

March 2025						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<div>1</div> <div>Private dryland appts ~ 7-8 + 2-7p</div> <div>DRYLAND SLOTS</div> <div>SRDL 30 ~ 8-830, 9-930</div> <div>SRDL 60 ~ 8-9, 830-930, 9-10</div> <div>SRDL 90 ~ 8-930, 9-1030</div> <div>SRDL 2hr ~ 8-10, 830-1030</div> <div>WATER WITHOUT DRYLAND TODAY</div> <div>SROP 30 ~ 11-1130 (w/dry OR w/o dry)</div> <div>SROP 30 ~ 1130-12 (w/dry OR w/o dry)</div> <div>SROP 60 ~ 1030-1130 (w/o dry)</div> <div>SROP 90 ~ 1030-12 (w/o dry)</div> <div>SROP 2hr ~ 1030-1230 (w/o dry)</div> <div>WATER WITH DRYLAND TODAY</div> <div>SROP 60 ~ 11-12 (w/dry)</div> <div>SROP 60 ~ 1130-1230 (w/dry)</div> <div>SROP 90 ~ 11-1230 (w/dry)</div> <div>SROP 90 ~ 1130-1 (w/dry)</div> <div>SROP 2hr ~ 11-1 (w/dry)</div>
2	<div>3</div> <div>Private dryland appts ~ 12-4p</div> <div>DRYLAND SLOTS</div> <div>SRDL 30 ~ 4-430, 5-530, 530-6</div> <div>SRDL 60 ~ 4-5, 430-530, 5-6</div> <div>SRDL 90 ~ 4-530, 430-6, 5-630</div> <div>SRDL 2hr ~ 4-6, 430-630</div> <div>WATER W/O DRYLAND TODAY</div> <div>SROP 30 ~ 7-730 (w/o dry)</div> <div>SROP 60 ~ 630-730 (w/o dry)</div> <div>SROP 90 ~ 630-8 (w/o dry)</div> <div>WATER WITH DRYLAND TODAY</div> <div>SROP 30 ~ 7-730 (w/dry)</div> <div>SROP 60 ~ 7-8 (w/dry)</div> <div>SROP 90 ~ 7-830 (w/dry)</div>	<div>4</div> <div>Private dryland appts ~ 12-4p</div> <div>DRYLAND SLOTS</div> <div>SRDL 30 ~ 4-430, 5-530, 530-6</div> <div>SRDL 60 ~ 4-5, 430-530, 5-6</div> <div>SRDL 90 ~ 4-530, 430-6, 5-630</div> <div>SRDL 2hr ~ 4-6, 430-630</div> <div>WATER W/O DRYLAND TODAY</div> <div>SROP 30 ~ 7-730 (w/o dry)</div> <div>SROP 60 ~ 630-730 (w/o dry)</div> <div>SROP 90 ~ 630-8 (w/o dry)</div> <div>WATER WITH DRYLAND TODAY</div> <div>SROP 30 ~ 7-730 (w/dry)</div> <div>SROP 60 ~ 7-8 (w/dry)</div> <div>SROP 90 ~ 7-830 (w/dry)</div>	<div>5</div> <div>Private dryland appts ~ 12-4p</div> <div>DRYLAND SLOTS</div> <div>SRDL 30 ~ 4-430, 5-530, 530-6</div> <div>SRDL 60 ~ 4-5, 430-530, 5-6</div> <div>SRDL 90 ~ 4-530, 430-6, 5-630</div> <div>SRDL 2hr ~ 4-6, 430-630</div> <div>WATER W/O DRYLAND TODAY</div> <div>SROP 30 ~ 7-730 (w/o dry)</div> <div>SROP 60 ~ 630-730 (w/o dry)</div> <div>SROP 90 ~ 630-8 (w/o dry)</div> <div>WATER WITH DRYLAND TODAY</div> <div>SROP 30 ~ 7-730 (w/dry)</div> <div>SROP 60 ~ 7-8 (w/dry)</div> <div>SROP 90 ~ 7-830 (w/dry)</div>	<div>6</div> <div>Private dryland appts ~ 12-4p</div> <div>DRYLAND SLOTS</div> <div>SRDL 30 ~ 4-430, 5-530, 530-6</div> <div>SRDL 60 ~ 4-5, 430-530, 5-6</div> <div>SRDL 90 ~ 4-530, 430-6, 5-630</div> <div>SRDL 2hr ~ 4-6, 430-630</div> <div>WATER W/O DRYLAND TODAY</div> <div>SROP 30 ~ 7-730 (w/o dry)</div> <div>SROP 60 ~ 630-730 (w/o dry)</div> <div>SROP 90 ~ 630-8 (w/o dry)</div> <div>WATER WITH DRYLAND TODAY</div> <div>SROP 30 ~ 7-730 (w/dry)</div> <div>SROP 60 ~ 7-8 (w/dry)</div> <div>SROP 90 ~ 7-830 (w/dry)</div>	<div>7</div> <div>Private dryland appts ~ 12-4p</div> <div>DRYLAND SLOTS</div> <div>SRDL 30 ~ 4-430, 5-530</div> <div>SRDL 60 ~ 4-5, 430-530</div> <div>SRDL 90 ~ 4-530, 430-6</div> <div>SRDL 2hr ~ 4-6</div> <div>WATER W/O DRYLAND TODAY</div> <div>SROP 30 ~ 7-730 (w/o dry)</div> <div>SROP 60 ~ 630-730 (w/o dry)</div> <div>SROP 90 ~ 630-8 (w/o dry)</div> <div>WATER WITH DRYLAND TODAY</div> <div>SROP 30 ~ 7-730 (w/dry)</div> <div>SROP 60 ~ 7-8 (w/dry)</div> <div>SROP 90 ~ 7-830 (w/dry)</div>	<div>8</div> <div>Private dryland appts ~ 7-8 + 2-7p</div> <div>DRYLAND SLOTS</div> <div>SRDL 30 ~ 8-830, 9-930</div> <div>SRDL 60 ~ 8-9, 830-930, 9-10</div> <div>SRDL 90 ~ 8-930, 9-1030</div> <div>SRDL 2hr ~ 8-10, 830-1030</div> <div>WATER WITHOUT DRYLAND TODAY</div> <div>SROP 30 ~ 11-1130 (w/dry OR w/o dry)</div> <div>SROP 30 ~ 1130-12 (w/dry OR w/o dry)</div> <div>SROP 60 ~ 1030-1130 (w/o dry)</div> <div>SROP 90 ~ 1030-12 (w/o dry)</div> <div>SROP 2hr ~ 1030-1230 (w/o dry)</div> <div>WATER WITH DRYLAND TODAY</div> <div>SROP 60 ~ 11-12 (w/dry)</div> <div>SROP 60 ~ 1130-1230 (w/dry)</div> <div>SROP 90 ~ 11-1230 (w/dry)</div> <div>SROP 90 ~ 1130-1 (w/dry)</div> <div>SROP 2hr ~ 11-1 (w/dry)</div>

<div>DIVER'S NAME:</div> <div>PROG LEVEL (circle one): 1, 2, 4, 6, 8, 10, 12, 15 M1, M2, M3, M4, M5, M6</div> <div>INCLUDED HOURS/WEEK: _____</div> <div>"ExtraHours" (if any): _____</div> <div>DIVER'S TEAM (if any, circle): DT, RT, ZT, NT, S&E, M</div>	<div>Levels, Calendar Notes:</div> <div> ALL DIVERS ~ each practice "LEVEL (1-15) has specific timeslot limitations. Please CIRCLE ONLY WHOLE SESSIONS as listed that correspond to your Level. You may not write-in your own session times or request more time than allotted. Levels ARE NOT teams. </div> <div> 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. </div> <div> If you are not sure what your program includes: Please email us:admin@CALdiving.org </div>	<div>SLOT NOTES & EXPLANATIONS ~</div> <div>For pool slots ~ SROP/DVHS</div> <div> 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 </div> <div> 2) If you did NOT attend dryland that day AND you want to attend water that day, you MUST attend sessions marked (w/o). </div>	<div>"TRY-IT-OUT" (TIO) PROGRAM OFFERING</div> <div> Try-it-Out (TIO) Inclusive Sessions ~ Total of 3 sessions (2-water + 1-dryland) Taken in order as: Water-Dryland-Water </div> <div> 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) </div>
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March 2025						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9	10 Private dryland appts ~ 12-4p	11 Private dryland appts ~ 12-4p	12 Private dryland appts ~ 12-4p	13 Private dryland appts ~ 12-4p	14 Private dryland appts ~ 12-4p	15 Private dryland appts ~ 7-8 + 2-7p
	DRYLAND SLOTS 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	DRYLAND SLOTS 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	DRYLAND SLOTS 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	DRYLAND SLOTS 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	DRYLAND SLOTS SRDL 30 ~ 4-430, 5-530 SRDL 60 ~ 4-5, 430-530 SRDL 90 ~ 4-530, 430-6 SRDL 2hr ~ 4-6	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 W/O DRYLAND TODAY SROP 30 ~ 7-730 (w/o dry) SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry)	WATER W/O DRYLAND TODAY SROP 30 ~ 7-730 (w/o dry) SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry)	WATER W/O DRYLAND TODAY SROP 30 ~ 7-730 (w/o dry) SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry)	WATER W/O DRYLAND TODAY SROP 30 ~ 7-730 (w/o dry) SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry)	WATER W/O DRYLAND TODAY SROP 30 ~ 7-730 (w/o dry) SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry)	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 30 ~ 7-730 (w/dry) SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry)	WATER WITH DRYLAND TODAY SROP 30 ~ 7-730 (w/dry) SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry)	WATER WITH DRYLAND TODAY SROP 30 ~ 7-730 (w/dry) SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry)	WATER WITH DRYLAND TODAY SROP 30 ~ 7-730 (w/dry) SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry)	WATER WITH DRYLAND TODAY SROP 30 ~ 7-730 (w/dry) SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry)	WATER WITH DRYLAND TODAY 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)
16 MIWOK TOWER time 130-4	17 Private dryland appts ~ 12-4p	18 Private dryland appts ~ 12-4p	19 Private dryland appts ~ 12-4p	20 Private dryland appts ~ 12-4p	21 Private dryland appts ~ 12-4p	22 Private dryland appts ~ 7-8 + 2-7p
CIRCLE THIS SESSION AND Send a text to Coach Eric (925-586-0169) Fees \$30 per diver	DRYLAND SLOTS 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	DRYLAND SLOTS 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	DRYLAND SLOTS 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	DRYLAND SLOTS 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	DRYLAND SLOTS SRDL 30 ~ 4-430, 5-530 SRDL 60 ~ 4-5, 430-530 SRDL 90 ~ 4-530, 430-6 SRDL 2hr ~ 4-6	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
If you have not been to a Tower session, you should reach out to Coach Eric (925-586-0169) via text to discuss what a Tower session involves and if it might be good for you or your diver.	WATER W/O DRYLAND TODAY SROP 30 ~ 7-730 (w/o dry) SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry)	WATER W/O DRYLAND TODAY SROP 30 ~ 7-730 (w/o dry) SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry)	WATER W/O DRYLAND TODAY SROP 30 ~ 7-730 (w/o dry) SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry)	WATER W/O DRYLAND TODAY SROP 30 ~ 7-730 (w/o dry) SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry)	WATER W/O DRYLAND TODAY SROP 30 ~ 7-730 (w/o dry) SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry)	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 30 ~ 7-730 (w/dry) SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry)	WATER WITH DRYLAND TODAY SROP 30 ~ 7-730 (w/dry) SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry)	WATER WITH DRYLAND TODAY SROP 30 ~ 7-730 (w/dry) SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry)	WATER WITH DRYLAND TODAY SROP 30 ~ 7-730 (w/dry) SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry)	WATER WITH DRYLAND TODAY SROP 30 ~ 7-730 (w/dry) SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry)	WATER WITH DRYLAND TODAY 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)

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MARCH 2025

Write any questions and/or notes you have here:

Levels, Calendar Notes:

DIVER'S NAME:

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

INCLUDED HOURS/WEEK: _____

"ExtraHours" (if any): _____

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

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

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

If you are not sure what your program includes:
Please email us: admin@CALdiving.org

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)

March 2025						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23 MIWOK TOWER time 130-4	24 Private dryland appts ~ 12-4p	25 Private dryland appts ~ 12-4p	26 Private dryland appts ~ 12-4p	27 Private dryland appts ~ 12-4p	28 Private dryland appts ~ 12-4p	29 Private dryland appts ~ 7-8 + 2-7p
CIRCLE THIS SESSION AND Send a text to Coach Eric (925-586-0169) Fees \$30 per diver	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, 530-6	SRDL 30 ~ 4-430, 5-530, 530-6	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, 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
	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
If you have not been to a Tower session, you should reach out to Coach Eric (925-586-0169) via text to discuss what a Tower session involves and if it might be good for you or your diver.	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
	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
	SROP 30 ~ 7-730 (w/o dry)	SROP 30 ~ 7-730 (w/o dry)	SROP 30 ~ 7-730 (w/o dry)	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 60 ~ 630-730 (w/o dry)	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 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)
	WATER WITH DRYLAND TODAY	WATER WITH DRYLAND TODAY	WATER WITH DRYLAND TODAY	WATER WITH DRYLAND TODAY	WATER WITH DRYLAND TODAY	SROP 90 ~ 1030-12 (w/o dry)
	SROP 30 ~ 7-730 (w/dry)	SROP 30 ~ 7-730 (w/dry)	SROP 30 ~ 7-730 (w/dry)	SROP 30 ~ 7-730 (w/dry)	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)

April 2025						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Private dryland appts ~ 12-4p	2 Private dryland appts ~ 12-4p	3 Private dryland appts ~ 12-4p	4 AAU RWB, Red North Qualifier, Tualatin	5 AAU RWB, Red North Qualifier, Tualatin
		DRYLAND SLOTS 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	DRYLAND SLOTS 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	DRYLAND SLOTS 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	DRYLAND SLOTS 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	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 W/O DRYLAND TODAY SROP 30 ~ 7-730 (w/o dry) SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry)	WATER W/O DRYLAND TODAY SROP 30 ~ 7-730 (w/o dry) SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry)	WATER W/O DRYLAND TODAY SROP 30 ~ 7-730 (w/o dry) SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry)	WATER W/O DRYLAND TODAY SROP 30 ~ 7-730 (w/o dry) SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry)	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 30 ~ 7-730 (w/dry) SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry)	WATER WITH DRYLAND TODAY SROP 30 ~ 7-730 (w/dry) SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry)	WATER WITH DRYLAND TODAY SROP 30 ~ 7-730 (w/dry) SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry)	WATER WITH DRYLAND TODAY SROP 30 ~ 7-730 (w/dry) SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry)	WATER WITH DRYLAND TODAY 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)
6 AAU RWB, Red North Qualifier, Tualatin	7 SRVUSD Spring Break Private dryland appts ~ 12-4p	8 SRVUSD Spring Break Private dryland appts ~ 12-4p	9 SRVUSD Spring Break Private dryland appts ~ 12-4p	10 SRVUSD Spring Break Private dryland appts ~ 12-4p	11 SRVUSD Spring Break Private dryland appts ~ 12-4p	12 Private dryland appts ~ 7-8 + 2-7p
		DRYLAND SLOTS 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	DRYLAND SLOTS 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	DRYLAND SLOTS 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	DRYLAND SLOTS 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	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 W/O DRYLAND TODAY SROP 30 ~ 7-730 (w/o dry) SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry)	WATER W/O DRYLAND TODAY SROP 30 ~ 7-730 (w/o dry) SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry)	WATER W/O DRYLAND TODAY SROP 30 ~ 7-730 (w/o dry) SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry)	WATER W/O DRYLAND TODAY SROP 30 ~ 7-730 (w/o dry) SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry)	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 30 ~ 7-730 (w/dry) SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry)	WATER WITH DRYLAND TODAY SROP 30 ~ 7-730 (w/dry) SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry)	WATER WITH DRYLAND TODAY SROP 30 ~ 7-730 (w/dry) SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry)	WATER WITH DRYLAND TODAY SROP 30 ~ 7-730 (w/dry) SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry)	WATER WITH DRYLAND TODAY 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)
		Possible daytime private and/or group training (dryland and/or water) may be made available this week ~ see survey email ~ Link Below Q&A FORM LINK ~ https://forms.gle/y7zKFjnZpwsP4Y9r6				

**PAGE 1 of 3 ~ 01-12apr
APRIL 2025**

Write any questions and/or notes you have here:

Levels, Calendar Notes:		SLOT NOTES & EXPLANATIONS ~	"TRY-IT-OUT" (TIO) PROGRAM OFFERING
<p>DIVER'S NAME: _____</p> <p>PROG LEVEL (circle one): 1, 2, 4, 6, 8, 10, 12, 15 M1, M2, M3, M4, M5, M6</p> <p>INCLUDED HOURS/WEEK: _____</p> <p>"ExtraHours" (if any): _____</p> <p>DIVER'S TEAM (if any, circle): DT, RT, ZT, NT, S&E, M</p>		<p>For pool slots ~ SROP/DVHS</p> <p>1) w/ OR w/o "dryland" ~ If you were at dryland (dry) that day, then you MAY attend the "with" (w/) or "without" (w/o) water (wet) sessions</p> <p>2) If you did NOT attend dryland that day AND you want to attend water that day, you MUST attend sessions marked (w/o).</p>	<p>Try-it-Out (TIO) Inclusive Sessions ~ Total of 3 sessions (2-water + 1-dryland) Taken in order as: Water-Dryland-Water</p> <p>WATER options are: (30-, 60-, or 90-minute) sessions DRYLAND sessions are (30- or 60-minute) sessions</p> <p>(coach's discretion for completion of any session)</p>

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

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

If you are not sure what your program includes:
Please email us: admin@CALdiving.org

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
13 MIWOK TOWER time 130-4		14 Private dryland appts ~ 12-4p		15 Private dryland appts ~ 12-4p		16 Private dryland appts ~ 12-4p		17 Private dryland appts ~ 12-4p		18 Private dryland appts ~ 12-4p		19 Private dryland appts ~ 7-8 + 2-7p	
CIRCLE THIS SESSION AND Send a text to Coach Eric (925-586-0169) Fees \$30 per diver		DRYLAND SLOTS 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		DRYLAND SLOTS 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		DRYLAND SLOTS 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		DRYLAND SLOTS 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		DRYLAND SLOTS SRDL 30 ~ 4-430, 5-530 SRDL 60 ~ 4-5, 430-530 SRDL 90 ~ 4-530, 430-6 SRDL 2hr ~ 4-6		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	
If you have not been to a Tower session, you should reach out to Coach Eric (925-586-0169) via text to discuss what a Tower session involves and if it might be good for you or your diver.		WATER W/O DRYLAND TODAY SROP 30 ~ 7-730 (w/o dry) SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry)		WATER W/O DRYLAND TODAY SROP 30 ~ 7-730 (w/o dry) SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry)		WATER W/O DRYLAND TODAY SROP 30 ~ 7-730 (w/o dry) SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry)		WATER W/O DRYLAND TODAY SROP 30 ~ 7-730 (w/o dry) SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry)		WATER W/O DRYLAND TODAY SROP 30 ~ 7-730 (w/o dry) SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry)		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 30 ~ 7-730 (w/dry) SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry)		WATER WITH DRYLAND TODAY SROP 30 ~ 7-730 (w/dry) SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry)		WATER WITH DRYLAND TODAY SROP 30 ~ 7-730 (w/dry) SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry)		WATER WITH DRYLAND TODAY SROP 30 ~ 7-730 (w/dry) SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry)		WATER WITH DRYLAND TODAY SROP 30 ~ 7-730 (w/dry) SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry)		WATER WITH DRYLAND TODAY 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)	
20 MIWOK TOWER time 130-4		21 Private dryland appts ~ 12-4p		22 Private dryland appts ~ 12-4p		23 Private dryland appts ~ 12-4p		24 Private dryland appts ~ 12-4p		25 Private dryland appts ~ 12-4p		26 Private dryland appts ~ 7-8 + 2-7p	
CIRCLE THIS SESSION AND Send a text to Coach Eric (925-586-0169) Fees \$30 per diver		DRYLAND SLOTS 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		DRYLAND SLOTS 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		DRYLAND SLOTS 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		DRYLAND SLOTS 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		DRYLAND SLOTS SRDL 30 ~ 4-430, 5-530 SRDL 60 ~ 4-5, 430-530 SRDL 90 ~ 4-530, 430-6 SRDL 2hr ~ 4-6		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	
If you have not been to a Tower session, you should reach out to Coach Eric (925-586-0169) via text to discuss what a Tower session involves and if it might be good for you or your diver.		WATER W/O DRYLAND TODAY SROP 30 ~ 7-730 (w/o dry) SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry)		WATER W/O DRYLAND TODAY SROP 30 ~ 7-730 (w/o dry) SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry)		WATER W/O DRYLAND TODAY SROP 30 ~ 7-730 (w/o dry) SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry)		WATER W/O DRYLAND TODAY SROP 30 ~ 7-730 (w/o dry) SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry)		WATER W/O DRYLAND TODAY SROP 30 ~ 7-730 (w/o dry) SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry)		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 30 ~ 7-730 (w/dry) SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry)		WATER WITH DRYLAND TODAY SROP 30 ~ 7-730 (w/dry) SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry)		WATER WITH DRYLAND TODAY SROP 30 ~ 7-730 (w/dry) SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry)		WATER WITH DRYLAND TODAY SROP 30 ~ 7-730 (w/dry) SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry)		WATER WITH DRYLAND TODAY SROP 30 ~ 7-730 (w/dry) SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry)		WATER WITH DRYLAND TODAY 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)	
This is Mother's Day...If we do not get enough participants, we will cancel this session.													

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APRIL 2025

Write any questions and/or notes you have here:

Levels, Calendar Notes:

DIVER'S NAME:

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

INCLUDED HOURS/WEEK: _____

"ExtraHours" (if any): _____

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

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

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

If you are not sure what your program includes:
Please email us: admin@CALdiving.org

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)

Sunday		Monday	Tuesday	April 2025 Wednesday	Thursday	Friday	Saturday
27 MIWOK TOWER time 130-4		28 Private dryland appts ~ 12-4p	29 Private dryland appts ~ 12-4p	30 USAD Region 10, Championships, Miwok	Notes: If you are interested in the USAD Region 10 meet at Miwok, please talk to Coach Eric ASAP.		
CIRCLE THIS SESSION AND Send a text to Coach Eric (925-586-0169) Fees \$30 per diver		DRYLAND SLOTS 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	DRYLAND SLOTS 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	DRYLAND SLOTS 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			
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		WATER WITH DRYLAND TODAY SROP 30 ~ 7-730 (w/dry) SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry)	WATER WITH DRYLAND TODAY SROP 30 ~ 7-730 (w/dry) SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry)	WATER WITH DRYLAND TODAY SROP 30 ~ 7-730 (w/dry) SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry)			

PAGE 3of3 ~ 27-30apr APRIL 2025		Write any questions and/or notes you have here:
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	Levels, Calendar Notes:	SLOT NOTES & EXPLANATIONS ~	"TRY-IT-OUT" (TIO) PROGRAM OFFERING
DIVER'S NAME:	ALL DIVERS ~ each practice "LEVEL (1-15) has specific timeslot limitations. Please CIRCLE ONLY WHOLE SESSIONS as listed that correspond to your Level. You may not write-in your own session times or request more time than allotted. Levels ARE NOT teams.	For pool slots ~ SROP/DVHS	Try-it-Out (TIO) Inclusive Sessions ~ Total of 3 sessions (2-water + 1-dryland) Taken in order as: Water-Dryland-Water
PROG LEVEL (circle one): 1, 2, 4, 6, 8, 10, 12, 15 M1, M2, M3, M4, M5, M6	TEAM DIVERS ~ each team (Dev1-3, Region, Zone, National, S&E, and Masters) have specific/prescribed session configurations for length of session(s) per slot/week. When submitting your calendar requests, ONLY CIRCLE whole sessions that are equal to your program listing. Please review the right-hand column on the Fees tab of our website.	1) w/ OR w/o "dryland" ~ If you were at dryland (dry) that day, then you MAY attend the "with" (w/) or "without" (w/o) water (wet) sessions	WATER options are: (30-, 60-, or 90-minute) sessions DRYLAND sessions are (30- or 60-minute) sessions
INCLUDED HOURS/WEEK: _____ "ExtraHours" (if any): _____	If you are not sure what your program includes: Please email us:admin@CALdiving.org	2) If you did NOT attend dryland that day AND you want to attend water that day, you MUST attend sessions marked (w/o).	(coach's discretion for completion of any session)
DIVER'S TEAM (if any, circle): DT, RT, ZT, NT, S&E, M			