listed that correspond to your Level. You may not write-in your own session times.</p> <p>TEAM DIVERS ~ each team (Dev1-2, 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, <b>ONLY CIRCLE</b> whole sessions that are equal to your program listing. Please review the right-hand column on the Fees tab of our website for details.</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>						

**October 2023**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>15 <b>MIWOK TOWER 1130-2pm</b></p> <p><b>CIRCLE THIS SESSION AND - Send a text to Coach Eric (925-586-0169) Fees \$30 or by Team</b></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, 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>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>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 ~ 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>21</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, 12-130p (w/o dry) DVHS 90 ~ 11a-1230p, 1130a-1p (w/dry) DVHS 90 ~ 1130a-130p (w/o dry) DVHS 2hr ~ 12-2p (w/dry)</p>
<p>22</p> <p><b>DIVER'S NAME:</b> _____</p> <p><b>PROG LEVEL (circle one):</b> 1, 2, 4, 6, 8, 10, 12, 15 M1, M2, M3, M4, M5, M6</p> <p><b>INCLUDED HOURS:</b> _____</p> <p><b>"ExtraHours" (if any):</b> _____</p> <p><b>DIVER'S TEAM (if any, circle):</b> DT, RT, ZT, NT, S&amp;E, M</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, 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, 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>27</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>28 <b>NO SAN RAMON WATER (DVHS OR SROP)</b></p> <p>SRDL 30 ~ 8-830a, 830-9a, 9-930a SRDL 60 ~ 8-9a, 9-10a SRDL 90 ~ 8-930a, 830-10a SRDL 2hr ~ 8-10a</p> <p><b>SPECIAL TOWER DATE - FREE</b></p> <p><b>ATTENDANCE AT MIWOK IS INCLUDED FOR ALL LEVELS AS FOLLOWS:</b></p> <p><b>Levels: 1, 2, and all M - 90min options</b> <b>Levels: 4 and 6 - 90min OR 2hr options</b> <b>Levels: 8-15 - all options (up to 3hr)</b></p> <p>MIWOK 90 ~ 1130p, 1p MIWOK 90 ~ 1230a-2p MIWOK 2hr ~ 1130-130p MIWOK 2hr ~ 1230-230p MIWOK 3hr ~ 1130a-3p</p>
<p>29 <b>MIWOK TOWER 1130-2pm</b></p> <p><b>CIRCLE THIS SESSION AND - Send a text to Coach Eric (925-586-0169) Fees \$30 or by Team</b></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, 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><b>NOTES/EXPLANATION:</b></p> <p><b>For pool slots (SROP/DVHS):</b> 1) if you were at dryland (dry) that day, then you MAY attend the "with" or "without" sessions</p> <p>2) If you did NOT attend dryland that day, you MUST attend without (w/o) sessions.</p>	<p><b>TRY-IT-OUT PROGRAM OFFERING ~</b></p> <p>Try-it-Out (TIO's) ~ <b>WATER</b> options are the earlier (30-, 60-, or 90-minute) sessions. <b>DRYLAND</b> sessions are the earlier (30- or 60-minute) sessions. Coach's discretion (for completion as scheduled) during any session.</p> <p><b>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.</b></p> <p><b>TEAM DIVERS ~ each team (Dev1-2, 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 for details.</b></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>THIS IS PAGE-2 FOR OCTOBER (15-31oct23)</b></p>						

**November 2023**

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&amp;E, M</p>	<p><b>NOTES/EXPLANATION:</b></p> <p>For pool slots (SROP/DVHS): 1) if you were at dryland (dry) that day, then you MAY attend the "with" or "without" sessions</p> <p>2) If you did NOT attend dryland 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's) ~ WATER options are the earlier (30-, 60-, or 90-minute) sessions. <b>DRYLAND sessions are the earlier (30- or 60-minute) sessions.</b> Coach's discretion (for completion as scheduled) during any session.</p>	<p>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>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</p> <p><b>ALL DAY DRYLAND</b></p> <p><b>SignUp - See GoogleDoc 03nov23 To SignUp</b></p>	<p>4</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, 12-130p (w/o dry) DVHS 90 ~ 11a-1230p, 1130a-1p (w/dry) DVHS 2hr ~ 1130a-130p (w/o dry) DVHS 2hr ~ 12-2p (w/dry)</p>
		<p>5</p> <p align="center">Veteran's Day Weekend</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, 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>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>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"><b>THIS IS PAGE-1 FOR NOVEMBER (01-11nov23)</b></p>						<p><b>Levels, Calendar Notes:</b></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&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>

**November 2023**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday				
<p>12</p> <p><b>DIVER'S NAME:</b> _____</p> <p><b>PROG LEVEL (circle one):</b> 1, 2, 4, 6, 8, 10, 12, 15 M1, M2, M3, M4, M5, M6</p> <p><b>INCLUDED HOURS:</b> _____</p> <p><b>"ExtraHours" (if any):</b> _____</p> <p><b>DIVER'S TEAM (if any, circle):</b> DT, RT, ZT, NT, S&amp;E, M</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, 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, 12-130p (w/o dry) DVHS 90 ~ 11a-1230p, 1130a-1p (w/dry) DVHS 2hr ~ 1130a-130p (w/o dry) DVHS 2hr ~ 12-2p (w/dry)</p>				
<p>19</p> <p><b>MIWOK TOWER 1130-2pm</b></p> <p><b>CIRCLE THIS SESSION AND</b> Send a text to Coach Eric (925-586-0169) Fees \$30 per diver</p> <p><b>NOTES/EXPLANATION:</b>  For pool slots (SROP/DVHS): 1) if you were at dryland (dry) that day, then you MAY attend the "with" or "without" sessions  2) If you did NOT attend dryland that day, you MUST attend sessions marked (w/o).</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 align="center"><b>CLOSED FOR THANKSGIVING HOLIDAY</b></p>				<p>22</p> <p align="center"><b>CLOSED FOR THANKSGIVING HOLIDAY</b></p>	<p>23</p> <p align="center"><b>CLOSED FOR THANKSGIVING HOLIDAY</b></p>	<p>24</p> <p align="center"><b>CLOSED FOR THANKSGIVING HOLIDAY</b></p>	<p>25</p> <p align="center"><b>CLOSED FOR THANKSGIVING HOLIDAY</b></p>
<p align="center"><b>THIS IS PAGE-2 FOR NOVEMBER (13-30nov23)</b></p>										
<p>26</p> <p><b>TRY-IT-OUT (TIO) PROGRAM OFFERING</b></p> <p><b>Try-it-Out (TIO's) ~ WATER options are the earlier (30-, 60-, or 90-minute) sessions. DRYLAND sessions are the earlier (30- or 60-minute) sessions.</b> Coach's discretion (for completion as scheduled) during any session.</p>	<p>27 <b>Okay a/o 01nov, may change due to the move. Mark your choices as if today's schedule is normal.</b></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>28 <b>Okay a/o 01nov, may change due to the move. Mark your choices as if today's schedule is normal.</b></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 <b>Okay a/o 01nov, may change due to the move. Mark your choices as if today's schedule is normal.</b></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 <b>Okay a/o 01nov, may change due to the move. Mark your choices as if today's schedule is normal.</b></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><b>Levels, Calendar Notes:</b></p> <p><b>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.</b></p> <p><b>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.</b> If you are not sure what your program includes, please email us: <a href="mailto:admin@CALdiving.org">admin@CALdiving.org</a></p>					

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&amp;E, M</p>	<p><b>NOTES/EXPLANATION:</b></p> <p>For pool slots (SROP/DVHS): 1) if you were at dryland (dry) that day, then you MAY attend the "with" or "without" sessions</p> <p>2) If you did NOT attend dryland 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's) ~ WATER options are the earlier (30-, 60-, or 90-minute) sessions. DRYLAND sessions are the earlier (30- or 60-minute) sessions.</p> <p>Coach's discretion (for completion as scheduled) during any session.</p>	<p><b>Levels, Calendar Notes:</b></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&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. If you are not sure what your program includes, please email us: <a href="mailto:admin@CALdiving.org">admin@CALdiving.org</a></p>		<p>1</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 ~ 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, 12-130p (w/o dry) DVHS 90 ~ 11a-1230p, 1130a-1p (w/dry) DVHS 2hr ~ 1130a-130p (w/dry) DVHS 2hr ~ 12-2p (w/dry)</p>
<p>3</p> <p><b>THIS IS PAGE-1 FOR DECEMBER 01-16Dec23</b></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>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>5</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>9</p> <p><b>ALL DAY DRYLAND</b></p> <p><b>See GoogleDoc 09nov23 to SignUp</b></p>
<p>10</p> <p><b>MIWOK TOWER 11am-130pm</b></p> <p>CIRCLE THIS SESSION AND ~ Send a text to Coach Eric (925-586-0169) Fees \$30 or by Team</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, 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>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>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>15</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>16</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, 12-130p (w/o dry) DVHS 90 ~ 11a-1230p, 1130a-1p (w/dry) DVHS 2hr ~ 1130a-130p (w/o dry) DVHS 2hr ~ 12-2p (w/dry)</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>DIVER'S NAME:</b> _____  <b>PROG LEVEL (circle one):</b> 1, 2, 4, 6, 8, 10, 12, 15 M1, M2, M3, M4, M5, M6  <b>INCLUDED HOURS:</b> _____  <b>"ExtraHours" (if any):</b> _____  <b>DIVER'S TEAM (if any, circle):</b> DT, RT, ZT, NT, S&E, M	<b>NOTES/EXPLANATION:</b>  For pool slots (SRDP/DVHS): 1) if you were at dryland (dry) that day, then you MAY attend the "with" or "without" sessions  2) If you did NOT attend dryland that day, you MUST attend sessions marked (w/o).	<b>TRY-IT-OUT (TIO) PROGRAM OFFERING</b>  Try-it-Out (TIO's) ~ WATER options are the earlier (30-, 60-, or 90-minute) sessions. DRYLAND sessions are the earlier (30- or 60-minute) sessions.  Coach's discretion (for completion as scheduled) during any session.	<b>Levels, Calendar Notes:</b>  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: <a href="mailto:admin@CALdiving.org">admin@CALdiving.org</a>		<p style="text-align: center;"><b>THIS IS PAGE-2 FOR DECEMBER 17-31Dec23</b></p>		
			17	18			19
	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)	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)	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)	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)	<b>CLOSED HAPPY HOLIDAYS</b>	<b>CLOSED HAPPY HOLIDAYS</b>	<b>CLOSED HAPPY HOLIDAYS</b>
24	25	26	27	28	29	30	
<b>CLOSED HAPPY HOLIDAYS</b>	<b>CLOSED HAPPY HOLIDAYS</b>	<b>CLOSED HAPPY HOLIDAYS</b>	<b>CLOSED HAPPY HOLIDAYS</b>	<b>CLOSED HAPPY HOLIDAYS</b>	<b>CLOSED HAPPY HOLIDAYS</b>	<b>CLOSED HAPPY HOLIDAYS</b>	
31	<p style="text-align: center;"><b>Happy New Year!</b></p> <p><b>Notes:</b> Sessions will begin again on Wednesday, 03Jan24. Enjoy the break.</p> <p style="text-align: center;">~ See You in the Air!</p>						



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&amp;E, M</p>	<p>1 NO PRACTICE TODAY</p> <p><b>HAPPY NEW YEAR!</b></p>	<p>2 NO PRACTICE TODAY</p> <p><b>TRY-IT-OUT (TIO) PROGRAM OFFERING</b></p> <p><b>WATER ~ options are offered as the earlier session(s): (30-, 60-, or 90-minute)</b></p> <p><b>DRYLAND ~ options are the earlier session(s): (30- or 60-minute)</b></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>7</p> <p><b>NOTES/EXPLANATION:</b></p> <p><b>For pool slots ~ SROP/DVHS</b></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>14 <b>Levels and Calendar Notes:</b></p> <p><b>ALL DIVERS</b> ~ 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><b>TEAM DIVERS</b> ~ 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>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>

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&amp;E, M</p>	<p><b>NOTES/EXPLANATION:</b></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>21 <b>MIWOK TOWER 1130-2pm</b></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>
<p>28</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>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>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>31</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><b>Levels and Calendar Notes:</b></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&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>		

**THIS IS PAGE-2  
FOR JANUARY  
21-31jan24**

**February 2024**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>DIVER'S NAME:</b> _____</p> <p><b>PROG LEVEL</b> (circle one): 1, 2, 4, 6, 8, 10, 12, 15 M1, M2, M3, M4, M5, M6</p> <p><b>INCLUDED HOURS:</b> _____</p> <p>"ExtraHours" (if any): _____</p> <p><b>DIVER'S TEAM</b> (if any, circle): DT, RT, ZT, NT, S&amp;E, M</p>	<p align="center"><u>NOTES/EXPLANATION ~</u></p> <p><b>For pool slots ~ SROP/DVHS</b></p> <p>1) if you were at dryland (dry) that day, then you <b>MAY</b> attend the "with" (w/) or "without" (w/o) sessions</p> <p>2) If you did <b>NOT</b> attend dryland the same day as you want to attend a water session, you <b>MUST</b> attend sessions marked (w/o).</p>	<p align="center"><b>"TRY-IT-OUT" (TIO) PROGRAM OFFERING</b></p> <p align="center"><b>Try-it-Out (TIO) Inclusive Sessions ~ Total of 3 sessions (2-water + 1-dryland) Taken in order as: Water-Dryland-Water</b></p> <p><b>WATER options are: (30-, 60-, or 90-minute) sessions</b> <b>DRYLAND sessions are (30- or 60-minute) sessions</b> <b>(coach's discretion for completion of any session)</b></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><b>Levels, Calendar Notes ~</b> 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&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. If you are not sure what your program includes, please email us: <b>admin@CALdiving.org</b></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&amp;E, M</p>	<p><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><b>"TRY-IT-OUT" (TIO) PROGRAM OFFERING</b></p>		<p><b>THIS IS PAGE-2 FOR FEBRUARY 18-29feb24</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 (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 <b>MIWOK TOWER 1130-2pm</b></p> <p><b>CIRCLE THIS SESSION AND Send a text to Coach Eric (925-586-0169) Fees \$30 per diver</b></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><b>Levels, Calendar Notes:</b></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&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>	

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	<b>NOTES/EXPLANATION ~</b>  <b>For pool slots ~ SROP/DVHS</b>  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).	<b>"TRY-IT-OUT" (TIO) PROGRAM OFFERING</b>			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)
	<b>Try-it-Out (TIO) Inclusive Sessions ~</b> <b>Total of 3 sessions (2-water + 1-dryland)</b> <b>Taken in order as: Water-Dryland-Water</b>  <b>WATER options are: (30-, 60-, or 90-minute) sessions</b> <b>DRYLAND sessions are (30- or 60-minute) sessions</b>  <b>(coach's discretion for completion of any session)</b>					
3	4	5	6	7	8	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  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)	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)	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)	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)	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)	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)
10	11	12	13	14	15	16
<b>MIWOK TOWER 1130-2pm</b>  <b>CIRCLE THIS SESSION AND</b> <b>Send a text to Coach Eric</b> <b>(925-586-0169)</b> <b>Fees \$30 per diver</b>  <b>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.</b>	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 - 7-8p (w/dry) DVHS 90 - 7-830p (w/dry) DVHS 90 - 730-9p (w/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 - 7-8p (w/dry) DVHS 90 - 7-830p (w/dry) DVHS 90 - 730-9p (w/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 - 7-8p (w/dry) DVHS 90 - 7-830p (w/dry) DVHS 90 - 730-9p (w/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 - 7-8p (w/dry) DVHS 90 - 7-830p (w/dry) DVHS 90 - 730-9p (w/dry) DVHS 2hr - 7-9p (w/dry)	<b>AAU RWB - Tualatin, OR</b>  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 - 7-8p (w/dry) DVHS 90 - 7-830p (w/dry) DVHS 90 - 730-9p (w/dry) DVHS 2hr - 7-9p (w/dry)	<b>AAU RWB - Tualatin, OR</b>  SRDL 30 - 9-930a, 930-10a SRDL 60 - 9-10a, 930-1030a SRDL 90 - 9-1030a  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)
<b>THIS IS PAGE-1 FOR MARCH, 2024 01-16mar24</b>					<b>Levels, Calendar Notes:</b>  <b>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.</b>  <b>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. If you are not sure what your program includes, please email us: admin@CALdiving.org</b>	

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	<u>NOTES/EXPLANATION ~</u>  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).	<b>"TRY-IT-OUT" (TIO) PROGRAM OFFERING</b>			<h1 style="margin: 0;">THIS IS PAGE-2</h1> <h2 style="margin: 0;">FOR MARCH, 2024</h2> <h3 style="margin: 0;">17-31mar24</h3>	
		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)				

17	AAU RWB - Tualatin, OR	18	19	20	21	22	23
		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)	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)	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)	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)	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  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)	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)
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 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)	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)	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)	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)	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  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)	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)

31	<h2 style="margin: 0;">Levels, Calendar Notes:</h2> <p style="margin: 5px 0;">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 style="margin: 5px 0;">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 style="margin: 5px 0;">If you are not sure what your program includes, please email us: <a href="mailto:admin@CALdiving.org">admin@CALdiving.org</a></p>					
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**April 2024**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b> <b>Diving Meet</b> <b>UC Davis (Sat JO, Sun FC)</b>	
<b>DIVER'S NAME:</b>	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	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	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	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	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	SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 2hr ~ 4-6p	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
<b>PROG LEVEL (circle one):</b> 1, 2, 4, 6, 8, 10, 12, 15 M1, M2, M3, M4, M5, M6	DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry)	SROP 30 ~ 7-730p, 730-8p (water) SROP 60 ~ 630-730p (w/o dry)	SROP 30 ~ 7-730p, 730-8p (water) SROP 60 ~ 630-730p (w/o dry)	SROP 30 ~ 7-730p, 730-8p (water) SROP 60 ~ 630-730p (w/o dry)	SROP 30 ~ 7-730p, 730-8p (water) SROP 60 ~ 630-730p (w/o dry)	DVHS 30 ~ 12-1230p, 1230-1p DVHS 60 ~ 1130a-1230p (w/o dry)	
<b>INCLUDED HOURS/WEEK:</b>	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)	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 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 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 60 ~ 7-8p (w/dry) SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 730-9p (w/dry)	DVHS 60 ~ 12-1p (w/dry) DVHS 90 ~ 1130a-1p (w/o dry) DVHS 90 ~ 1230-2p (w/dry) DVHS 2hr ~ 1130a-130p (w/o dry)	
<b>"ExtraHours" (if any):</b>	DVHS 2hr ~ 630-830p (w/o dry) DVHS 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/dry)	DVHS 2hr ~ 12-2p (w/dry)	
<b>DIVER'S TEAM (if any, circle):</b> DT, RT, ZT, NT, S&E, M							
<b>7 Diving Meet ~ UC Davis (FC's Today)</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	
<b>NOTES/EXPLANATION ~</b>	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	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	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	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	SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 2hr ~ 4-6p	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	
<b>For pool slots ~ SROP/DVHS</b>	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)	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)	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)	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)	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)	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)	
<b>1) If you were at dryland (dry) that day, then you MAY attend the "with" (w/) or "without" (w/o) water (wet) sessions</b>							
<b>2) If you did NOT attend dryland that day AND you want to attend water that day, you MUST attend sessions marked (w/o).</b>							

**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](mailto:admin@CALdiving.org)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>14 <b>MIWOK TOWER 1130-2pm</b></p> <p><b>CIRCLE THIS SESSION AND Send a text to Coach Eric (925-586-0169) Fees \$30 per diver</b></p> <p><b>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.</b></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 <b>USAD Region-1, NY</b></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 <b>USAD Region-1, NY</b></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 <b>USAD Region-1, NY</b></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 <b>USAD Region-1, NY</b></p> <p><b>DIVER'S NAME:</b></p> <p><b>PROG LEVEL (circle one):</b> 1, 2, 4, 6, 8, 10, 12, 15 M1, M2, M3, M4, M5, M6</p> <p><b>INCLUDED HOURS/WEEK:</b> _____</p> <p><b>"ExtraHours" (if any):</b> _____</p> <p><b>DIVER'S TEAM (if any, circle):</b> DT, RT, ZT, NT, S&amp;E, M</p>	<p>22 <b>USAD Region-1, NY</b></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>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, 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 <b>SPECIAL NOTE...(time/place) DRY/WET ~ CHANGES TODAY</b></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><b>NOTES/EXPLANATION ~</b></p> <p><b>For pool slots ~ SROP/DVHS</b></p> <p><b>1) if you were at dryland (dry) that day, then you MAY attend the "with" (w/) or "without" (w/o) wet sessions</b></p> <p><b>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).</b></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><b>"TRY-IT-OUT" (TIO) PROGRAM OFFERING</b></p> <p><b>Try-it-Out (TIO) Inclusive Sessions ~ Total of 3 sessions (2-water + 1-dryland) Taken in order as: Water-Dryland-Water</b></p> <p><b>WATER options are: (30-, 60-, or 90-minute) sessions</b> <b>DRYLAND sessions are (30- or 60-minute) sessions</b></p> <p><b>(coach's discretion for completion of any session)</b></p>		<p><b>Levels, Calendar Notes:</b></p> <p><b>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.</b></p> <p><b>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.</b></p> <p><b>If you are not sure what your program includes, please email us: admin@CALdiving.org</b></p>	