March 2025 Wednesday Sunday Monday Tuesday Thursday Friday Saturday Private dryland appts ~ 7-8 + 2-7p DRYLAND SLOTS SRDL 30 ~ 8-830, 9-930 SRDL 60 ~ 8-9. 830-930. 9-10 SRDL 90 ~ 8-930, 9-1030 SRDL 2hr ~ 8-10, 830-1030 WATER WITHOUT DRYLAND TODAY SROP 30 ~ 11-1130 (w/dry OR w/o dry) SROP 30 ~ 1130-12 (w/dry OR w/o dry) SROP 60 ~ 1030-1130 (w/o dry) SROP 90 ~ 1030-12 (w/o dry) SROP 2hr ~ 1030-1230 (w/o dry) WATER WITH DRYLAND TODAY SROP 60 ~ 11-12 (w/drv) SROP 60 ~ 1130-1230 (w/drv) SROP 90 ~ 11-1230 (w/drv) SROP 90 ~ 1130-1 (w/dry) SROP 2hr ~ 11-1 (w/dry) Private dryland appts ~ 12-4p Private dryland appts ~ 7-8 + 2-7p DRYLAND SLOTS DRYLAND SLOTS DRYLAND SLOTS DRYLAND SLOTS DRYLAND SLOTS DRYLAND SLOTS SRDL 30 ~ 4-430. 5-530. 530-6 SRDL 30 ~ 4-430. 5-530 SRDL 30 ~ 8-830. 9-930 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 60 ~ 4-5, 430-530 SRDL 60 ~ 8-9. 830-930. 9-10 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 90 ~ 4-530, 430-6 SRDL 90 ~ 8-930. 9-1030 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 2hr ~ 4-6, 430-630 SRDL 2hr ~ 4-6, 430-630 SRDL 2hr ~ 4-6, 430-630 SRDL 2hr ~ 4-6 SRDL 2hr ~ 8-10, 830-1030 SRDL 2hr ~ 4-6, 430-630 WATER W/O DRYLAND TODAY WATER WITHOUT DRYLAND TODAY SROP 30 ~ 7-730 (w/o dry) SROP 30 ~ 11-1130 (w/dry OR w/o dry) SROP 60 ~ 630-730 (w/o drv) SROP 30 ~ 1130-12 (w/dry OR w/o dry) SROP 90 ~ 630-8 (w/o dry) SROP 60 ~ 1030-1130 (w/o dry) SROP 90 ~ 1030-12 (w/o dry) WATER WITH DRYLAND TODAY SROP 2hr ~ 1030-1230 (w/o dry) SROP 30 ~ 7-730 (w/dry) WATER WITH DRYLAND TODAY SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry) SROP 60 ~ 11-12 (w/dry) SROP 60 ~ 1130-1230 (w/dry) SROP 90 ~ 11-1230 (w/drv) SROP 90 ~ 1130-1 (w/drv) SROP 2hr ~ 11-1 (w/dry) Write any questions and/or notes you have here: PAGE 10f3 ~ 01-08mar **MARCH 2025** Levels, Calendar Notes: **SLOT NOTES & EXPLANATIONS ~** "TRY-IT-OUT" (TIO) DIVER'S NAME: **PROGRAM OFFERING** ALL DIVERS ~ each practice "LEVEL (1-15) has specific timeslot For pool slots ~ SROP/DVHS limitations. Please CIRCLE ONLY WHOLE SESSIONS as listed that PROG LEVEL (circle one): corespond to your Level. You may not write-in your own session 1, 2, 4, 6, 8, 10, 12, 15 times or request more time than allotted. Levels ARE NOT teams. Try-it-Out (TIO) Inclusive Sessions ~ 1) w/ OR w/o "dryland" ~ If you were at dryland (dry) M1, M2, M3, M4, M5, M6 Total of 3 sessions (2-water + 1-dryland) that day, then you MAY attend the "with" (w/) or TEAM DIVERS ~ each team (Dev1-3, Region, Zone, National, S&E, and Taken in order as: Water-Dryland-Water "without" (w/o) water (wet) sessions Masters) have specific/prescribed session configurations for length INCLUDED HOURS/WEEK: of session(s) per slot/week. When submitting your calendar requests, ONLY CIRCLE whole sessions that are equal to your WATER options are: (30-, 60-, or 90-minute) sessions 2) If you did NOT attend dryland that day AND you "ExtraHours" (if any): \_ program listing. Please review the right-hand column on the Fees tab DRYLAND sessions are (30- or 60-minute) sessions want to attend water that day, you MUST attend DIVER'S TEAM (if any, circle): If you are not sure what your program includes: sessions marked (w/o). DT, RT, ZT, NT, S&E, M Please email us:admin@CALdiving.org (coach's discretion for completion of any session)

March 2025										
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday				
9	10	11	12	13	14	15				
	Private dryland appts ~ 12-4p	Private dryland appts ~ 12-4p	Private dryland appts ~ 7-8 + 2-7p							
	PDW AND OLOTO	DDW AND OLOTO	DDW AND OLOTO	DRW AND OLOTO	DRVI AND OLOTO	PRIVI AND OLOTO				
	DRYLAND SLOTS	DRYLAND SLOTS	DRYLAND SLOTS	DRYLAND SLOTS	DRYLAND SLOTS SRDL 30 ~ 4-430. 5-530	DRYLAND SLOTS SRDL 30 ~ 8-830. 9-930				
	SRDL 30 ~ 4-430, 5-530, 530-6 SRDL 60 ~ 4-5, 430-530, 5-6	SRDL 30 ~ 4-430, 5-530, 530-6 SRDL 60 ~ 4-5, 430-530, 5-6	SRDL 30 ~ 4-430, 5-530, 530-6 SRDL 60 ~ 4-5, 430-530, 5-6	SRDL 30 ~ 4-430, 5-530, 530-6 SRDL 60 ~ 4-5, 430-530, 5-6	SRDL 30 ~ 4-430, 5-530 SRDL 60 ~ 4-5, 430-530	SRDL 30 ~ 8-830, 9-930 SRDL 60 ~ 8-9, 830-930, 9-10				
		SRDL 90 ~ 4-530, 430-6, 5-630	SRDL 90 ~ 4-530, 430-6, 5-630	SRDL 90 ~ 4-530, 430-6, 5-630	SRDL 90 ~ 4-530, 430-6	SRDL 90 ~ 8-930, 9-1030				
	SRDL 2hr ~ 4-6, 430-630	SRDL 2hr ~ 4-6	SRDL 2hr ~ 8-10, 830-1030							
	·	ŕ	· ·	·						
	WATER W/O DRYLAND TODAY									
	SROP 30 ~ 7-730 (w/o dry)	SROP 30 ~ 7-730 (w/o dry)	SROP 30 ~ 11-1130 (w/dry OR w/o dry)							
	SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry)	SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry)	SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry)	SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry)	SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry)	SROP 30 ~ 1130-12 (w/dry OR w/o dry) SROP 60 ~ 1030-1130 (w/o dry)				
	SROP 90 ~ 030-0 (w/o diy)	SKUP 90 ~ 030-0 (w/o di y/	SKOP 90 ~ 030-0 (W/O di y)	SKOF 90 ~ 030-0 (W/O di y)	SKUF 90 ~ 030-0 (W/O GI ),	SROP 90 ~ 1030-1130 (w/o dry)				
ıl Y	WATER WITH DRYLAND TODAY	WATER WITH DRYLAND TODAY								
	SROP 30 ~ 7-730 (w/dry)	SROP 30 ~ 7-730 (w/dry)	` "							
	SROP 60 ~ 7-8 (w/dry)		SROP 60 ~ 7-8 (w/dry)	SROP 60 ~ 7-8 (w/dry)	SROP 60 ~ 7-8 (w/dry)	WATER WITH DRYLAND TODAY				
ı	SROP 90 ~ 7-830 (w/dry)	SROP 90 ~ 7-830 (w/dry)	SROP 60 ~ 11-12 (w/dry)							
ı						SROP 60 ~ 1130-1230 (w/dry)				
ı						SROP 90 ~ 11-1230 (w/dry) SROP 90 ~ 1130-1 (w/dry)				
ı						SROP 90 ~ 1130-1 (w/dry) SROP 2hr ~ 11-1 (w/dry)				
ı	1					SKOF ZIII ~ 11-1 (w/diy)				
16 MIWOK TOWER time 130-4	17	18	19	20	21	22				
	Private dryland appts ~ 12-4p	Private dryland appts ~ 12-4p	Private dryland appts ~ 7-8 + 2-7p							
CIRCLE THIS SESSION	DOVI AND SLOTS	DOW AND SLOTS	DOVI AND SLOTS	DOVI AND SLOTS	DOVI AND SLOTS	PRVI AND CLOTE				
AND Send a text to Coach Eric	DRYLAND SLOTS SRDL 30 ~ 4-430, 5-530, 530-6	DRYLAND SLOTS SRDL 30 ~ 4-430, 5-530	DRYLAND SLOTS SRDL 30 ~ 8-830, 9-930							
	SRDL 60 ~ 4-5, 430-530, 5-6	SRDL 60 ~ 4-5, 430-530, 5-6	SRDL 50 ~ 4-430, 5-530, 530-6 SRDL 60 ~ 4-5, 430-530, 5-6	SRDL 30 ~ 4-430, 3-330, 330-6 SRDL 60 ~ 4-5, 430-530, 5-6	SRDL 50 ~ 4-450, 5-550 SRDL 60 ~ 4-5, 430-530	SRDL 60 ~ 8-9, 830-930, 9-10				
		SRDL 90 ~ 4-530, 430-6, 5-630	SRDL 90 ~ 4-530, 430-6, 5-630	SRDL 90 ~ 4-530, 430-6, 5-630	SRDL 90 ~ 4-530, 430-6	SRDL 90 ~ 8-930, 9-1030				
	SRDL 2hr ~ 4-6, 430-630	SRDL 2hr ~ 4-6	SRDL 2hr ~ 8-10, 830-1030							
If you have not been to a Tower	4									
accoion you should reach out to	WATER W/O DRYLAND TODAY	WATER W/O DRYLAND TODAY	WATER W/O DRYLAND TODAY							
Coach Eric (925-586-0169) via text	SROP 30 ~ 7-730 (w/o dry) SROP 60 ~ 630-730 (w/o dry)	SROP 30 ~ 7-730 (w/o dry) SROP 60 ~ 630-730 (w/o dry)	SROP 30 ~ 7-730 (w/o dry) SROP 60 ~ 630-730 (w/o dry)	SROP 30 ~ 7-730 (w/o dry) SROP 60 ~ 630-730 (w/o dry)	SROP 30 ~ 7-730 (w/o dry) SROP 60 ~ 630-730 (w/o dry)	SROP 30 ~ 11-1130 (w/dry OR w/o dry) SROP 30 ~ 1130-12 (w/dry OR w/o dry)				
to discuss what a Tower session		SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry)	SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry)	SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry)	SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry)	SROP 30 ~ 1130-12 (w/dry OR w/o dry) SROP 60 ~ 1030-1130 (w/o dry)				
involves and if it might be good for	SKOF 90 ~ 030-0 (m/5 ary,	SKOF 30 ~ 000-0 (m/o al.y)	SKOF 30 ~ 000-0 (11/0 di.y)	SKOF 30 ~ 030-0 (11/0 41.)	SKOF 90 - 000-0 (11/0 41.),	SROP 90 ~ 1030-1130 (w/o dry)				
you or your diver.	WATER WITH DRYLAND TODAY			WATER WITH DRYLAND TODAY		` ,				
	SROP 30 ~ 7-730 (w/dry)	SROP 30 ~ 7-730 (w/dry)								
		SROP 60 ~ 7-8 (w/dry)	SROP 60 ~ 7-8 (w/dry)	SROP 60 ~ 7-8 (w/dry)	SROP 60 ~ 7-8 (w/dry)	WATER WITH DRYLAND TODAY				
ıl l	SROP 90 ~ 7-830 (w/dry)	SROP 90 ~ 7-830 (w/dry)	SROP 60 ~ 11-12 (w/dry)							
						SROP 60 ~ 1130-1230 (w/dry) SROP 90 ~ 11-1230 (w/dry)				
						SROP 90 ~ 11-1230 (w/dry) SROP 90 ~ 1130-1 (w/dry)				
	1					SROP 2hr ~ 11-1 (w/dry)				
1						one. 2				
DAGE 6-	<b>60 00 00</b>	Write any questions and/or n	Vrite any questions and/or notes you have here:							
PAGE 20'	f3 ~ 09-22mar									
MARCH 2025										
MAKON 2020										
1		DI OT NOTES A EVEN ANATIONS								

**SLOT NOTES & EXPLANATIONS ~** 

For pool slots ~ SROP/DVHS

1) w/ OR w/o "dryland" ~ If you were at dryland (dry)

that day, then you MAY attend the "with" (w/) or

"without" (w/o) water (wet) sessions

2) If you did NOT attend dryland that day AND you

want to attend water that day, you MUST attend

sessions marked (w/o).

"TRY-IT-OUT" (TIO)

**PROGRAM OFFERING** 

Try-it-Out (TIO) Inclusive Sessions ~

Total of 3 sessions (2-water + 1-dryland)

Taken in order as: Water-Dryland-Water

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

DRYLAND sessions are (30- or 60-minute) sessions

(coach's discretion for completion of any session)

Levels, Calendar Notes:

If you are not sure what your program includes:

of our website.

ALL DIVERS ~ each practice "LEVEL (1-15) has specific timeslot

corespond to your Level. You may not write-in your own session

times or request more time than allotted. Levels ARE NOT teams.

TEAM DIVERS ~ each team (Dev1-3, Region, Zone, National, S&E, and

program listing. Please review the right-hand column on the Fees tab

Please email us:admin@CALdiving.org

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

limitations. Please CIRCLE ONLY WHOLE SESSIONS as listed that

**DIVER'S NAME:** 

PROG LEVEL (circle one):

INCLUDED HOURS/WEEK:

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

DIVER'S TEAM (if any, circle):

DT, RT, ZT, NT, S&E, M

1, 2, 4, 6, 8, 10, 12, 15

M1, M2, M3, M4, M5, M6

March 2025										
Sunday  MIWOK TOWER time 130-4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday				
23 MIWOK TOWER time 130-4  CIRCLE THIS SESSION	Private dryland appts ~ 12-4p	Private dryland appts ~ 12-4p	Private dryland appts ~ 12-4p	Private dryland appts ~ 12-4p	Private dryland appts ~ 12-4p	Private dryland appts ~ 7-8 + 2-7p				
AND	DRYLAND SLOTS	DRYLAND SLOTS	DRYLAND SLOTS	DRYLAND SLOTS	DRYLAND SLOTS	DRYLAND SLOTS				
Send a text to Coach Eric (925-586-0169)	SRDL 30 ~ 4-430, 5-530, 530-6 SRDL 60 ~ 4-5, 430-530, 5-6	SRDL 30 ~ 4-430, 5-530, 530-6 SRDL 60 ~ 4-5, 430-530, 5-6	SRDL 30 ~ 4-430, 5-530, 530-6 SRDL 60 ~ 4-5, 430-530, 5-6	SRDL 30 ~ 4-430, 5-530, 530-6 SRDL 60 ~ 4-5, 430-530, 5-6	SRDL 30 ~ 4-430, 5-530 SRDL 60 ~ 4-5, 430-530	SRDL 30 ~ 8-830, 9-930 SRDL 60 ~ 8-9, 830-930, 9-10				
_ `	SRDL 90 ~ 4-530, 430-6, 5-630	SRDL 90 ~ 4-530, 430-6, 5-630	SRDL 90 ~ 4-530, 430-6, 5-630	SRDL 90 ~ 4-530, 430-6, 5-630	SRDL 90 ~ 4-530, 430-6	SRDL 90 ~ 8-930, 9-1030				
	SRDL 2hr ~ 4-6, 430-630	SRDL 2hr ~ 4-6, 430-630	SRDL 2hr ~ 4-6, 430-630	SRDL 2hr ~ 4-6, 430-630	SRDL 2hr ~ 4-6	SRDL 2hr ~ 8-10, 830-1030				
If you have not been to a Tower session, you should reach out to	WATER W/O DRYLAND TODAY	WATER W/O DRYLAND TODAY	WATER W/O DRYLAND TODAY	WATER W/O DRYLAND TODAY	WATER W/O DRYLAND TODAY	WATER WITHOUT DRYLAND TODAY				
Coach Eric (925-586-0169) via text	SROP 30 ~ 7-730 (w/o dry) SROP 60 ~ 630-730 (w/o dry)	SROP 30 ~ 7-730 (w/o dry) SROP 60 ~ 630-730 (w/o dry)	SROP 30 ~ 7-730 (w/o dry) SROP 60 ~ 630-730 (w/o dry)	SROP 30 ~ 7-730 (w/o dry) SROP 60 ~ 630-730 (w/o dry)	SROP 30 ~ 7-730 (w/o dry) SROP 60 ~ 630-730 (w/o dry)	SROP 30 ~ 11-1130 (w/dry OR w/o dry) SROP 30 ~ 1130-12 (w/dry OR w/o dry)				
to discuss what a Tower session involves and if it might be good for	SROP 90 ~ 630-8 (w/o dry)	SROP 90 ~ 630-8 (w/o dry)	SROP 90 ~ 630-8 (w/o dry)	SROP 90 ~ 630-8 (w/o dry)	SROP 90 ~ 630-8 (w/o dry)	SROP 60 ~ 1030-1130 (w/o dry)				
you or your diver.	WATER WITH DRYLAND TODAY	WATER WITH DRYLAND TODAY	WATER WITH DRVI AND TORAY	WATER WITH DRYLAND TODAY	WATER WITH DRVI AND TODAY	SROP 90 ~ 1030-12 (w/o dry)				
, ,	SROP 30 ~ 7-730 (w/dry)	SROP 30 ~ 7-730 (w/dry)	WATER WITH DRYLAND TODAY SROP 30 ~ 7-730 (w/dry)	SROP 30 ~ 7-730 (w/dry)	WATER WITH DRYLAND TODAY SROP 30 ~ 7-730 (w/dry)	SROP 2hr ~ 1030-1230 (w/o dry)				
	SROP 60 ~ 7-8 (w/dry)	SROP 60 ~ 7-8 (w/dry)	SROP 60 ~ 7-8 (w/dry)	SROP 60 ~ 7-8 (w/dry)	SROP 60 ~ 7-8 (w/dry)	WATER WITH DRYLAND TODAY				
	SROP 90 ~ 7-830 (w/dry)	SROP 90 ~ 7-830 (w/dry)	SROP 90 ~ 7-830 (w/dry)	SROP 90 ~ 7-830 (w/dry)	SROP 90 ~ 7-830 (w/dry)	SROP 60 ~ 11-12 (w/dry)				
						SROP 60 ~ 1130-1230 (w/dry) SROP 90 ~ 11-1230 (w/dry)				
						SROP 90 ~ 1130-1 (w/dry)				
						SROP 2hr ~ 11-1 (w/dry)				
30 MIWOK TOWER time 130-4	31	Notes:								
	Private dryland appts ~ 12-4p									
CIRCLE THIS SESSION AND	DRYLAND SLOTS									
Send a text to Coach Eric	SRDL 30 ~ 4-430, 5-530, 530-6									
	SRDL 60 ~ 4-5, 430-530, 5-6									
	SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 2hr ~ 4-6, 430-630									
	3KDL 2III ~ 4-0, 430-030									
If you have not been to a Tower session, you should reach out to	WATER W/O DRYLAND TODAY									
Coach Eric (925-586-0169) via text	SROP 30 ~ 7-730 (w/o dry) SROP 60 ~ 630-730 (w/o dry)									
to discuss what a Tower session	SROP 90 ~ 630-730 (w/o dry)									
involves and if it might be good for you or your diver.										
, ca or , car amon	WATER WITH DRYLAND TODAY SROP 30 ~ 7-730 (w/dry)									
	SROP 60 ~ 7-8 (w/dry)									
	SROP 90 ~ 7-830 (w/dry)									
DAGE 20	f3 ~ 23-30mar	Write any questions and/or n	otes you have here:							
MAR	CH 2025									
	Levels, Calendar	Notes:	SLOT NOTES &	EXPLANATIONS ~	"TDV IT	-OUT" (TIO)				
DIVERIO NAME.	Levels, Calcilual	110163.	SLOT NOTES & I	LAI LANA HUNG "		-OUT" (TIO)				
DIVER'S NAME:	ALL DIVERS ~ each practice "LEVEL (1-15) has specific timeslot				PROGRAM OFFERING					
limitations. Please CIRCLE ONLY WHOLE SESSIONS as listed that			For pool slots ~ SROP/DVHS							
PROG LEVEL (circle one): 1, 2, 4, 6, 8, 10, 12, 15  corespond to your Level. You may not write-in your own times or request more time than allotted. Levels ARE NOT			4) w/ OB w/o liderdondli. If we were at deal and the		Try-it-Out (TIO) Inclusive Sessions ~					
M1, M2, M3, M4, M5, M6	·		1) w/ OR w/o "dryland" ~ If you were at dryland (dry)		Try-it-Out (110) inclusive Sessions ~  Total of 3 sessions (2-water + 1-dryland)					
	TEAM DIVERS ~ each team (Dev1-3 Masters) have specific/prescribed	Region, Zone, National, S&E, and	that day, then you MAY attend the "with" (w/) or "without" (w/o) water (wet) sessions		Taken in order as: Water-Dryland-Water					
INCLUDED HOURS/WEEK:	of session(s) per slot/week. When		without (w/o) wa	without (w/o) water (wet) sessions		Tallor III order der Taller Dijiana Taller				
"ExtraHours" (if any):	requests, ONLY CIRCLE whole ses	sions that are equal to your	2) If you did NOT attend dryland that day AND you want to attend water that day, you MUST attend		WATER options are: (30-, 60-, or 90-minute) sessions					
	program listing. Please review the of our website.	right-hand column on the Fees tab			DRYLAND sessions are (30- or 60-minute) sessions					
DIVER'S TEAM (if any, circle):	If you are not sure what your program includes: Please email us:admin@CALdiving.org		sessions marked (w/o).							
DT, RT, ZT, NT, S&E, M	Please email us:admir	I@CALdiving.org		, ,	(coach's discretion for	r completion of any session)				

**SLOT NOTES & EXPLANATIONS ~** 

For pool slots ~ SROP/DVHS

1) w/ OR w/o "dryland" ~ If you were at dryland (dry)

that day, then you MAY attend the "with" (w/) or

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2) If you did NOT attend dryland that day AND you

want to attend water that day, you MUST attend

sessions marked (w/o).

"TRY-IT-OUT" (TIO)

PROGRAM OFFERING

Try-it-Out (TIO) Inclusive Sessions ~

Total of 3 sessions (2-water + 1-dryland)

Taken in order as: Water-Dryland-Water

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

DRYLAND sessions are (30- or 60-minute) sessions

(coach's discretion for completion of any session)

Levels. Calendar Notes:

If you are not sure what your program includes:

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ALL DIVERS ~ each practice "LEVEL (1-15) has specific timeslot

corespond to your Level. You may not write-in your own session

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program listing. Please review the right-hand column on the Fees tab

Please email us:admin@CALdiving.org

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

limitations. Please CIRCLE ONLY WHOLE SESSIONS as listed that

**DIVER'S NAME** 

PROG LEVEL (circle one):

INCLUDED HOURS/WEEK

"ExtraHours" (if any):

DIVER'S TEAM (if any, circle):

DT. RT. ZT. NT. S&E. M

1, 2, 4, 6, 8, 10, 12, 15

M1, M2, M3, M4, M5, M6

Wednesday Friday Saturday Sunday Monday Tuesday **Thursday** MIWOK TOWER time 130-4 Private dryland appts ~ 12-4p Private dryland appts ~ 7-8 + 2-7p **CIRCLE THIS SESSION DRYLAND SLOTS** DRYLAND SLOTS DRYLAND SLOTS DRYLAND SLOTS DRYLAND SLOTS DRYLAND SLOTS AND Send a text to Coach Eric SRDL 30 ~ 4-430, 5-530, 530-6 SRDL 30 ~ 4-430. 5-530 SRDL 30 ~ 8-830, 9-930 (925-586-0169) SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 60 ~ 4-5, 430-530 SRDL 60 ~ 8-9. 830-930. 9-10 Fees \$30 per diver SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 90 ~ 4-530, 430-6 SRDL 90 ~ 8-930, 9-1030 SRDL 2hr ~ 8-10. 830-1030 SRDL 2hr ~ 4-6, 430-630 SRDL 2hr ~ 4-6 If you have not been to a Tower WATER W/O DRYLAND TODAY WATER WITHOUT DRYLAND TODAY session, you should reach out to SROP 30 ~ 7-730 (w/o dry) SROP 30 ~ 11-1130 (w/dry OR w/o dry) Coach Eric (925-586-0169) via text SROP 60 ~ 630-730 (w/o drv) SROP 30 ~ 1130-12 (w/dry OR w/o dry) to discuss what a Tower session SROP 60 ~ 1030-1130 (w/o dry) SROP 90 ~ 630-8 (w/o dry) involves and if it might be good for SROP 90 ~ 1030-12 (w/o dry) you or your diver. WATER WITH DRYLAND TODAY WATER WITH DRYLAND TODAY WATER WITH DRYLAND TODAY WATER WITH DRYLAND TODAY WATER WITH DRYLAND TODA SROP 2hr ~ 1030-1230 (w/o dry) SROP 30 ~ 7-730 (w/dry) SROP 60 ~ 7-8 (w/dry) SROP 60 ~ 7-8 (w/dry) SROP 60 ~ 7-8 (w/dry) WATER WITH DRYLAND TODAY SROP 60 ~ 7-8 (w/dry) SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry) SROP 60 ~ 11-12 (w/dry) SROP 90 ~ 7-830 (w/dry) SROP 60 ~ 1130-1230 (w/drv) SROP 90 ~ 11-1230 (w/dry) SROP 90 ~ 1130-1 (w/dry) SROP 2hr ~ 11-1 (w/drv) MIWOK TOWER time 130-4 Private dryland appts ~ 12-4p Private dryland appts ~ 7-8 + 2-7p **CIRCLE THIS SESSION DRYLAND SLOTS** DRYLAND SLOTS DRYLAND SLOTS DRYLAND SLOTS DRYLAND SLOTS DRYLAND SLOTS AND SRDL 30 ~ 8-830, 9-930 Send a text to Coach Eric SRDL 30 ~ 4-430, 5-530, 530-6 SRDL 30 ~ 4-430. 5-530 (925-586-0169) SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 60 ~ 4-5, 430-530. 5-6 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 60 ~ 4-5, 430-530 SRDL 60 ~ 8-9, 830-930, 9-10 Fees \$30 per diver SRDL 90 ~ 4-530. 430-6. 5-630 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 90 ~ 4-530. 430-6. 5-630 SRDL 90 ~ 4-530. 430-6. 5-630 SRDL 90 ~ 4-530. 430-6 SRDL 90 ~ 8-930, 9-1030 SRDL 2hr ~ 4-6. 430-630 SRDL 2hr ~ 4-6 SRDL 2hr ~ 8-10, 830-1030 If you have not been to a Tower WATER W/O DRYLAND TODAY WATER W/O DRYLAND TODAY WATER W/O DRYLAND TODAY **WATER W/O DRYLAND TODAY** WATER W/O DRYLAND TODAY WATER WITHOUT DRYLAND TODAY session, you should reach out to SROP 30 ~ 7-730 (w/o dry) SROP 30 ~ 7-730 (w/o dry) SROP 30 ~ 11-1130 (w/dry OR w/o dry) SROP 30 ~ 7-730 (w/o dry) SROP 30 ~ 7-730 (w/o dry) SROP 30 ~ 7-730 (w/o dry) Coach Eric (925-586-0169) via text SROP 60 ~ 630-730 (w/o dry) SROP 60 ~ 630-730 (w/o dry) SROP 60 ~ 630-730 (w/o dry) SROP 30 ~ 1130-12 (w/dry OR w/o dry) SROP 60 ~ 630-730 (w/o dry) SROP 60 ~ 630-730 (w/o dry) to discuss what a Tower session SROP 90 ~ 630-8 (w/o dry) SROP 90 ~ 630-8 (w/o drv) SROP 60 ~ 1030-1130 (w/o dry) involves and if it might be good for SROP 90 ~ 1030-12 (w/o dry) you or your diver. WATER WITH DRYLAND TODAY SROP 2hr ~ 1030-1230 (w/o drv) SROP 30 ~ 7-730 (w/dry) WATER WITH DRYLAND TODAY SROP 60 ~ 7-8 (w/dry) This is Mother's Day...If we SROP 90 ~ 7-830 (w/dry) SROP 60 ~ 11-12 (w/dry) SROP 90 ~ 7-830 (w/dry) do not get enough SROP 60 ~ 1130-1230 (w/dry) participants, we will cancel SROP 90 ~ 11-1230 (w/dry) this session. SROP 90 ~ 1130-1 (w/dry) SROP 2hr ~ 11-1 (w/dry) Write any questions and/or notes you have here: PAGE 2of3 ~ 13-26apr **APRIL 2025** 

**SLOT NOTES & EXPLANATIONS ~** 

For pool slots ~ SROP/DVHS

1) w/ OR w/o "dryland" ~ If you were at dryland (dry)

that day, then you MAY attend the "with" (w/) or

"without" (w/o) water (wet) sessions

2) If you did NOT attend dryland that day AND you

want to attend water that day, you MUST attend

sessions marked (w/o).

"TRY-IT-OUT" (TIO)

**PROGRAM OFFERING** 

Try-it-Out (TIO) Inclusive Sessions ~

Total of 3 sessions (2-water + 1-dryland)

Taken in order as: Water-Dryland-Water

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

DRYLAND sessions are (30- or 60-minute) sessions

(coach's discretion for completion of any session)

Levels, Calendar Notes:

If you are not sure what your program includes:

of our website.

ALL DIVERS ~ each practice "LEVEL (1-15) has specific timeslot

corespond to your Level. You may not write-in your own session

times or request more time than allotted. Levels ARE NOT teams.

TEAM DIVERS ~ each team (Dev1-3, Region, Zone, National, S&E, and

program listing. Please review the right-hand column on the Fees tab

Please email us:admin@CALdiving.org

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

limitations. Please CIRCLE ONLY WHOLE SESSIONS as listed that

**DIVER'S NAME:** 

PROG LEVEL (circle one):

INCLUDED HOURS/WEEK:

"ExtraHours" (if any):

DIVER'S TEAM (if any, circle):

DT, RT, ZT, NT, S&E, M

1, 2, 4, 6, 8, 10, 12, 15

M1, M2, M3, M4, M5, M6

April 2025

