			September 2023			
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NOTES/EXPLANATION:		TRY-IT-OUT PROGRAM	OFFERING ~		1	2
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	DIVER'S NAME:  PROG LEVEL (circle one): 1, 2, 4, 6, 8, 10, 12, 15 M1, M2, M3, M4, M5, M6  INCLUDED HOURS:  "ExtraHours" (if any):  DIVER'S TEAM (if any, circle): DT, RT, ZT, NT, S&E, M	DRYLAND sessions are the e- Coach's discretion (for compl  ALL DIVERS ~ each LEVEL has spe SESSIONS as listed that corespond TEAM DIVERS ~ each team (Dev1-2 session configurations for length o CIRCLE whole sessions that are eq- Fees tab of our website for details.	otions are the earlier (30-, 60-, o arlier (30- or 60-minute) sessio letion as scheduled) during any ecific timeslot restrictions and inclusi d to your Level. You may not write-in the Region, Zone, National, S&E, and M of session(s) per slot/week. When sul jual to your program listing. Please r ram includes, please email us: admin	ns. / session.  Jons. Please <u>CIRCLE</u> ONLY WHOLE your own session times. asters) have specific/prescribed omitting your calendar requests, ONLY eview the right-hand column on the	CLOSED FOR HOLIDAY	CLOSED FOR HOLIDAY
3	4	5	6	7 POSS girls WP ~ LATE START (tba)	8	9
CLOSED FOR HOLIDAY		SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p SRDL 90 ~ 4-530p	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	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	SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p SRDL 90 ~ 4-530p	SRDL 30 ~ 8-830a, 830-9a SRDL 60 ~ 8-9a, 830-930a SRDL 90 ~ 8-930a
NOTE: PRIVATE DRYLAND SESSIONS ARE AVAILABLE EVERY DAY BY APPOINTMENT (7-DAYS/WEEK) Email ~ admin@CALdiving.org	CLOSED FOR HOLIDAY	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 ~ 7-830p (w/dry) SROP 90 ~ 7-30-9p (w/o dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/dry)	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 ~ 7-830p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/dry)	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 ~ 7-830p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/dry)	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 ~ 7-30-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/dry)	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)
10	11	12	13	14 POSS girls WP ~ LATE START (tba)	15	16
	SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p  SROP 30 ~ 7-730p, 730-8p SROP 60 ~ 630-730p (w/o dry) SROP 90 ~ 7-8p (w/dry) SROP 90 ~ 7-80-9p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 630-830p (w/o 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 SROP 30 ~ 7-730p, 730-8p SROP 60 ~ 630-730p (w/o dry) SROP 90 ~ 7-8p (w/dry) SROP 90 ~ 7-820p (w/dry) SROP 90 ~ 7-830p (w/dry) SROP 91 ~ 630-830p (w/o dry) SROP 2hr ~ 630-830p (w/o 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 SROP 30 ~ 7-730p, 730-8p SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o 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 SROP 30 ~ 7-730p, 730-8p SROP 60 ~ 630-730p (w/o dry) SROP 90 ~ 7-85p (w/o dry) SROP 90 ~ 7-830p (w/ory) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 630-830p (w/ory)	SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 2hr ~ 4-6p SROP 30 ~ 7-730p, 730-8p SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 7-830p (w/o dry) SROP 90 ~ 7-830p (w/dry) SROP 91 ~ 630-89 (w/o dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 630-830p (w/o dry)	SRDL 30 ~ 8-830a, 830-9a SRDL 60 ~ 8-9a, 830-930a SRDL 90 ~ 8-930a, 830-10a SRDL 2hr ~ 8-10a, 830-1030a  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)
		THIS IS PA	GE-1 OF SEPTE (01-16sept23)			

			September 2023			
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NOTES/EXPLANATION:		TRY-IT-OUT PROGRAM	OFFERING ~			
With (w/) and Without (w/o) DRYLAND (dry):	DIVER'S NAME:	DRYLAND sessions are the ea	otions are the earlier (30-, 60-, or arlier (30- or 60-minute) session etion as scheduled) during any	ns.		
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.	INCLUDED HOURS:	ALL DIVERS ~ each LEVEL has spe SESSIONS as listed that corespond TEAM DIVERS ~ each team (Dev1-2 session configurations for length o CIRCLE whole sessions that are eq Fees tab of our website for details.	cific timeslot restrictions and inclusi I to your Level. You may not write-in , Region, Zone, National, S&E, and M	ons. Please <u>CIRCLE</u> ONLY WHOLE your own session times. asters) have specific/prescribed mitting your calendar requests, ONLY eview the right-hand column on the	SEPTE (17-	8 PAGE-2 OF MBER, 2023 30sept23)
17 MIWOK TOWER 1130-2pm	18	19	20	21 POSS girls WP ~ LATE START (tba)	22	23
CIRCLE THIS SESSION AND ~ Send a text to Coach Eric (925-586-0169)	SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p SROP 30 ~ 7-730p, 730-8p SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 7-830p (w/o dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 630-830p (w/o dry) SROP 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 SROP 30 ~ 7-730p, 730-8p SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 630-8p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 630-830p (w/o dry) SROP 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 SROP 30 ~ 7-730p, 730-8p SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 630-8p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 630-830p (w/o 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 SROP 30 ~ 7-730p, 730-8p SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 630-8p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 90 ~ 730-9p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 630-830p (w/o dry) SROP 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 SROP 30 ~ 7-730p, 730-8p SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 630-8p (w/o dry) SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 7-830p (w/dry) SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 630-830p (w/o dry)	SRDL 30 ~ 8-830a, 830-9a SRDL 60 ~ 8-9a, 830-930a SRDL 90 ~ 8-930a, 830-10a SRDL 2hr ~ 8-10a, 830-1030a  SROP 30 ~ 11-1130a, 1130a-12p SROP 60 ~ 1030-1130a (w/o dry) SROP 60 ~ 110-12p (w/dry) SROP 90 ~ 030a-12p (w/o dry) SROP 90 ~ 113-1230p, 1130a-1p (w/dry) SROP 2hr ~ 1030-1230p (w/o dry) SROP 2hr ~ 111-1p (w/dry)
24	25  SRDL 30 ~ 4-430p, 5-530p, 6-630p  SRDL 60 ~ 4-5p, 5-6p  SRDL 90 ~ 4-530p, 430-6p, 5-630p  SRDL 2hr ~ 4-6p, 430-630p, 5-7p  SROP 30 ~ 7-730p, 730-8p  SROP 60 ~ 630-730p (w/o dry)  SROP 60 ~ 7-8p (w/dry)  SROP 90 ~ 7-830p (w/o dry)  SROP 90 ~ 730-9p (w/dry)  SROP 2hr ~ 630-830p (w/o dry)  SROP 2hr ~ 630-830p (w/o dry)  SROP 2hr ~ 7-9p (w/dry)	26  SRDL 30 ~ 4-430p, 5-530p, 6-630p  SRDL 60 ~ 4-5p, 5-6p  SRDL 90 ~ 4-530p, 430-6p, 5-630p  SRDL 2hr ~ 4-6p, 430-630p, 5-7p  SROP 30 ~ 7-730p, 730-8p  SROP 60 ~ 630-730p (w/o dry)  SROP 90 ~ 630-8p (w/dry)  SROP 90 ~ 630-8p (w/dry)  SROP 90 ~ 730-9p (w/dry)  SROP 90 ~ 730-9p (w/dry)  SROP 90 ~ 730-9p (w/dry)  SROP 91 ~ 630-830p (w/dry)  SROP 2hr ~ 630-830p (w/dry)  SROP 2hr ~ 7-9p (w/dry)	27  SRDL 30 ~ 4-430p, 5-530p, 6-630p  SRDL 60 ~ 4-5p, 5-6p  SRDL 90 ~ 4-530p, 430-6p, 5-630p  SRDL 2hr ~ 4-6p, 430-630p, 5-7p  SROP 30 ~ 7-730p, 730-8p  SROP 60 ~ 630-730p (w/o dry)  SROP 90 ~ 630-8p (w/dry)  SROP 90 ~ 630-8p (w/dry)  SROP 90 ~ 730-9p (w/dry)  SROP 90 ~ 730-9p (w/dry)  SROP 90 ~ 730-9p (w/dry)  SROP 2hr ~ 630-830p (w/o dry)  SROP 2hr ~ 630-830p (w/o dry)	28 POSS girls WP - LATE START (tba)  SRDL 30 ~ 4-430p, 5-530p, 6-630p  SRDL 60 ~ 4-5p, 5-6p  SRDL 90 ~ 4-530p, 430-6p, 5-630p  SRDL 2hr ~ 4-6p, 430-630p, 5-7p  SROP 30 ~ 7-730p, 730-8p  SROP 60 ~ 630-730p (w/o dry)  SROP 60 ~ 7-8p (w/dry)  SROP 90 ~ 630-8p (w/o dry)  SROP 90 ~ 730-9p (w/o dry)  SROP 90 ~ 730-9p (w/o dry)  SROP 90 ~ 730-8p (w/o dry)  SROP 90 ~ 730-8p (w/o dry)  SROP 91 ~ 730-9p (w/dry)  SROP 2hr ~ 630-830p (w/o dry)  SROP 2hr ~ 7-9p (w/dry)	29  SRDL 30 ~ 4-430p, 5-530p  SRDL 60 ~ 4-5p, 5-6p  SRDL 90 ~ 4-530p, 430-6p  SRDL 2hr ~ 4-6p  SROP 30 ~ 7-730p, 730-8p  SROP 60 ~ 630-730p (w/o dry)  SROP 60 ~ 630-8p (w/o dry)  SROP 90 ~ 7-80p (w/dry)  SROP 90 ~ 7-830p (w/dry)  SROP 90 ~ 7-830p (w/dry)  SROP 90 ~ 7-830p (w/dry)  SROP 2hr ~ 630-830p (w/o dry)  SROP 2hr ~ 630-830p (w/o dry)	30  SRDL 30 ~ 8-830a, 830-9a  SRDL 60 ~ 8-9a, 830-930a  SRDL 90 ~ 8-930a, 830-10a  SRDL 2hr ~ 8-10a  SROP 30 ~ 11-1130a, 1130a-12p  SROP 60 ~ 1030-1130a (w/o dry)  SROP 90 ~ 1030a-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)

			October 2023			
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
NOTES/EXPLANATION:						
NOTES/EXPLANATION.	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p				
For pool slots (SROP/DVHS):	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p				
1) if you were at dryland (dry)	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p				
that day, then you MAY attend the	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p	REGULAR PRACTICE			
'with" or "without" sessions						CANCELLED
	SROP 30 ~ 7-730p, 730-8p (water)	SROP 30 ~ 7-730p, 730-8p (water)				
2) If you did NOT attend dryland	SROP 60 ~ 630-730p (w/o dry)	SROP 60 ~ 630-730p (w/o dry)	DIVING MEET			
hat day, you MUST attend	SROP 60 ~ 7-8p (w/dry)	SROP 60 ~ 7-8p (w/dry)	STOCKTON, CA			
vithout (w/o) sessions.	SROP 90 ~ 630-8p (w/o dry)	SROP 90 ~ 630-8p (w/o dry)	**(ALL LEVELS INVITED)**			
	SROP 90 ~ 7-830p (w/dry)	SROP 90 ~ 7-830p (w/dry)				
	SROP 90 ~ 730-9p (w/dry)	SROP 90 ~ 730-9p (w/dry)				
	SROP 2hr ~ 630-830p (w/o dry)	SROP 2hr ~ 630-830p (w/o dry)				
	SROP 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 7-9p (w/dry)				
8	9	10	11	12	13	14
	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p	SRDL 30 ~ 8-830a, 10-1030a, 11-1130a			
DIVER'S NAME:	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 8-9a, 9-10a, 10-11a			
	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p	SRDL 90 ~ 8-930a, 9-1030a, 10-1130a			
	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p	SRDL 2hr ~ 8-10a, 830-1030a, 930-1130a			
PROG LEVEL (circle one):					·	
1, 2, 4, 6, 8, 10, 12, 15	SROP 30 ~ 7-730p, 730-8p (water)	SROP 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 12-1230p, 1230-1p			
M1, M2, M3, M4, M5, M6	SROP 60 ~ 630-730p (w/o dry)	SROP 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 1130a-1230p (w/o dry)			
	SROP 60 ~ 7-8p (w/dry)	SROP 60 ~ 7-8p (w/dry)	DVHS 60 ~ 12-1p (w/dry)			
NCLUDED HOURS:	SROP 90 ~ 630-8p (w/o dry)	SROP 90 ~ 630-8p (w/o dry)	DVHS 90 ~ 1130a-1p, 12-130p (w/o dry)			
	SROP 90 ~ 7-830p (w/dry)	SROP 90 ~ 7-830p (w/dry)	DVHS 90 ~ 11a-1230p, 1130a-1p (w/dry)			
ExtraHours" (if any):	SROP 90 ~ 730-9p (w/dry)	SROP 90 ~ 730-9p (w/dry)	DVHS 2hr ~ 1130a-130p (w/o dry)			
· 2/ ——	SROP 2hr ~ 630-830p (w/o dry)	SROP 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 12-2p (w/dry)			
DIVER'S TEAM (if any, circle):	SROP 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 7-9p (w/dry)				
DT, RT, ZT, NT, S&E, M				1, 2,		
, , , , , , , , , , , , , , , , , , , ,			Notes:	TRY-IT-OUT PROGRAM	OFFEDING -	
				TRT-IT-COTT ROOKAW	OFF ERRING *	
				Tour it Out (TIOIs) MATER a		.00:
				· · · · · ·	ptions are the earlier (30-, 60-, or earlier (30- or  60-minute) sessior	•
					eletion as scheduled) during any	
				22 ZZZZZZZZZZZZZZZZZZZZZZZZZZZZZZZZZZZ	and the second s	
	Th:_ :-	Dogo 4 for 6	Jotobo-			
	i nis is	s Page-1 for C	JCtober			
		(01-14oct23)		ALL DIVERS ~ each LEVEL has an	ecific timeslot restrictions and inclusion	one Place CIPCLE ONLY WHOLE
		(01-1406123)			d to your Level. You may not write-in	
						asters) have specific/prescribed session your calendar requests, ONLY CIRCLE whol
						hand column on the Fees tab of our website
				for details.	rom includes inless and the second	DCAL diving are
				ir you are not sure what your prog	ram includes, please email us: admin@	vCALaiVing.org

				October 2023			
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15 M	IIWOK TOWER 1130-2pm	16	17	18	19	20	21
Send	E THIS SESSION AND ~ d a text to Coach Eric (925-586-0169) ees \$30 or by Team	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
		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)	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, 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)
22		23	24	25	26	27	28 NO SAN RAMON WATER (DVHS OR SROP)  SRDL 30 ~ 8-830a, 830-9a, 9-930a
DIVER'S NA	AME:	SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p	SRDL 60 ~ 8-9a, 9-10a SRDL 90 ~ 8-930a, 830-10a SRDL 2hr ~ 8-10a
1, 2, 4,	EL (circle one): 6, 8, 10, 12, 15 M3, M4, M5, M6	SRDL 2hr ~ 4-6p, 430-630p, 5-7p SROP 30 ~ 7-730p, 730-8p (water) SROP 60 ~ 630-730p (w/o dry)	SRDL 2hr ~ 4-6p, 430-630p, 5-7p SROP 30 ~ 7-730p, 730-8p (water) SROP 60 ~ 630-730p (w/o dry)	SRDL 2hr ~ 4-6p, 430-630p, 5-7p  SROP 30 ~ 7-730p, 730-8p (water)  SROP 60 ~ 630-730p (w/o dry)	SRDL 2hr ~ 4-6p, 430-630p, 5-7p SROP 30 ~ 7-730p, 730-8p (water) SROP 60 ~ 630-730p (w/o dry)	SRDL 2hr ~ 4-6p SROP 30 ~ 7-730p, 730-8p (water) SROP 60 ~ 630-730p (w/o dry)	SPECIAL TOWER DATE ~ FREE  ATTENDANCE AT MIWOK IS INCLUDED FOR ALL LEVELS AS FOLLOWS:  Levels: 1, 2, and all M ~ 90min options
INCLUDED	HOURS:	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 ~ 7-8-9p (w/dry)	SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 7-830-p (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 ~ 7-630p (w/dry) SROP 90 ~ 730-9p (w/dry)	Levels: 4 and 6 ~ 90min OR 2hr options  Levels: 8-15 ~ all options (up to 3hr)  MIWOK 90 ~ 1130p, 1p  MIWOK 90 ~ 1230a-2p
DIVER'S TE	EAM (if any, circle): ZT, NT, S&E, M	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)	SROP 2hr ~ 630-830p (w/o dry) SROP 2hr ~ 7-9p (w/dry)	MIWOK 2hr ~ 1130-130p MIWOK 2hr ~ 1230-230p MIWOK 3hr ~ 1130a-3p
CIRCLE Send	E THIS SESSION AND ~ d a text to Coach Eric (925-586-0169) les \$30 or by Team	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	31 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	NOTES/EXPLANATION:  For pool slots (SROP/DVHS): 1) if you were at dryland (dry) that day, then you MAX attend the	DRYLAND sessions are the ear Coach's discretion (for complete	DFFERING ~ tions are the earlier (30-, 60-, or Irlier (30- or 60-minute) session etion as scheduled) during any	is.
FOR	S IS PAGE-2 R OCTOBER 5-31oct23)	SROP 90 ~ 630-8p (w/o dry) SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 730-9p (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)	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.	ALL DIVERS ~ each LEVEL has spe SESSIONS as listed that corespond TEAM DIVERS ~ each team (Dev1-2, configurations for length of sessior sessions that are equal to your pro	to your Level. You may not write-in Region, Zone, National, S&E, and Ma u(s) per slot/week. When submitting y	ons. Please <u>CIRCLE</u> ONLY WHOLE your own session times.  asters) have specific/prescribed session your calendar requests, ONLY CIRCLE whole hand column on the Fees tab of our website
_		SROP 90 ~ 7-830p (w/dry)	SROP 90 ~ 7-830p (w/dry)	without (w/o) sessions.	configurations for length of session	r(s) per slot/week. When sub gram listing. Please review th	mitting y he right-

			November 2023			
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sunday  DIVER'S NAME:  PROG LEVEL (circle one): 1, 2, 4, 6, 8, 10, 12, 15 M1, M2, M3, M4, M5, M6  INCLUDED HOURS:  "ExtraHours" (if any):  DIVER'S TEAM (if any, circle): DT, RT, ZT, NT, S&E, M	NOTES/EXPLANATION:  For pool slots (SROP/DVHS): 1) if you were at dryland (dry) that day, then you MAY attend the "with" or "without" sessions  2) If you did NOT attend dryland that day, you MUST attend sessions marked (w/o).	TRY-IT-OUT (TIO) PROGRAM OFFERING  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.	1  SRDL 30 ~ 4-430p, 5-530p, 6-630p  SRDL 60 ~ 4-5p, 5-6p  SRDL 90 ~ 4-530p, 430-6p, 5-630p  SRDL 2hr ~ 4-6p, 430-630p, 5-7p  SROP 30 ~ 7-730p, 730-8p (water)	Thursday  2  SRDL 30 ~ 4-430p, 5-530p, 6-630p  SRDL 60 ~ 4-5p, 5-6p  SRDL 90 ~ 4-530p, 430-6p, 5-630p  SRDL 2hr ~ 4-6p, 430-630p, 5-7p  SROP 30 ~ 7-730p, 730-8p (water)  SROP 60 ~ 630-730p (w/o dry)  SROP 60 ~ 7-8p (w/dry)  SROP 90 ~ 7-830p (w/o dry)  SROP 90 ~ 730-9p (w/dry)  SROP 90 ~ 730-9p (w/dry)  SROP 2hr ~ 630-830p (w/o dry)  SROP 2hr ~ 7-9p (w/dry)	SignUp - See GoogleDoc 03nov23 To SignUp	Saturday  4  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, 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)
5 Veteran's Day Weekend	6  SRDL 30 ~ 4-430p, 5-530p, 6-630p  SRDL 60 ~ 4-5p, 5-6p  SRDL 90 ~ 4-530p, 430-6p, 5-630p  SRDL 2hr ~ 4-6p, 430-630p, 5-7p  SROP 30 ~ 7-730p, 730-8p (water)  SROP 60 ~ 630-730p (w/o dry)  SROP 90 ~ 630-8p (w/o dry)  SROP 90 ~ 7-830p (w/dry)  SROP 90 ~ 730-9p (w/dry)  SROP 90 ~ 730-9p (w/dry)  SROP 2hr ~ 630-830p (w/o dry)	7  SRDL 30 ~ 4-430p, 5-530p, 6-630p  SRDL 60 ~ 4-5p, 5-6p  SRDL 90 ~ 4-530p, 430-6p, 5-630p  SRDL 2hr ~ 4-6p, 430-630p, 5-7p  SROP 30 ~ 7-730p, 730-8p (water)  SROP 60 ~ 630-730p (w/o dry)  SROP 90 ~ 630-8p (w/o dry)  SROP 90 ~ 7-830p (w/dry)  SROP 90 ~ 730-9p (w/dry)  SROP 90 ~ 730-9p (w/dry)  SROP 2hr ~ 630-830p (w/o dry)	8  SRDL 30 ~ 4-430p, 5-530p, 6-630p  SRDL 60 ~ 4-5p, 5-6p  SRDL 90 ~ 4-530p, 430-6p, 5-630p  SRDL 2hr ~ 4-6p, 430-630p, 5-7p  SROP 30 ~ 7-730p, 730-8p (water)  SROP 60 ~ 630-730p (w/o dry)  SROP 90 ~ 630-8p (w/o dry)  SROP 90 ~ 7-830p (w/dry)  SROP 90 ~ 7-80p (w/dry)  SROP 90 ~ 730-9p (w/dry)  SROP 2hr ~ 630-830p (w/o dry)	9  SRDL 30 ~ 4-430p, 5-530p, 6-630p  SRDL 60 ~ 4-5p, 5-6p  SRDL 90 ~ 4-530p, 430-6p, 5-630p  SRDL 2hr ~ 4-6p, 430-630p, 5-7p  SROP 30 ~ 7-730p, 730-8p (water)  SROP 60 ~ 630-730p (w/o dry)  SROP 90 ~ 7-8p (w/dry)  SROP 90 ~ 7-830p (w/o dry)  SROP 90 ~ 730-9p (w/dry)  SROP 90 ~ 730-9p (w/dry)  SROP 90 ~ 730-9p (w/dry)  SROP 2hr ~ 630-830p (w/o dry)	ALL DAY DRYLAND SignUp - See GoogleDoc 10nov23  POOL CLOSED FOR THE	ALL DAY DRYLAND  SignUp - See GoogleDoc 11nov24  POOL CLOSED FOR THE
	THIS IS FOR NOV	PAGE-1 /EMBER	SROP 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 7-9p (w/dry)	inclusions. Please CIRCLE ON corespond to your Level. You times or request more time that TEAM DIVERS ~ each team (De and Masters) have specific/pre length of session(s) per slot/w requests, ONLY CIRCLE whole program listing. Please review tab of our website.	is specific timeslot restrictions and ILY WHOLE SESSIONS as listed tha may not write-in your own session

			November 2023			
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12	13	14	15	16	17	18
DIVER'S NAME:	SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p	SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p	SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p	SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p	SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p, 5-6p	SRDL 30 ~ 8-830a, 10-1030a, 11-1130a SRDL 60 ~ 8-9a, 9-10a, 10-11a
	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p	SRDL 90 ~ 8-930a, 9-1030a, 10-1130a
PROG LEVEL (circle one):	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-630p	SRDL 2hr ~ 4-650p, 430-630p, 5-7p	SRDL 2hr ~ 4-650p, 430-630p, 5-630p	SRDL 2hr ~ 4-6p	SRDL 2hr ~ 8-10a, 830-1030a, 930-1130a
1, 2, 4, 6, 8, 10, 12, 15	3KDE 2III ~ 4-0p, 430-030p, 3-7p	3KDL 2III ~ 4-0p, 430-630p, 3-7p	3KDL 2III ~ 4-0p, 430-030p, 5-7p	3KDL 2III ~ 4-0p, 430-630p, 5-7p	3NDL 2111 ~ 4-0p	5 100, 550 1050a, 550 1150a
M1, M2, M3, M4, M5, M6	SROP 30 ~ 7-730p, 730-8p (water)	SROP 30 ~ 7-730p, 730-8p (water)	SROP 30 ~ 7-730p, 730-8p (water)	SROP 30 ~ 7-730p, 730-8p (water)	SROP 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 12-1230p, 1230-1p
	SROP 60 ~ 630-730p (w/o dry)	SROP 60 ~ 630-730p (w/o dry)	SROP 60 ~ 630-730p (w/o dry)	SROP 60 ~ 630-730p (w/o dry)	SROP 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 1130a-1230p (w/o dry)
INCLUDED HOURS:	SROP 60 ~ 7-8p (w/dry)	SROP 60 ~ 7-8p (w/dry)	SROP 60 ~ 7-8p (w/dry)	SROP 60 ~ 7-8p (w/dry)	SROP 60 ~ 7-8p (w/dry)	DVHS 60 ~ 12-1p (w/dry)
	SROP 90 ~ 630-8p (w/o dry)	SROP 90 ~ 630-8p (w/o dry)	SROP 90 ~ 630-8p (w/o dry)	SROP 90 ~ 630-8p (w/o dry)	SROP 90 ~ 630-8p (w/o dry)	DVHS 90 ~ 1130a-1p, 12-130p (w/o dry)
"ExtraHours" (if any):	SROP 90 ~ 7-830p (w/dry)	SROP 90 ~ 7-830p (w/dry)	SROP 90 ~ 7-830p (w/dry)	SROP 90 ~ 7-830p (w/dry)	SROP 90 ~ 7-830p (w/dry)	DVHS 90 ~ 11a-1230p, 1130a-1p (w/dry)
, ,,	SROP 90 ~ 730-9p (w/dry)	SROP 90 ~ 730-9p (w/dry)	SROP 90 ~ 730-9p (w/dry)	SROP 90 ~ 730-9p (w/dry)	SROP 90 ~ 730-9p (w/dry)	DVHS 2hr ~ 1130a-130p (w/o dry)
DIVER'S TEAM (if any, circle):	SROP 2hr ~ 630-830p (w/o dry)	SROP 2hr ~ 630-830p (w/o dry)	SROP 2hr ~ 630-830p (w/o dry)	SROP 2hr ~ 630-830p (w/o dry)	SROP 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 12-2p (w/dry)
DT, RT, ZT, NT, S&E, M	SROP 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 7-9p (w/dry)	
19 MIWOK TOWER 1130-2pm	20	21	22	23	24	25
CIRCLE THIS SESSION						
AND Send a text to Coach Eric	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	CLOSED FOR	CLOSED FOR	CLOSED FOR	CLOSED FOR
(925-586-0169)	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p		020022 : 011		
Fees \$30 per diver	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	THANKSGIVING	THANKSGIVING	THANKSGIVING	THANKSGIVING
	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	HOLIDAY	HOLIDAY	HOLIDAY	HOLIDAY
NOTES/EXPLANATION:	SROP 30 ~ 7-730p, 730-8p (water)	SDOD 20 7 720m 720 8m (water)				
	SROP 60 ~ 630-730p (w/o dry)	SROP 30 ~ 7-730p, 730-8p (water) SROP 60 ~ 630-730p (w/o dry)				
For pool slots (SROP/DVHS):	SROP 60 ~ 7-8p (w/dry)	SROP 60 ~ 7-8p (w/dry)		HIS IS PAGI	<b>2</b>	
1) if you were at dryland (dry) that day, then you MAY attend the		SROP 90 ~ 630-8p (w/o dry)	Fo	D NOVENE	CD	
"with" or "without" sessions	SROP 90 ~ 7-830p (w/dry)	SROP 90 ~ 7-830p (w/dry)	FO	R NOVEME	SEK	
	SROP 90 ~ 730-9p (w/dry)	SROP 90 ~ 730-9p (w/dry)		40.00	• •	
2) If you did NOT attend dryland	SROP 2hr ~ 630-830p (w/o dry)	SROP 2hr ~ 630-830p (w/o dry)		13-30nov23	3)	
that day, you MUST attend sessions marked (w/o).	SROP 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 7-9p (w/dry)			•	
26	Okay a/o 01nov, may change due to the move. Mark your choices as if today's schedule is normal.	Okay a/o 01nov, may change due to the move. Mark your choices as if today's schedule is normal.	the move. Mark your choices as if today's schedule is normal.	the move. Mark your choices as if today's schedule is normal.	Levels, Cale	ndar Notes:
TRY-IT-OUT (TIO)	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p		
PROGRAM OFFERING	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p		as specific timeslot restrictions and
	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p		NLY WHOLE SESSIONS as listed that
	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p		may not write-in your own session
Try-it-Out (TIO's) ~ WATER	CDOD 20 7 720m 700 0m (mm)	CDOD 20 7 720 700 0 (	CDOD 20 7 720m 700 0m (mm)	CDOD 20 7 720m 700 00 (0001 )	times or request more time that	an anotted.
options are the earlier (30-, 60-	SROP 30 ~ 7-730p, 730-8p (water)	SROP 30 ~ 7-730p, 730-8p (water) SROP 60 ~ 630-730p (w/o dry)	SROP 30 ~ 7-730p, 730-8p (water)	SROP 30 ~ 7-730p, 730-8p (water)	TEAM DIVERS ~ each team (De	ev1-3, Region, Zone, National, S&E,
, or 90-minute) sessions.	SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry)	SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry)	SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry)	SROP 60 ~ 630-730p (w/o dry) SROP 60 ~ 7-8p (w/dry)	and Masters) have specific/pre	escribed session configurations for
DRYLAND sessions are the	SROP 90 ~ 630-8p (w/o dry)	SROP 90 ~ 630-8p (w/o dry)	SROP 90 ~ 630-8p (w/dry)	SROP 90 ~ 630-8p (w/o dry)	. , ,	eek. When submitting your calendar
earlier (30- or 60-minute)	SROP 90 ~ 030-6p (w/d uly) SROP 90 ~ 7-830p (w/dry)	SROP 90 ~ 7-830p (w/dry)	SROP 90 ~ 7-830p (w/dry)	SROP 90 ~ 7-830p (w/dry)	•	e sessions that are equal to your with the right-hand column on the Fees
Sessions.  Coach's discretion (for completion as	SROP 90 ~ 730-9p (w/dry)	SROP 90 ~ 730-9p (w/dry)	SROP 90 ~ 730-9p (w/dry)	SROP 90 ~ 730-9p (w/dry)	tab of our website.	The right-hand column on the rees
scheduled) during any session.	SROP 2hr ~ 630-830p (w/o dry)	SROP 2hr ~ 630-830p (w/o dry)	SROP 2hr ~ 630-830p (w/o dry)	SROP 2hr ~ 630-830p (w/o dry)		program includes, please email us:
	SROP 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 7-9p (w/dry)	admin@CALdiving.org	
		II.	1	1		

Sunday	Monday	Tuesday	December 2023 Wednesday	Thursday	Friday	Saturday
Sunday	monday	Tuesday	•	•	Fnday	*
			Levels, Cale	ndar Notes:	1	2
WEDIO WALE	NOTES/EXPLANATION:	TRY-IT-OUT (TIO)				
IVER'S NAME:		PROGRAM OFFERING			SRDL 30 ~ 4-430p, 5-530p	SRDL 30 ~ 8-830a, 10-1030a, 11-1130a
			ALL DIVERS ~ each LEVEL has specific timeslot restrictions and SR		SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 8-9a, 9-10a, 10-11a
ROG LEVEL (circle one):				ILY WHOLE SESSIONS as listed	SRDL 90 ~ 4-530p, 430-6p	SRDL 90 ~ 8-930a, 9-1030a, 10-1130a
1, 2, 4, 6, 8, 10, 12, 15				You may not write-in your own	SRDL 2hr ~ 4-6p	SRDL 2hr ~ 8-10a, 830-1030a, 930-1130a
M1, M2, M3, M4, M5, M6	For pool slots (SROP/DVHS):	Try-it-Out (TIO's) ~ WATER	session times or request more	time than allotted.		
	1) if you were at dryland (dry) that day, then you MAY attend	options are the earlier (30-,	TEAM DIVERS ~ cach toam (De	ev1-3, Region, Zone, National, S&E,	SROP 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 12-1230p, 1230-1p
	the "with" or "without" sessions	60-, or 90-minute) sessions.		escribed session configurations for	SROP 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 1130a-1230p (w/o dry)
ICLUDED HOURS:	the with of without sessions	DRYLAND sessions are the	length of session(s) per slot/w		SROP 60 ~ 7-8p (w/dry)	DVHS 60 ~ 12-1p (w/dry)
	2) If you did NOT attend	earlier (30- or 60-minute)		LE whole sessions that are equal	SROP 90 ~ 630-8p (w/o dry)	DVHS 90 ~ 1130a-1p, 12-130p (w/o dry)
ExtraHours" (if any):	dryland that day, you MUST	sessions.		e review the right-hand column on	SROP 90 ~ 7-830p (w/dry)	DVHS 90 ~ 11a-1230p, 1130a-1p (w/dry)
	attend sessions marked (w/o).	Coach's discretion (for completion as	the Fees tab of our website.	•	SROP 90 ~ 730-9p (w/dry)	DVHS 2hr ~ 1130a-130p (w/o dry)
IVER'S TEAM (if any, circle):	, ,	scheduled) during any session.	If you are not sure what your p	rogram includes, please email us:	SROP 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 12-2p (w/dry)
OT, RT, ZT, NT, S&E, M			admin@CALdiving.org		SROP 2hr ~ 7-9p (w/dry)	
3	4	5	6	7	8	9
						ALL DAY DRYLAND
	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p	
	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	
THIS IS PAGE-1	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p	
	., ., .	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p	
FOR DECEMBER	ORDE 2111 - 4 OP, 400 000P, 0 7P	51.52 211 × 4 6p, 450 656p, 5 7p	ONDE 2111 14 4 6P, 400 000P, 0 7P	ORDE 2111 15 4 Op, 400 000p, 0 1p	ONDE ZIII ··· 4 OP	0 0 1 0
01-16Dec23	SROP 30 ~ 7-730p, 730-8p (water)	SROP 30 ~ 7-730p, 730-8p (water)	SROP 30 ~ 7-730p, 730-8p (water)	SROP 30 ~ 7-730p, 730-8p (water)	SROP 30 ~ 7-730p, 730-8p (water)	See GoogleDoc
01-10Dec23						09nov23
	SROP 60 ~ 630-730p (w/o dry)	SROP 60 ~ 630-730p (w/o dry)	SROP 60 ~ 630-730p (w/o dry)	SROP 60 ~ 630-730p (w/o dry)	SROP 60 ~ 630-730p (w/o dry)	09110723
	SROP 60 ~ 7-8p (w/dry)	SROP 60 ~ 7-8p (w/dry)	SROP 60 ~ 7-8p (w/dry)	SROP 60 ~ 7-8p (w/dry)	SROP 60 ~ 7-8p (w/dry)	to SignUp
	SROP 90 ~ 630-8p (w/o dry)	SROP 90 ~ 630-8p (w/o dry)	SROP 90 ~ 630-8p (w/o dry)	SROP 90 ~ 630-8p (w/o dry)	SROP 90 ~ 630-8p (w/o dry)	to digitop
		SROP 90 ~ 7-830p (w/dry)	SROP 90 ~ 7-830p (w/dry)	SROP 90 ~ 7-830p (w/dry)	SROP 90 ~ 7-830p (w/dry)	
		SROP 90 ~ 730-9p (w/dry)	SROP 90 ~ 730-9p (w/dry)	SROP 90 ~ 730-9p (w/dry)	SROP 90 ~ 730-9p (w/dry)	
	SROP 2hr ~ 630-830p (w/o dry)	SROP 2hr ~ 630-830p (w/o dry)	SROP 2hr ~ 630-830p (w/o dry)	SROP 2hr ~ 630-830p (w/o dry)	SROP 2hr ~ 630-830p (w/o dry)	
	SROP 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 7-9p (w/dry)	SROP 2hr ~ 7-9p (w/dry)	
0 MIWOK TOWER 11am-130pm	11	12	13	14	15	16
CIRCLE THIS SESSION AND ~	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p	SRDL 30 ~ 8-830a, 10-1030a, 11-1130a
Send a text to Coach Eric	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 8-9a, 9-10a, 10-11a
(925-586-0169)	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p	SRDL 90 ~ 8-930a, 9-1030a, 10-1130a
Fees \$30 or by Team	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p	SRDL 2hr ~ 8-10a, 830-1030a, 930-1130a
	DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 12-1230p, 1230-1p
		DVHS 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 1130a-1230p (w/o dry)
	DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 12-1p (w/dry)
	* * **	DVHS 90 ~ 630-8p (w/o dry)	DVHS 90 ~ 630-8p (w/o dry)	DVHS 90 ~ 630-8p (w/o dry)	DVHS 90 ~ 630-8p (w/o dry)	DVHS 90 ~ 1130a-1p, 12-130p (w/o dry)
		DVHS 90 ~ 7-830p (w/dry)	DVHS 90 ~ 7-830p (w/dry)	DVHS 90 ~ 7-830p (w/dry)	DVHS 90 ~ 7-830p (w/dry)	DVHS 90 ~ 11a-1230p, 1130a-1p (w/dry)
	DVHS 90 ~ 730-9p (w/drv)	DVHS 90 ~ 730-9p (w/drv)	DVHS 90 ~ /30-9p (w/drv)			DVHS 2nr ~ 1130a-130b (W/o drv)
		DVHS 90 ~ 730-9p (w/dry)  DVHS 2hr ~ 630-830p (w/o dry)	DVHS 90 ~ 730-9p (w/dry)  DVHS 2hr ~ 630-830p (w/o dry)	DVHS 90 ~ 730-9p (w/dry) DVHS 2br ~ 630-830p (w/o dry)	DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 1130a-130p (w/o dry)
	DVHS 2hr ~ 630-830p (w/o dry)	DVHS 90 ~ 730-9p (w/dry)  DVHS 2hr ~ 630-830p (w/o dry)  DVHS 2hr ~ 7-9p (w/dry)	DVHS 90 ~ 730-9p (w/dry)  DVHS 2hr ~ 630-830p (w/o dry)  DVHS 2hr ~ 7-9p (w/dry)	DVHS 2hr ~ 630-830p (w/o dry)  DVHS 2hr ~ 7-9p (w/dry)	DVHS 2hr ~ 630-830p (w/o dry)  DVHS 2hr ~ 7-9p (w/dry)	DVHS 2hr ~ 113ua-13up (w/o ary)  DVHS 2hr ~ 12-2p (w/dry)

Sunday	Monday	Tuesday	December 2023 Wednesday	Thursday	Friday	Saturday
Sunday	wonday	Tuesday	*	,	rnay	Saturday
DIVER'S NAME:  PROG LEVEL (circle one): 1, 2, 4, 6, 8, 10, 12, 15 M1, M2, M3, M4, M5, M6  INCLUDED HOURS: "ExtraHours" (if any):  DIVER'S TEAM (if any, circle):	NOTES/EXPLANATION:  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).	TRY-IT-OUT (TIO) PROGRAM OFFERING  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.	inclusions. Please CIRCLE ONL that corespond to your Level. Y session times or request more to TEAM DIVERS ~ each team (Dev and Masters) have specific/pres length of session(s) per slot/wecalendar requests, ONLY CIRCL to your program listing. Please the Fees tab of our website.	specific timeslot restrictions and Y WHOLE SESSIONS as listed 'ou may not write-in your own ime than allotted.  1-3, Region, Zone, National, S&E, cribed session configurations for	FOR DE 17-3	S PAGE-2 ECEMBER 1Dec23
DT, RT, ZT, NT, S&E, M			admin@CALdiving.org			
17	18 SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p	19 SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p	20 SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p	21	22	23
	SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p	CLOSED HAPPY	CLOSED HAPPY	CLOSED HAPPY
	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 90 ~ 730-9p (w/dry)	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 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)	HOLIDAYS	HOLIDAYS	HOLIDAYS
	DVHS 2hr ~ 7-9p (w/dry)	DVHS 2hr ~ 7-9p (w/dry)	DVHS 2hr ~ 7-9p (w/dry)			
24	25	26	27	28	29	30
CLOSED HAPPY HOLIDAYS	CLOSED HAPPY HOLIDAYS	CLOSED HAPPY HOLIDAYS	CLOSED HAPPY HOLIDAYS	CLOSED HAPPY HOLIDAYS	CLOSED HAPPY HOLIDAYS	CLOSED HAPPY HOLIDAYS
31						
CLOSED HAPPY HOLIDAYS	Notes:	Sessions will be ~ See You in t	egin again on We	ednesday, 03jan2	4. Enjoy the bre	ak.

			January 2024			
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 NO PRACTICE TODAY	2 NO PRACTICE TODAY	3	4	5	6
		TRY-IT-OUT (TIO)				
DIVER'S NAME:		PROGRAM OFFERING	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p	SRDL 30 ~ 8-830a, 10-1030a, 11-1130a
		WATER "	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 8-9a, 9-10a, 10-11a
PROG LEVEL (circle one):		WATER ~ options are	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p	SRDL 90 ~ 8-930a, 9-1030a, 10-1130a
1, 2, 4, 6, 8, 10, 12, 15		offered as the earlier	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p	SRDL 2hr ~ 8-10a, 830-1030a, 930-1130a
M1, M2, M3, M4, M5, M6	LIADDY NEW	session(s):	DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 12-1230p, 1230-1p
	HAPPY NEW	(30-, 60-, or 90-minute)	DVHS 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 630-730p, 730-6p (water)	DVHS 60 ~ 630-730p, 730-6p (water)	DVHS 60 ~ 1130a-1230p, 1230-1p
INCLUDED HOURS:	YEAR!	DRYLAND ~ options are the	* * * * * * * * * * * * * * * * * * * *	DVHS 60 ~ 630-730p (w/dry)	DVHS 60 ~ 630-730p (w/o dry) DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 1130a-1230p (w/o dry)
INCLUDED HOURS.	I LAIN	earlier session(s):	DVHS 90 ~ 630-8p (w/o dry)	DVHS 90 ~ 630-8p (w/o dry)	DVHS 90 ~ 630-8p (w/o dry)	DVHS 90 ~ 1130a-1p (w/o dry)
"ExtraHours" (if any):			DVHS 90 ~ 7-830p (w/dry)	DVHS 90 ~ 7-830p (w/dry)	DVHS 90 ~ 7-830p (w/dry)	DVHS 90 ~ 12-130p, 1230-2p (w/dry)
Extranours (ii ally).		(30- or 60-minute)	DVHS 90 ~ 730-9p (w/dry)	DVHS 90 ~ 730-9p (w/dry)	DVHS 90 ~ 730-9p (w/dry)	DVHS 2hr ~ 1130a-130p (w/o dry)
DIVER'S TEAM (if any, circle):		Coach's discretion (regarding	DVHS 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 12-2p (w/dry)
DT, RT, ZT, NT, S&E, M		completion of any TIO program as	DVHS 2hr ~ 7-9p (w/dry)	DVHS 2hr ~ 7-9p (w/dry)	DVHS 2hr ~ 7-9p (w/dry)	20110 2111 12 2p (1110.13)
, , , , , , , , , , , , , , , , , , ,		scheduled) during any session.	- · · · · · · · · · · · · · · · · · · ·			
7	8	9	10	11	12	13
NOTES/EXPLANATION:	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p	SRDL 30 ~ 8-830a, 10-1030a, 11-1130a			
	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 8-9a, 9-10a, 10-11a			
For pool slots ~ SROP/DVHS	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p	SRDL 90 ~ 8-930a, 9-1030a, 10-1130a			
	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p	SRDL 2hr ~ 8-10a, 830-1030a, 930-1130a			
1) if you were at dryland (dry)						
that day, then you MAY attend	DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 12-1230p, 1230-1p			
the "with" (w/) or "without" (w/o) sessions	DVHS 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 1130a-1230p (w/o dry)			
(W/O) 565510115	DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 12-1p (w/dry)			
2) If you did NOT attend	DVHS 90 ~ 630-8p (w/o dry)	DVHS 90 ~ 630-8p (w/o dry)	DVHS 90 ~ 1130a-1p (w/o dry)			
dryland the same day as you	DVHS 90 ~ 7-830p (w/dry)	DVHS 90 ~ 7-830p (w/dry)	DVHS 90 ~ 12-130p, 1230-2p (w/dry)			
want to attend a water sssion,	DVHS 90 ~ 730-9p (w/dry)	DVHS 90 ~ 730-9p (w/dry)	DVHS 2hr ~ 1130a-130p (w/o dry)			
you MUST attend sessions	DVHS 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 12-2p (w/dry)			
marked (w/o).	DVHS 2hr ~ 7-9p (w/dry)	DVHS 2hr ~ 7-9p (w/dry)				
11	45	16	17	18	19	20
14 Levels and Calendar Notes:	15	16	17	10	19	20
ALL DIVERS ~ each LEVEL has specific timeslot restrictions and	SDDI 20 4 420m 5 500m 0 005	CDDI 20 4 420- 5 500- 0 000	ODDI 20 4 420 5 500 0 000	ODDI 20 4 420- 5 500- 0 000	CDD1 20 4 420= 5 500	ODDI 00 0 000 / 0 100 11 11 11 11 11 11 11 11 11 11 11
inclusions. Please CIRCLE ONLY WHOLE SESSIONS as listed that corespond to	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p	SRDL 30 ~ 8-830a, 10-1030a, 11-1130a			
your Level. You may not write-in your	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p	SRDL 60 ~ 8-9a, 9-10a, 10-11a SRDL 90 ~ 8-930a, 9-1030a, 10-1130a
own session times or request more time than allotted.	SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 90 ~ 4-530p, 430-5p SRDL 2hr ~ 4-6p	SRDL 2hr ~ 8-10a, 830-1030a, 930-1130a
TEAM DIVERS ~ each team (Dev1-3,	ONDE 2111 - 4-0p, 430-630p, 5-7p	ORDE 2111 - 4-0p, 430-630p, 5-7p	ONDE 2111 ··· 4-υμ, 4-ου-σουμ, 5-τρ	ONDE 2111 ·· 4-υμ, 4ου-σουμ, σ-/ β	окос 2III <sup></sup> 4-ор	
Region, Zone, National, S&E, and	DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 12-1230p, 1230-1p			
Masters) have specific/prescribed session configurations for length of session(s)	DVHS 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 1130a-1230p (w/o dry)			
per slot/week. When submitting your calendar requests, ONLY CIRCLE whole	DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 12-1p (w/dry)			
sessions that are equal to your program listing. Please review the right-hand	DVHS 90 ~ 630-8p (w/o dry)	DVHS 90 ~ 630-8p (w/o dry)	DVHS 90 ~ 1130a-1p (w/o dry)			
column on the Fees tab of our website.	DVHS 90 ~ 7-830p (w/dry)	DVHS 90 ~ 7-830p (w/dry)	DVHS 90 ~ 12-130p, 1230-2p (w/dry)			
	DVHS 90 ~ 730-9p (w/dry)	DVHS 90 ~ 730-9p (w/dry)	DVHS 2hr ~ 1130a-130p (w/o dry)			
If you are not sure what your	DVHS 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 12-2p (w/dry)			
program includes, please email		DVHS 2hr ~ 7-9p (w/dry)	DVHS 2hr ~ 7-9p (w/dry)	DVHS 2hr ~ 7-9p (w/dry)	DVHS 2hr ~ 7-9p (w/dry)	
us: admin@CALdiving.org						

			January 2024			
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	NOTES/EXPLANATION:					
DIVER'S NAME:						
	For pool slots ~ SROP/DVHS					
PROG LEVEL (circle one):	Tot poor stots - SIXOF/DVIIO		-	HC IC DAG	Г ^	
1, 2, 4, 6, 8, 10, 12, 15	1) if you were at dryland (dry)			HIS IS PAG	<b>L-</b> 2	
M1, M2, M3, M4, M5, M6	that day, then you MAY attend	<mark>l</mark>			DV	
	the "with" (w/) or "without"			OR JANUA	KI	
INCLUDED HOURS:	(w/o) sessions			24 24:002	A	
	2) If you did NOT attend			21-31jan2	4	
"ExtraHours" (if any):	dryland the same day as you			-		
	want to attend a water sssion,				1	
DIVER'S TEAM (if any, circle):	you MUST attend sessions					
DT, RT, ZT, NT, S&E, M	marked (w/o).					
21 MIWOK TOWER 1130-2pm	22	23	24	25	26	27
marche rouzek rico zpiii						
CIRCLE THIS SESSION	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p	SRDL 30 ~ 8-830a, 10-1030a, 11-1130a
AND	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 8-9a, 9-10a, 10-11a
Send a text to Coach Eric	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p	SRDL 90 ~ 8-930a, 9-1030a, 10-1130a
(925-586-0169) Fees \$30 per diver	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p	SRDL 2hr ~ 8-10a, 830-1030a, 930-1130a
i ees \$50 per diver	DVIII 00 7 700 700 0 (	DVIII 00 7 700 700 00 (000 00)	DVIII 00 7 700 700 0 (11111)	DVIII 0 00 - 7 700 - 700 0 - (	DVIII 00 7 700 700 0 (	DWI 0 00 40 4000 4000 400
	DVHS 30 ~ 7-730p, 730-8p (water)  DVHS 60 ~ 630-730p (w/o dry)	DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry)	DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry)	DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry)	DVHS 30 ~ 7-730p, 730-8p (water) DVHS 60 ~ 630-730p (w/o dry)	DVHS 30 ~ 12-1230p, 1230-1p DVHS 60 ~ 1130a-1230p (w/o dry)
If you have not been to a Tower	DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 12-1p (w/dry)
session, you should reach out to	DVHS 90 ~ 630-8p (w/o dry)	DVHS 90 ~ 630-8p (w/o dry)	DVHS 90 ~ 630-8p (w/o dry)	DVHS 90 ~ 630-8p (w/o dry)	DVHS 90 ~ 630-8p (w/o dry)	DVHS 90 ~ 1130a-1p (w/o dry)
Coach Eric (925-586-0169) via	DVHS 90 ~ 7-830p (w/dry)	DVHS 90 ~ 7-830p (w/dry)	DVHS 90 ~ 7-830p (w/dry)	DVHS 90 ~ 7-830p (w/dry)	DVHS 90 ~ 7-830p (w/dry)	DVHS 90 ~ 12-130p, 1230-2p (w/dry)
text to discuss what a Tower session involves and if it might	DVHS 90 ~ 730-9p (w/dry)	DVHS 90 ~ 730-9p (w/dry)	DVHS 90 ~ 730-9p (w/dry)	DVHS 90 ~ 730-9p (w/dry)	DVHS 90 ~ 730-9p (w/dry)	DVHS 2hr ~ 1130a-130p (w/o dry)
be good for you or your diver.	DVHS 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 12-2p (w/dry)
, ,	DVHS 2hr ~ 7-9p (w/dry)	DVHS 2hr ~ 7-9p (w/dry)	DVHS 2hr ~ 7-9p (w/dry)	DVHS 2hr ~ 7-9p (w/dry)	DVHS 2hr ~ 7-9p (w/dry)	
28	29	30	31			
			-	Levels and (	Calendar Note	S:
	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p			
	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p			
	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	ALL DIVERS ~ each LE	EVEL has specific timeslot res	trictions and inclusions. Please
	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p		•	nd to your Level. You may not writ
				in your own	session times or request mo	re time than allotted.
	DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 7-730p, 730-8p (water)	TEAM DO :	(D. 40 D. )	4. 100= 1
	DVHS 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 630-730p (w/o dry)			ational, S&E, and Masters) have
	DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry)			of session(s) per slot/week. When le sessions that are equal to your
	DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry)	DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry)	DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry)	0,7	•	ne sessions that are equal to your non the Fees tab of our website.
	DVHS 90 ~ 7-050p (w/dry)	DVHS 90 ~ 7-8309 (w/dry)	DVHS 90 ~ 7-830p (w/dry)	program nothing. I least	Tonon the right-hand column	. C
	DVHS 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 630-830p (w/o dry)	If you are not sure what	your program includes, please	email us: admin@CALdiving.org
	DVHS 2hr ~ 7-9p (w/dry)	DVHS 2hr ~ 7-9p (w/dry)	DVHS 2hr ~ 7-9p (w/dry)			
	i .	1	1			

			February 2024			
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3 Local Diving Meet ~ 03-04feb24
	NOTES/EXPLANATION ~	"TRY-IT-0	OUT" (TIO)			NO REGULAR PRACTICE
DIVER'S NAME:		PROGRAM	I OFFERING	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p	Miwok Aquatic Center, Novato
				SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	
	For pool slots ~ SROP/DVHS			SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p	Event is on DiveMeets
PROG LEVEL (circle one): 1, 2, 4, 6, 8, 10, 12, 15				SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p	
M1, M2, M3, M4, M5, M6	1) if you were at dryland (dry)	Try-it-Out (TIO) In	clusive Sessions ~			ALL DIVERS / ALL LEVELS INVITED
	that day, then you MAY attend			DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 7-730p, 730-8p (water)	
	the "with" (w/) or "without"		(2-water + 1-dryland)	DVHS 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 630-730p (w/o dry)	MUST BE REGISTERED WITH USAD
INCLUDED HOURS:	(w/o) sessions	Taken in order as:	Water-Dryland-Water	DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 7-8p (w/dry)	
	2) If you did NOT attend			DVHS 90 ~ 630-8p (w/o dry)	DVHS 90 ~ 630-8p (w/o dry)	
"ExtraHours" (if any):	dryland the same day as you		60-, or 90-minute) sessions	DVHS 90 ~ 7-830p (w/dry)	DVHS 90 ~ 7-830p (w/dry)	
	want to attend a water sssion,	DRYLAND sessions are (	30- or 60-minute) sessions	DVHS 90 ~ 730-9p (w/dry)	DVHS 90 ~ 730-9p (w/dry)	
DIVER'S TEAM (if any, circle):	vou MUST attend sessions			DVHS 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 630-830p (w/o dry)	
DT, RT, ZT, NT, S&E, M	marked (w/o).	(coach's discretion for c	ompletion of any session)	DVHS 2hr ~ 7-9p (w/dry)	DVHS 2hr ~ 7-9p (w/dry)	
	` '					
4 Local Diving Meet ~ 03-04feb24	5 START OF HIGH SCHOOL DIVING	6	7	8	9	10
CONTINUED						
Miwok Aquatic Center, Novato	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p	SRDL 30 ~ 8-830a, 10-1030a, 11-1130a			
	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 8-9a, 9-10a, 10-11a				
	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p	SRDL 90 ~ 8-930a, 9-1030a, 10-1130a			
	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p	SRDL 2hr ~ 8-10a, 830-1030a, 930-1130a			
	DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 12-1230p, 1230-1p				
	DVHS 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 1130a-1230p (w/o dry)				
	DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 12-1p (w/dry)				
	DVHS 90 ~ 630-8p (w/o dry)	DVHS 90 ~ 1130a-1p (w/o dry)				
	DVHS 90 ~ 7-830p (w/dry)	DVHS 90 ~ 12-130p, 1230-2p (w/dry)				
	DVHS 90 ~ 730-9p (w/dry)	DVHS 2hr ~ 1130a-130p (w/o dry)				
	DVHS 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 12-2p (w/dry)				
	DVHS 2hr ~ 7-9p (w/dry)					
11 Levels, Calendar Notes ~	12	13	14	15	16	17
ALL DIVERS ~ each LEVEL has specific						
timeslot restrictions and inclusions. Please CIRCLE ONLY WHOLE SESSIONS as listed	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p	SRDL 30 ~ 8-830a, 10-1030a, 11-1130a			
that corespond to your Level. You may not	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 8-9a, 9-10a, 10-11a				
write-in your own session times or request more time than allotted.	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p	SRDL 90 ~ 8-930a, 9-1030a, 10-1130a			
	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p	SRDL 2hr ~ 8-10a, 830-1030a, 930-1130a			
TEAM DIVERS ~ each team (Dev1-3, Region, Zone, National, S&E, and Masters) have						
specific/prescribed session configurations for	DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 12-1230p, 1230-1p				
length of session(s) per slot/week. When submitting your calendar requests, ONLY	DVHS 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 1130a-1230p (w/o dry)				
CIRCLE whole sessions that are equal to your	DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 12-1p (w/dry)				
program listing. Please review the right-hand		DVHS 90 ~ 630-8p (w/o dry)	DVHS 90 ~ 1130a-1p (w/o dry)			
column on the Fees tab of our website.  If you are not sure what your program	DVHS 90 ~ 7-830p (w/dry)	DVHS 90 ~ 12-130p, 1230-2p (w/dry)				
includes, please email us:	DVHS 90 ~ 730-9p (w/dry)	DVHS 2hr ~ 1130a-130p (w/o dry)				
admin@CALdiving.org	DVHS 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 12-2p (w/dry)				
	DVHS 2hr ~ 7-9p (w/dry)					
				1		

A NOT attend same day as you end a water sssion, attend sessions o).  20  20  20  20  20  20  20  20  20  2	Try-it-Out (TIO) Indicated of 3 sessions (Taken in order as: VITER options are: (30-, 60 YLAND sessions are (30 oach's discretion for continuous continuou		F(	"HIS IS PAG OR FEBRU 18-29feb2	ARY
ots ~ SROP/DVHS  ore at dryland (dry) en you MAY attend w/) or "without"  ons  I NOT attend same day as you and a water sssion, attend sessions o).  20  sop, 5-530p, 6-630p  SRDL 30	Try-it-Out (TIO) Indicated of 3 sessions (Taken in order as: VITER options are: (30-, 60 YLAND sessions are (30 oach's discretion for continuous continuou	clusive Sessions ~ (2-water + 1-dryland) Vater-Dryland-Water 60-, or 90-minute) sessions 00- or 60-minute) sessions completion of any session)	F(	OR FEBRU 18-29feb2	ARY 24
ots ~ SROP/DVHS  ore at dryland (dry) en you MAY attend w/) or "without"  ons  I NOT attend same day as you and a water sssion, attend sessions o).  20  sop, 5-530p, 6-630p  SRDL 30	Try-it-Out (TIO) Indicated of 3 sessions (Taken in order as: VITER options are: (30-, 60 YLAND sessions are (30 oach's discretion for continuous continuou	clusive Sessions ~ (2-water + 1-dryland) Vater-Dryland-Water 60-, or 90-minute) sessions 00- or 60-minute) sessions completion of any session)	F(	OR FEBRU 18-29feb2	ARY 24
ere at dryland (dry) en you MAY attend w/) or "without" ons  I NOT attend esame day as you end a water sssion, attend sessions o).  20  20  20  20  20  20  20  20  20  2	Try-it-Out (TIO) Indicated of 3 sessions (Faken in order as: VITER options are: (30-, 6) YLAND sessions are (30-) oach's discretion for co	clusive Sessions ~ (2-water + 1-dryland) Vater-Dryland-Water 60-, or 90-minute) sessions 00- or 60-minute) sessions completion of any session)	F(	OR FEBRU 18-29feb2	ARY 24
ere at dryland (dry) en you MAY attend w/) or "without" ons  I NOT attend esame day as you end a water sssion, attend sessions o).  20  20  20  20  20  20  20  20  20  2	Total of 3 sessions (Taken in order as: V TER options are: (30-, 6 YLAND sessions are (3 pach's discretion for co	(2-water + 1-dryland) Vater-Dryland-Water 60-, or 90-minute) sessions 60- or 60-minute) sessions completion of any session)	F(	OR FEBRU 18-29feb2	ARY 24
en you MAY attend w/) or "without" ons  I NOT attend same day as you end a water sssion, attend sessions o).  20  20  20  20  20  20  20  20  20  2	Total of 3 sessions (Taken in order as: V TER options are: (30-, 6 YLAND sessions are (3 pach's discretion for co	(2-water + 1-dryland) Vater-Dryland-Water 60-, or 90-minute) sessions 60- or 60-minute) sessions completion of any session)	F(	OR FEBRU 18-29feb2	ARY 24
en you MAY attend w/) or "without" ons  I NOT attend same day as you end a water sssion, attend sessions o).  20  20  20  20  20  20  20  20  20  2	Total of 3 sessions (Taken in order as: V TER options are: (30-, 6 YLAND sessions are (3 pach's discretion for co	(2-water + 1-dryland) Vater-Dryland-Water 60-, or 90-minute) sessions 60- or 60-minute) sessions completion of any session)	22	18-29feb2	24
A NOT attend same day as you end a water sssion, attend sessions o).  20  20  20  20  20  20  20  20  20  2	Taken in order as: V TER options are: (30-, 6 YLAND sessions are (3 Dach's discretion for co	Vater-Dryland-Water  60-, or 90-minute) sessions  60- or 60-minute) sessions  completion of any session)	22	18-29feb2	24
A NOT attend was you end a water sssion, attend sessions o).  20  20  20  SRDL 30	TER options are: (30-, 6 YLAND sessions are (3 pach's discretion for co	60-, or 90-minute) sessions 60- or 60-minute) sessions completion of any session)			•
end a water sssion, attend sessions o).  20  sop, 5-530p, 6-630p  WA DR' (CC	YLAND sessions are (3	on 60-minute) sessions ompletion of any session)			•
DR' attend sessions ob. CCC CCC CCC CCC CCC CCC CCC CCC CCC C	YLAND sessions are (3	on 60-minute) sessions ompletion of any session)		23	24
attend sessions (CC 20 80p, 5-530p, 6-630p SRDL 30		21		23	24
20 80p, 5-530p, 6-630p SRDL 30		21		23	24
80p, 5-530p, 6-630p SRDL 30	~ 4-430p, 5-530p, 6-630p			23	24
	~ 4-430p, 5-530p, 6-630p	ODDI 00 4 400 5 500 0 000			
	- + +oop, o ooop, o ooop		SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p	SRDL 30 ~ 8-830a, 10-1030a, 11-1130a
o, 5-6p SRDL 60		SRDL 60 ~ 4-5p, 5-6p			SRDL 60 ~ 8-9a, 9-10a, 10-11a
SRDL 90	~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p	SRDL 90 ~ 8-930a, 9-1030a, 10-1130a
sp, 430-630p, 5-7p SRDL 2hr	~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p	SRDL 2hr ~ 8-10a, 830-1030a, 930-1130a
80p, 730-8p (water) DVHS 30	~ 7-730p, 730-8p (water)	DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 12-1230p, 1230-1p
		DVHS 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 630-730p (w/o dry)	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)
0-830p (w/o dry) DVHS 2hr	r ~ 630-830p (w/o dry)	DVHS 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 12-2p (w/dry)
DVHS 2hr	r ~ 7-9p (w/dry)	DVHS 2hr ~ 7-9p (w/dry)	DVHS 2hr ~ 7-9p (w/dry)	DVHS 2hr ~ 7-9p (w/dry)	
27		28	29	Levels Cale	ndar Notes:
20n E 520n C 620n SPDI 20	4 420n E E20n E E20n	SBDI 20 4 420n E 520n 6 620n	SDDI 20 4 420n F 520n 6 620n	Lovois, Gaioi	ildai itotos.
				ALL DIVERS	a consider the constant of the constant
•	• • •	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p		
p, 430-630p, 5-7p SRDL 2hr	~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p		may not write-in your own session
				times or request more time tha	in allotted.
**		DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 7-730p, 730-8p (water)	TEAM DIVERS ~ each team (De	ev1-3 Region Zone National S&F
		1 1 1			scribed session configurations for
	* * * * * * * * * * * * * * * * * * * *		1 1 1	. , .	eek. When submitting your calendar
			* * * **		
		DVHS 90 ~ 730-9p (w/dry)	DVHS 90 ~ 730-9p (w/dry)	tab of our website.	the right-hand column on the rees
0-830p (w/o dry) DVHS 2hr	r ~ 630-830p (w/o dry)	DVHS 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 630-830p (w/o dry)		rogram includes, please email us:
DVHS 2hr	r ~ 7-9p (w/dry)	DVHS 2hr ~ 7-9p (w/dry)	DVHS 2hr ~ 7-9p (w/dry)	admin@CALdiving.org	
3 6 3 6 3 6 3 6 6 3 6 6	27 280p, 5-5ap (w/dry) (by 630p, 430-630p, 5-69) (w/dry) (by 640p)	SRDL 60 ~ 4-5p, 5-6p  SRDL 90 ~ 4-530p, 430-6p, 5-630p  SRDL 2hr ~ 4-6p, 430-630p, 5-7p  DVHS 60 ~ 630-730p (w/o dry)  DVHS 60 ~ 7-8p (w/dry)  DVHS 90 ~ 7-830p (w/o dry)  DVHS 90 ~ 7-830p (w/o dry)  DVHS 90 ~ 7-830p (w/o 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 90 ~ 4-530p, 430-6p, 5-630p  SRDL 2hr ~ 4-6p, 430-630p, 5-7p  SRDL 2hr ~ 4-6p, 430-6p, 5-630p  SRDL 2hr ~ 4-6p, 430-6	SRDL 60 ~ 4-5p, 5-6p  SRDL 60 ~ 4-5p, 5-6p  SRDL 90 ~ 4-530p, 430-6p, 5-630p  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 ~ 630-730p (w/o dry)  DVHS 90 ~ 630-8p (w/o dry)  DVHS 90 ~ 630-8p (w/o dry)  DVHS 90 ~ 78-80p (w/dry)  DVHS 90 ~ 730-9p (w/dry)  DVHS 90 ~ 730-9p (w/dry)  DVHS 2hr ~ 630-830p (w/o dry)  DVHS 2hr ~ 630-830p (w/o dry)  DVHS 2hr ~ 7-9p (w/dry)  DVHS 2hr ~ 630-830p, 5-630p  SRDL 60 ~ 4-5p, 5-6p  SRDL 90 ~ 4-530p, 430-6p, 5-630p  SRDL 2hr ~ 4-6p, 430-630p, 5-7p  SRDL 2hr ~ 4-6p, 430-630p, 5-7p  SRDL 2hr ~ 4-6p, 430-630p, 5-7p  DVHS 30 ~ 7-730p, 730-8p (water)  DVHS 30 ~ 7-730p, 730-8p (water)  DVHS 60 ~ 630-730p (w/o dry)  DVHS 60 ~ 630-730p (w/o dry)  DVHS 60 ~ 7-8p (w/dry)  DVHS 60 ~ 7-8p (w/dry)  DVHS 60 ~ 7-8p (w/dry)  DVHS 90 ~ 7-80-8p (w/o dry)  DVHS 90 ~ 7-80-9p (w/dry)  DVHS 90 ~ 7-80-9p (w/dry)  DVHS 90 ~ 7-8	SRDL 60 - 4-5p, 5-6p  SRDL 60 - 4-5p, 5-6p  SRDL 90 - 4-530p, 430-6p, 5-630p  SRDL 90 - 4-530p, 430-6p, 5-630p  SRDL 2hr - 4-6p, 430-630p, 5-7p  DVHS 30 - 7-730p, 730-8p (water)  DVHS 30 - 7-730p, 730-8p (water)  DVHS 60 - 630-730p (w/o dry)  DVHS 60 - 630-730p (w/o dry)  DVHS 60 - 630-730p (w/o dry)  DVHS 60 - 7-8p (w/dry)  DVHS 60 - 7-8p (w/dry)  DVHS 90 - 630-8p (w/o dry)  DVHS 90 - 630-8p (w/o dry)  DVHS 90 - 7-830p (w/dry)  DVHS 90 - 730-9p (w/dry)  DVHS 90 - 730-9p (w/dry)  DVHS 2hr - 630-830p (w/o dry)  DVHS 2hr - 630-830p (w/o dry)  DVHS 2hr - 7-9p (w/dry)  DVHS 2hr - 6-30-80p (w/dry)  DVHS 30 - 7-730p, 730-8p (water)  DVHS 30 - 7-730p, 730-8p (w/dry)  DVHS 60 - 7	SRDL 60 - 4-5p, 5-6p SRDL 90 - 4-530p, 430-6p, 5-630p SRDL 90 - 4-530p, 430-6p, 5-630p SRDL 90 - 4-530p, 430-6p, 5-630p SRDL 2hr - 4-6p, 430-630p, 5-7p SRDL 2hr - 4-6p SRDL 2h

			March 2024				
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
					1	2	
DIVER'S NAME:	NOTES/EXPLANATION ~	"TRY-IT-OUT" (TIO)			SRDL 30 ~ 4-430p, 5-530p		
DIVER'S NAME:		PROGRAM	OFFERING		SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p, 5-6p	SRDL 30 ~ 8-830a, 10-1030a, 11-1130a SRDL 60 ~ 8-9a, 9-10a, 10-11a	
	For pool slots ~ SROP/DVHS				SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p	SRDL 90 ~ 8-930a, 9-1030a, 10-1130a	
PROG LEVEL (circle one):	To poor siots Cito /BVIIO				SRDL 2hr ~ 4-6p	SRDL 2hr ~ 8-10a, 830-1030a, 930-1130a	
1, 2, 4, 6, 8, 10, 12, 15	1) if you were at dryland (dry)				SKEE ZIII - 4-0p	Chibi 2 III - 0 100, 000 10000, 000 11000	
M1, M2, M3, M4, M5, M6	that day, then you MAY	Try-it-Out (TIO) Inclusive Sessions ~ Total of 3 sessions (2-water + 1-dryland)			DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 12-1230p, 1230-1p	
	attend the "with" (w/) or				DVHS 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 1130a-1230p (w/o dry)	
INCLUDED HOURS/WEEK:	"without" (w/o) wet sessions	Taken in order as: Water-Dryland-Water			DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 12-1p (w/dry)	
	2) If you did NOT attend				DVHS 90 ~ 630-8p (w/o dry)	DVHS 90 ~ 1130a-1p (w/o dry)	
"ExtraHours" (if any):	dryland the same day and you		60-, or 90-minute) sessions		DVHS 90 ~ 7-830p (w/dry)	DVHS 90 ~ 12-130p, 1230-2p (w/dry)	
	want to attend a water	DRYLAND sessions are (30- or 60-minute) sessions			DVHS 90 ~ 730-9p (w/dry)	DVHS 2hr ~ 1130a-130p (w/o dry)	
DIVER'S TEAM (if any, circle):	session, you MUST attend	(accella dispertion for completion of any acceion)			DVHS 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 12-2p (w/dry)	
DT, RT, ZT, NT, S&E, M	sessions marked (w/o).	(coach's discretion for completion of any session)			DVHS 2hr ~ 7-9p (w/dry)		
3	4	5	6	7	8	9	
					-		
	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p, 6-630p	SRDL 30 ~ 4-430p, 5-530p	SRDL 30 ~ 8-830a, 10-1030a, 11-1130a	
	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 8-9a, 9-10a, 10-11a	
	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p, 5-630p	SRDL 90 ~ 4-530p, 430-6p	SRDL 90 ~ 8-930a, 9-1030a, 10-1130a	
	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 2hr ~ 4-6p	SRDL 2hr ~ 8-10a, 830-1030a, 930-1130a	
	DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 12-1230p, 1230-1p	
	DVHS 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 630-730p (w/o dry)	DVHS 60 ~ 1130a-1230p (w/o dry)	
	DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry)	DVHS 60 ~ 12-1p (w/dry)	
	DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry)	DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry)	DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry)	DVHS 90 ~ 630-8p (w/o dry) DVHS 90 ~ 7-830p (w/dry)	DVHS 90 ~ 630-8p (w/dry) DVHS 90 ~ 7-830p (w/dry)	DVHS 90 ~ 1130a-1p (w/o dry) DVHS 90 ~ 12-130p, 1230-2p (w/dry)	
	DVHS 90 ~ 730-9p (w/dry)	DVHS 90 ~ 7-830p (w/dry)	DVHS 90 ~ 7-830P (w/dry)	DVHS 90 ~ 7-650p (w/dry) DVHS 90 ~ 730-9p (w/dry)	DVHS 90 ~ 7-0-00 (w/dry) DVHS 90 ~ 730-9p (w/dry)	DVHS 2hr ~ 1130a-130p (w/o dry)	
	DVHS 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 12-2p (w/dry)	
	DVHS 2hr ~ 7-9p (w/dry)	DVHS 2hr ~ 7-9p (w/dry)	DVHS 2hr ~ 7-9p (w/dry)	DVHS 2hr ~ 7-9p (w/dry)	DVHS 2hr ~ 7-9p (w/dry)	,	
				, ,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,		
10 MIWOK TOWER 1130-2pm	11	12	13	14	15 AAU RWB ~ Tualatin, OR	16 AAU RWB ~ Tualatin, OR	
CIRCLE THIS SESSION	SRDL 30 ~ 4-430p, 5-530p	SRDL 30 ~ 4-430p, 5-530p	SRDL 30 ~ 4-430p, 5-530p	SRDL 30 ~ 4-430p, 5-530p	SRDL 30 ~ 4-430p, 5-530p	SRDL 30 ~ 9-930a, 930-10a	
AND	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 4-5p, 5-6p	SRDL 60 ~ 9-10a, 930-1030a	
Send a text to Coach Eric	SRDL 90 ~ 4-530p, 430-6p	SRDL 90 ~ 4-530p, 430-6p	SRDL 90 ~ 4-530p, 430-6p	SRDL 90 ~ 4-530p, 430-6p	SRDL 90 ~ 4-530p, 430-6p	SRDL 90 ~ 9-1030a	
(925-586-0169)	SRDL 2hr ~ 4-6p	SRDL 2hr ~ 4-6p	SRDL 2hr ~ 4-6p	SRDL 2hr ~ 4-6p	SRDL 2hr ~ 4-6p		
Fees \$30 per diver							
	DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 7-730p, 730-8p (water)	DVHS 30 ~ 12-1230p, 1230-1p	
If you have not been to a Tower	DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 7-8p (w/dry)	DVHS 60 ~ 1130a-1230p (w/o dry)	
session, you should reach out to	DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry)	DVHS 90 ~ 7-830p (w/dry)	DVHS 90 ~ 7-830p (w/dry)	DVHS 90 ~ 7-830p (w/dry)	DVHS 90 ~ 7-830p (w/dry)	DVHS 60 ~ 12-1p (w/dry)	
Coach Eric (925-586-0169) via text		DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 7-9p (w/dry)	DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 7-9p (w/dry)	DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 7-9p (w/dry)	DVHS 90 ~ 730-9p (w/dry) DVHS 2hr ~ 7-9p (w/dry)	DVHS 90 ~ 1130a-1p (w/o dry)  DVHS 90 ~ 12-130p, 1230-2p (w/dry)	
to discuss what a Tower session	DV110 2111 - 1-5p (w/di y)	DVIIS ZIII - 7-sp (w/dry)	DVIIO ZIII ~ 1-5p (w/diy)	DVIIO ZIII ~ 7-3p (w/diy)	DVIIO ZIII ~ 7-3p (W/Gry)	DVHS 2hr ~ 1130a-130p (w/o dry)	
involves and if it might be good						DVHS 2hr ~ 12-2p (w/dry)	
for you or your diver.							
					Levels, Cale	ndar Notes:	
					s specific timeslot restrictions and		
	THIS IS DAGE 1				inclusions. Please CIRCLE ONLY WHOLE SESSIONS as listed that corespond to your Level. You may not write-in your own session		
		THIS IS PAGE	- I		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		
	E/		N24				
	F	OR MARCH, 2	.U <b>Z</b> 4				
		01-16mar24	1			scribed session configurations for eek. When submitting your calendar	
		v 1-10111a124		requests, ONLY CIRCLE whole sessions that are equal to your			
	program listing. Ple					the right-hand column on the Fees	
						tab of our website.  If you are not sure what your program includes, please email us:	
					admin@CALdiving.org		

			March 2024				
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
DIVER'S NAME:	NOTES/EXPLANATION ~	"TRY-IT-OUT" (TIO) PROGRAM OFFERING					
PROG LEVEL (circle one):	For pool slots ~ SROP/DVHS				THIS IS PAG	E-2	
1, 2, 4, 6, 8, 10, 12, 15 M1, M2, M3, M4, M5, M6 INCLUDED HOURS/WEEK:	1) if you were at dryland (dry) that day, then you MAY attend the "with" (w/) or "without" (w/o) wet sessions	Try-it-Out (TIO) Inclusive Sessions ~ Total of 3 sessions (2-water + 1-dryland) Taken in order as: Water-Dryland-Water		FOR MARCH, 2024 17-31mar24			
	2) If you did NOT attend dryland the same day and you want to attend a water session, you MUST attend	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)					
DI, KI, ZI, NI, 30E, M	sessions marked (w/o).	·		<u> </u>			
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	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 2tr - 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	
	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 - 7-830p (w/dry) DVHS 2hr - 630-830p (w/o dry) DVHS 2hr - 7-9p (w/dry)	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 - 7-8-30p (w/dry) DVHS 90 - 7-8-30p (w/dry) DVHS 2hr - 630-830p (w/o dry) DVHS 2hr - 7-9p (w/dry)	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 - 7-830p (w/dry) DVHS 2br - 630-830p (w/o dry) DVHS 2br - 7-9p (w/dry)	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 90 - 730-9p (w/o dry) DVHS 2br - 630-830p (w/o dry) DV	DVHS 30 - 7-730p, 730-8p (water) DVHS 60 - 630-730p (w/o dry) DVHS 60 - 7-8p (w/dry) DVHS 60 - 7-8p (w/dry) DVHS 90 - 7-830p (w/dry) DVHS 90 - 7-830p (w/dry) DVHS 90 - 730-9p (w/dry) DVHS 20 - 730-9p (w/dry) DVHS 2hr - 630-830p (w/o dry) DVHS 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 60 – 12-1p (w/o 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/d dry) DVHS 60 - 7-8p (w/dry) DVHS 90 - 630-8p (w/d dry) DVHS 90 - 7-830p (w/dry) DVHS 90 - 7-80-9p (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/d dry) DVHS 60 - 7-8p (w/dry) DVHS 90 - 630-8p (w/d dry) DVHS 90 - 7-830p (w/dry) DVHS 90 - 7-830p (w/dry) DVHS 90 - 730-9p (w/dry)	SRDL 30 - 4-430p, 5-530p, 6-630p SRDL 80 - 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 - 7-830p (w/dry) DVHS 90 - 7-330-p (w/dry)	SRDL 30 - 4-430p, 5-530p, 6-630p SRDL 60 - 4-5p, 5-6p SRDL 90 - 4-630p, 430-6p, 5-630p SRDL 2hr - 4-6p, 430-630p, 5-7p DVHS 30 - 7-730p, 730-8p (water) DVHS 60 - 630-730p (w/o dry) DVHS 90 - 630-8p (w/o dry) DVHS 90 - 7-830p (w/dry) DVHS 90 - 730-3p (w/dry) DVHS 90 - 730-9p (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 - 7-80p (w/dry) DVHS 90 - 730-9p (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/od dry) DVHS 90 - 1130a-1p (w/od dry) DVHS 90 - 12-30p, 1230-2p (w/od ry) DVHS 90 - 12-30p, 1230-2p (w/dry) DVHS 90 - 12-30p, 1230-2p (w/dry)	
	DVHS 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 630-830p (w/o dry)	DVHS 2hr ~ 12-2p (w/dry)	
31	DVHS 2hr - 7-9p (w/dry)	DVHS 2hr - 7-9p (w/dry)  DVHS 2hr - 7-9p (w/dry)  Levels, Calendar Notes:  ALL DIVERS ~ each LEVEL has specific timeslot restrictions a inclusions. Please CIRCLE ONLY WHOLE SESSIONS as listed corespond to your Level. You may not write-in your own sess times or request more time than allotted.  TEAM DIVERS ~ each team (Dev1-3, Region, Zone, National, St and Masters) have specific/prescribed session configurations length of session(s) per slot/week. When submitting your cale requests, ONLY CIRCLE whole sessions that are equal to your program listing. Please review the right-hand column on the F tab of our website.  If you are not sure what your program includes, please email u admin@CALdiving.org				s specific timeslot restrictions and LY WHOLE SESSIONS as listed that may not write-in your own session n allotted.  v1-3, Region, Zone, National, S&E, scribed session configurations for the cell. When submitting your calendar sessions that are equal to your the right-hand column on the Fees	

April 2024							
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1	2	3	4	5	Diving Meet UC Davis (Sat JO, Sun FC)	
	SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p	SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p	SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p	SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p	SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p, 5-6p	SRDL 30 ~ 8-830a, 10-1030a, 11-1130a SRDL 60 ~ 8-9a, 9-10a, 10-11a	
DBOC LEVEL (circle and)	SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 90 ~ 4-530p, 430-6p SRDL 2hr ~ 4-6p	SRDL 90 ~ 8-930a, 9-1030a, 10-1130a SRDL 2hr ~ 8-10a, 830-1030a, 930-1130a	
	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)	
	DVHS 60 ~ 7-8p (w/dry) DVHS 90 ~ 630-8p (w/o dry)	SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 630-8p (w/o dry)	SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 630-8p (w/o dry)	SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 630-8p (w/o dry)	SROP 60 ~ 7-8p (w/dry) SROP 90 ~ 630-8p (w/o dry)	DVHS 60 ~ 12-1p (w/dry) DVHS 90 ~ 1130a-1p (w/o dry)	
, , , , , , , , , , , , , , , , , , ,	DVHS 90 ~ 7-830p (w/dry) DVHS 90 ~ 730-9p (w/dry)	SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 730-9p (w/dry)	SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 730-9p (w/dry)	SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 730-9p (w/dry)	SROP 90 ~ 7-830p (w/dry) SROP 90 ~ 730-9p (w/dry)	DVHS 90 ~ 12-130p, 1230-2p (w/dry) DVHS 2hr ~ 1130a-130p (w/o dry)	
, , ,	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)	
7 Diving Meet ~ UC Davis (FC's Today)	8	9	10	11	12	13	
NOTES/EXI EMINITION	SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p	SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p	SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p	SRDL 30 ~ 4-430p, 5-530p, 6-630p SRDL 60 ~ 4-5p, 5-6p	SRDL 30 ~ 4-430p, 5-530p SRDL 60 ~ 4-5p, 5-6p	SRDL 30 ~ 8-830a, 10-1030a, 11-1130a SRDL 60 ~ 8-9a, 9-10a, 10-11a	
For pool slots ~ SROP/DVHS	SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 2hr ~ 4-6p, 430-630p, 5-7p	SRDL 90 ~ 4-530p, 430-6p SRDL 2hr ~ 4-6p	SRDL 90 ~ 8-930a, 9-1030a, 10-1130a SRDL 2hr ~ 8-10a, 830-1030a, 930-1130a	
"with" (w/) or "without" (w/o) water (wet) sessions	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)	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 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 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 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)	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)	
2) If you did NOT attend dryland that day AND you want to attend water that day, you MUST attend sessions marked (w(a)	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 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 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 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 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 90 ~ 12-130p, 1230-2p (w/dry) DVHS 2hr ~ 1130a-130p (w/o dry) DVHS 2hr ~ 12-2p (w/dry)	
THIS IS PAGE-1 FOR APRIL, 2024 01-20apr24			"TRY-IT-OUT" (TIO) PROGRAM OFFERING		Levels, Calendar Notes:  ALL DIVERS ~ each LEVEL has specific timeslot restrictions and inclusions. Please CIRCLE ONLY WHOLE SESSIONS as listed that corespond to your Level. You may not write-in your own session times or request more time than allotted.  TEAM DIVERS ~ each team (Dev1-3, Region, Zone, National, S&E, and Masters) have specific/prescribed session configurations for length of session(s) per slot/week. When submitting your calendar requests, ONLY CIRCLE whole sessions that are equal to your program listing. Please review the right-hand column on the Fees tab of our website.  If you are not sure what your program includes, please email us: admin@CALdiving.org		
			Try-it-Out (TIO) Inclusive Sessions ~ Total of 3 sessions (2-water + 1-dryland) Taken in order as: Water-Dryland-Water  WATER options are: (30-, 60-, or 90-minute) sessions DRYLAND sessions are (30- or 60-minute) sessions  (coach's discretion for completion of any session)				

