

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Private dryland appts ~ 12-4p DRYLAND SLOTS SRDL 30 ~ 4-430, 5-530 SRDL 60 ~ 4-5, 5-6 SRDL 90 ~ 4-530, 430-6 SRDL 2hr ~ 4-6 WATER W/O DRYLAND TODAY SROP 30 ~ 7-730 SROP 30 ~ 730-8 SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry) SROP 2hr ~ 630-830 (w/o dry) WATER WITH DRYLAND TODAY SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry) SROP 90 ~ 730-9 (w/dry) SROP 2hr ~ 7-9 (w/dry)	2 Sherman Fall Meet ~ Lafayette, CA NOT LIVE on DiveMeets a/o 10oct24 NO CLUB PRACTICE ALL beginner/intermediate divers (FC1-8) are expected to participate in this event. JO's may participate. The event is 1m only
3	4 Private dryland appts ~ 12-4p DRYLAND SLOTS SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 5-6 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 2hr ~ 4-6, 430-630, 5-7 WATER W/O DRYLAND TODAY SROP 30 ~ 7-730 SROP 30 ~ 730-8 SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry) SROP 2hr ~ 630-830 (w/o dry) WATER WITH DRYLAND TODAY SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry) SROP 90 ~ 730-9 (w/dry) SROP 2hr ~ 7-9 (w/dry)	5 Private dryland appts ~ 12-4p DRYLAND SLOTS SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 5-6 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 2hr ~ 4-6, 430-630, 5-7 WATER W/O DRYLAND TODAY SROP 30 ~ 7-730 SROP 30 ~ 730-8 SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry) SROP 2hr ~ 630-830 (w/o dry) WATER WITH DRYLAND TODAY SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry) SROP 90 ~ 730-9 (w/dry) SROP 2hr ~ 7-9 (w/dry)	6 Private dryland appts ~ 12-4p DRYLAND SLOTS SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 5-6 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 2hr ~ 4-6, 430-630, 5-7 WATER W/O DRYLAND TODAY SROP 30 ~ 7-730 SROP 30 ~ 730-8 SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry) SROP 2hr ~ 630-830 (w/o dry) WATER WITH DRYLAND TODAY SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry) SROP 90 ~ 730-9 (w/dry) SROP 2hr ~ 7-9 (w/dry)	7 Private dryland appts ~ 12-4p DRYLAND SLOTS SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 5-6 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 2hr ~ 4-6, 430-630, 5-7 WATER W/O DRYLAND TODAY SROP 30 ~ 7-730 SROP 30 ~ 730-8 SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry) SROP 2hr ~ 630-830 (w/o dry) WATER WITH DRYLAND TODAY SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry) SROP 90 ~ 730-9 (w/dry) SROP 2hr ~ 7-9 (w/dry)	8 Private dryland appts ~ 12-4p DRYLAND SLOTS SRDL 30 ~ 4-430, 5-530 SRDL 60 ~ 4-5, 5-6 SRDL 90 ~ 4-530, 430-6 SRDL 2hr ~ 4-6 WATER W/O DRYLAND TODAY SROP 30 ~ 7-730 SROP 30 ~ 730-8 SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry) SROP 2hr ~ 630-830 (w/o dry) WATER WITH DRYLAND TODAY SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry) SROP 90 ~ 730-9 (w/dry) SROP 2hr ~ 7-9 (w/dry)	9 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 ~ 11-1130 (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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NOVEMBER'24**

From October until possibly March, high school water use, in addition to new construction at SROP, will have an impact on our schedule. There will be a significant shift to DVHS starting in Mid-November running until possibly mid-March. We may also receive reduced water time during these periods. If this happens, we will adjust the posted schedule for known changes and notify you ASAP for any last-minute changes made by the pool gods.

Levels, Calendar Notes:

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) 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)

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
10	11	12	13	14	15	16	
		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	
	CLOSED FOR VETERAN'S DAY	DRYLAND SLOTS	DRYLAND SLOTS	DRYLAND SLOTS	DRYLAND SLOTS	DRYLAND SLOTS	
		SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 5-6 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 2hr ~ 4-6, 430-630, 5-7	SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 5-6 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 2hr ~ 4-6, 430-630, 5-7	SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 5-6 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 2hr ~ 4-6, 430-630, 5-7	SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 5-6 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 2hr ~ 4-6, 430-630, 5-7	SRDL 30 ~ 4-430, 5-530 SRDL 60 ~ 4-5, 5-6 SRDL 90 ~ 4-530, 430-6 SRDL 2hr ~ 4-6	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	WATER W/O DRYLAND TODAY	WATER W/O DRYLAND TODAY	WATER W/O DRYLAND TODAY	WATER WITHOUT DRYLAND TODAY	
		SROP 30 ~ 7-730 SROP 30 ~ 730-8 SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry) SROP 2hr ~ 630-830 (w/o dry)	SROP 30 ~ 7-730 SROP 30 ~ 730-8 SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry) SROP 2hr ~ 630-830 (w/o dry)	SROP 30 ~ 7-730 SROP 30 ~ 730-8 SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry) SROP 2hr ~ 630-830 (w/o dry)	SROP 30 ~ 7-730 SROP 30 ~ 730-8 SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry) SROP 2hr ~ 630-830 (w/o dry)	SROP 30 ~ 7-730 SROP 30 ~ 730-8 SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry) SROP 2hr ~ 630-830 (w/o dry)	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/dry) SROP 90 ~ 1030-12 (w/o dry) SROP 2hr ~ 1030-1230 (w/o dry)
		WATER WITH DRYLAND TODAY	WATER WITH DRYLAND TODAY	WATER WITH DRYLAND TODAY	WATER WITH DRYLAND TODAY	WATER WITH DRYLAND TODAY	
	SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry) SROP 90 ~ 730-9 (w/dry) SROP 2hr ~ 7-9 (w/dry)	SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry) SROP 90 ~ 730-9 (w/dry) SROP 2hr ~ 7-9 (w/dry)	SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry) SROP 90 ~ 730-9 (w/dry) SROP 2hr ~ 7-9 (w/dry)	SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry) SROP 90 ~ 730-9 (w/dry) SROP 2hr ~ 7-9 (w/dry)	SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry) SROP 90 ~ 730-9 (w/dry) SROP 2hr ~ 7-9 (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)	
17	18	19	20	21	22	23	
MIWOK TOWER 130-4pm	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	
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, 6-630 SRDL 60 ~ 4-5, 5-6 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 2hr ~ 4-6, 430-630, 5-7	SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 5-6 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 2hr ~ 4-6, 430-630, 5-7	SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 5-6 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 2hr ~ 4-6, 430-630, 5-7	SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 5-6 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 2hr ~ 4-6, 430-630, 5-7	SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 5-6 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 2hr ~ 4-6, 430-630, 5-7	SRDL 30 ~ 4-430, 5-530 SRDL 60 ~ 4-5, 5-6 SRDL 90 ~ 4-530, 430-6 SRDL 2hr ~ 4-6	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	WATER W/O DRYLAND TODAY	WATER W/O DRYLAND TODAY	WATER W/O DRYLAND TODAY	WATER WITHOUT DRYLAND TODAY	WATER WITHOUT DRYLAND TODAY	
	SROP 30 ~ 7-730 SROP 30 ~ 730-8 SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry) SROP 2hr ~ 630-830 (w/o dry)	SROP 30 ~ 7-730 SROP 30 ~ 730-8 SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry) SROP 2hr ~ 630-830 (w/o dry)	SROP 30 ~ 7-730 SROP 30 ~ 730-8 SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry) SROP 2hr ~ 630-830 (w/o dry)	SROP 30 ~ 7-730 SROP 30 ~ 730-8 SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry) SROP 2hr ~ 630-830 (w/o dry)	SROP 30 ~ 7-730 SROP 30 ~ 730-8 SROP 60 ~ 630-730 (w/o dry) SROP 90 ~ 630-8 (w/o dry) SROP 2hr ~ 630-830 (w/o dry)	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	WATER WITH DRYLAND TODAY	WATER WITH DRYLAND TODAY	WATER WITH DRYLAND TODAY	WATER WITH DRYLAND TODAY	WATER WITH DRYLAND TODAY	
	SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry) SROP 90 ~ 730-9 (w/dry) SROP 2hr ~ 7-9 (w/dry)	SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry) SROP 90 ~ 730-9 (w/dry) SROP 2hr ~ 7-9 (w/dry)	SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry) SROP 90 ~ 730-9 (w/dry) SROP 2hr ~ 7-9 (w/dry)	SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry) SROP 90 ~ 730-9 (w/dry) SROP 2hr ~ 7-9 (w/dry)	SROP 60 ~ 7-8 (w/dry) SROP 90 ~ 7-830 (w/dry) SROP 90 ~ 730-9 (w/dry) SROP 2hr ~ 7-9 (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)	

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NOVEMBER'24**

From October until possibly March, high school water use, in addition to new construction at SROP, will have an impact on our schedule. There will be a significant shift to DVHS starting in Mid-November running until possibly mid-March. We may also receive reduced water time during these periods. If this happens, we will adjust the posted schedule for known changes and notify you ASAP for any last-minute changes made by the pool gods.

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SLOT NOTES & EXPLANATIONS ~

For pool slots ~ SROP/DVHS

- 1) If you were at dryland (dry) that day, then you MAY attend the "with" (w/) or "without" (w/o) 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)

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

November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24	25	26	27	28	29	30
	Private dryland appts ~ 12-4p	Private dryland appts ~ 12-4p				
	DRYLAND SLOTS	DRYLAND SLOTS				
	SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 5-6, 6-7 SRDL 90 ~ 4-530, 430-6 SRDL 90 ~ 5-630, 530-7 SRDL 2hr ~ 4-6, 430-630 SRDL 2hr ~ 5-7, 530-730 SRDL 3hr ~ 3-6, 4-7, 5-8	SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 5-6, 6-7 SRDL 90 ~ 4-530, 430-6 SRDL 90 ~ 5-630, 530-7 SRDL 2hr ~ 4-6, 430-630 SRDL 2hr ~ 5-7, 530-730 SRDL 3hr ~ 3-6, 4-7, 5-8	CLOSED FOR THANKSGIVING	CLOSED FOR THANKSGIVING	CLOSED FOR THANKSGIVING	CLOSED FOR THANKSGIVING
	NO WATER TODAY	NO WATER TODAY				

**PAGE 3of3 ~ 24-30nov
NOVEMBER'24**

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Total of 3 sessions (2-water + 1-dryland)
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DRYLAND sessions are (30- or 60-minute) sessions

(coach's discretion for completion of any session)

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
<p>GENERAL NOTE FOR DECEMBER 2024 ~</p> <p>There is work scheduled in December for the small (lap) pool at SROP. This is going to significantly impacts all user groups.</p>						
Private dryland appts ~ 12-4p						
DRYLAND SLOTS		DRYLAND SLOTS		DRYLAND SLOTS		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, 5-7		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, 5-7		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, 5-7		SRDL 30 ~ 4-430, 5-530, 530-6 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 90 ~ 4-530, 430-6 SRDL 2hr ~ 4-6
WATER W/O DRYLAND TODAY		WATER W/O DRYLAND TODAY		WATER W/O DRYLAND TODAY		WATER W/O DRYLAND TODAY
DVHS 30 ~ 730-8, 8-830 (w/o dry) DVHS 60 ~ 7-8 (w/o dry) DVHS 90 ~ 7-830 (w/o dry) DVHS 2hr ~ 7-9 (w/o dry)		DVHS 30 ~ 730-8, 8-830 (w/o dry) DVHS 60 ~ 7-8 (w/o dry) DVHS 90 ~ 7-830 (w/o dry) DVHS 2hr ~ 7-9 (w/o dry)		DVHS 30 ~ 730-8, 8-830 (w/o dry) DVHS 60 ~ 7-8 (w/o dry) DVHS 90 ~ 7-830 (w/o dry) DVHS 2hr ~ 7-9 (w/o dry)		DVHS 30 ~ 730-8, 8-830 (w/o dry) DVHS 60 ~ 7-8 (w/o dry) DVHS 90 ~ 7-830 (w/o dry) DVHS 2hr ~ 7-9 (w/o dry)
WATER WITH DRYLAND TODAY		WATER WITH DRYLAND TODAY		WATER WITH DRYLAND TODAY		WATER WITH DRYLAND TODAY
DVHS 30 ~ 730-8, 8-830 (w/dry) DVHS 60 ~ 730-830 (w/dry) DVHS 60 ~ 8-9 (w/dry) DVHS 90 ~ 730-9 (w/dry)		DVHS 30 ~ 730-8, 8-830 (w/dry) DVHS 60 ~ 730-830 (w/dry) DVHS 60 ~ 8-9 (w/dry) DVHS 90 ~ 730-9 (w/dry)		DVHS 30 ~ 730-8, 8-830 (w/dry) DVHS 60 ~ 730-830 (w/dry) DVHS 60 ~ 8-9 (w/dry) DVHS 90 ~ 730-9 (w/dry)		DVHS 30 ~ 730-8, 8-830 (w/dry) DVHS 60 ~ 730-830 (w/dry) DVHS 60 ~ 8-9 (w/dry) DVHS 90 ~ 730-9 (w/dry)
WATER WITHOUT DRYLAND TODAY		WATER WITHOUT DRYLAND TODAY		WATER WITHOUT DRYLAND TODAY		WATER WITHOUT DRYLAND TODAY
SRDP 30 ~ 11-1130 (w/dry OR w/o dry) SRDP 30 ~ 1130-12 (w/dry OR w/o dry) SRDP 60 ~ 1030-1130 (w/o dry) SRDP 90 ~ 1030-12 (w/o dry) SRDP 2hr ~ 1030-1230 (w/o dry)		SRDP 30 ~ 11-1130 (w/dry OR w/o dry) SRDP 30 ~ 1130-12 (w/dry OR w/o dry) SRDP 60 ~ 1030-1130 (w/o dry) SRDP 90 ~ 1030-12 (w/o dry) SRDP 2hr ~ 1030-1230 (w/o dry)		SRDP 30 ~ 11-1130 (w/dry OR w/o dry) SRDP 30 ~ 1130-12 (w/dry OR w/o dry) SRDP 60 ~ 1030-1130 (w/o dry) SRDP 90 ~ 1030-12 (w/o dry) SRDP 2hr ~ 1030-1230 (w/o dry)		SRDP 30 ~ 11-1130 (w/dry OR w/o dry) SRDP 30 ~ 1130-12 (w/dry OR w/o dry) SRDP 60 ~ 1030-1130 (w/o dry) SRDP 90 ~ 1030-12 (w/o dry) SRDP 2hr ~ 1030-1230 (w/o dry)
8	9	10	11	12	13	14
Private dryland appts ~ 12-4p						
DRYLAND SLOTS		DRYLAND SLOTS		DRYLAND SLOTS		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, 5-7		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, 5-7		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, 5-7		SRDL 30 ~ 4-430, 5-530, 530-6 SRDL 60 ~ 4-5, 430-530, 5-6 SRDL 90 ~ 4-530, 430-6 SRDL 2hr ~ 4-6
WATER W/O DRYLAND TODAY		WATER W/O DRYLAND TODAY		WATER W/O DRYLAND TODAY		WATER W/O DRYLAND TODAY
DVHS 30 ~ 7-730 (w/o dry) DVHS 60 ~ 630-730 (w/o dry) DVHS 90 ~ 630-8 (w/o dry)		DVHS 30 ~ 7-730 (w/o dry) DVHS 60 ~ 630-730 (w/o dry) DVHS 90 ~ 630-8 (w/o dry)		DVHS 30 ~ 7-730 (w/o dry) DVHS 60 ~ 630-730 (w/o dry) DVHS 90 ~ 630-8 (w/o dry)		DVHS 30 ~ 7-730 (w/o dry) DVHS 60 ~ 630-730 (w/o dry) DVHS 90 ~ 630-8 (w/o dry)
WATER WITH DRYLAND TODAY		WATER WITH DRYLAND TODAY		WATER WITH DRYLAND TODAY		WATER WITH DRYLAND TODAY
DVHS 30 ~ 7-730 (w/dry) DVHS 60 ~ 7-8 (w/dry)		DVHS 30 ~ 7-730 (w/dry) DVHS 60 ~ 7-8 (w/dry)		DVHS 30 ~ 7-730 (w/dry) DVHS 60 ~ 7-8 (w/dry)		DVHS 30 ~ 7-730 (w/dry) DVHS 60 ~ 7-8 (w/dry)
No 90min or 2hr water slots ALL WEEK		No 90min or 2hr water slots ALL WEEK		No 90min or 2hr water slots ALL WEEK		No 90min or 2hr water slots ALL WEEK
WATER WITHOUT DRYLAND TODAY		WATER WITHOUT DRYLAND TODAY		WATER WITHOUT DRYLAND TODAY		WATER WITHOUT DRYLAND TODAY
SRDP 30 ~ 11-1130 (w/dry OR w/o dry) SRDP 30 ~ 1130-12 (w/dry OR w/o dry) SRDP 60 ~ 1030-1130 (w/o dry) SRDP 90 ~ 1030-12 (w/o dry) SRDP 2hr ~ 1030-1230 (w/o dry)		SRDP 30 ~ 11-1130 (w/dry OR w/o dry) SRDP 30 ~ 1130-12 (w/dry OR w/o dry) SRDP 60 ~ 1030-1130 (w/o dry) SRDP 90 ~ 1030-12 (w/o dry) SRDP 2hr ~ 1030-1230 (w/o dry)		SRDP 30 ~ 11-1130 (w/dry OR w/o dry) SRDP 30 ~ 1130-12 (w/dry OR w/o dry) SRDP 60 ~ 1030-1130 (w/o dry) SRDP 90 ~ 1030-12 (w/o dry) SRDP 2hr ~ 1030-1230 (w/o dry)		SRDP 30 ~ 11-1130 (w/dry OR w/o dry) SRDP 30 ~ 1130-12 (w/dry OR w/o dry) SRDP 60 ~ 1030-1130 (w/o dry) SRDP 90 ~ 1030-12 (w/o dry) SRDP 2hr ~ 1030-1230 (w/o dry)
WATER WITH DRYLAND TODAY		WATER WITH DRYLAND TODAY		WATER WITH DRYLAND TODAY		WATER WITH DRYLAND TODAY
SRDP 60 ~ 11-12 (w/dry) SRDP 60 ~ 1130-1230 (w/dry) SRDP 90 ~ 11-1230 (w/dry) SRDP 90 ~ 1130-1 (w/dry) SRDP 2hr ~ 11-1 (w/dry)		SRDP 60 ~ 11-12 (w/dry) SRDP 60 ~ 1130-1230 (w/dry) SRDP 90 ~ 11-1230 (w/dry) SRDP 90 ~ 1130-1 (w/dry) SRDP 2hr ~ 11-1 (w/dry)		SRDP 60 ~ 11-12 (w/dry) SRDP 60 ~ 1130-1230 (w/dry) SRDP 90 ~ 11-1230 (w/dry) SRDP 90 ~ 1130-1 (w/dry) SRDP 2hr ~ 11-1 (w/dry)		SRDP 60 ~ 11-12 (w/dry) SRDP 60 ~ 1130-1230 (w/dry) SRDP 90 ~ 11-1230 (w/dry) SRDP 90 ~ 1130-1 (w/dry) SRDP 2hr ~ 11-1 (w/dry)

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Levels, Calendar Notes:

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) 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)

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
15 MIWOK TOWER 130-4pm	16 Private dryland appts ~ 12-4p	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 ~ 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, 5-7	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, 5-7	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, 5-7	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, 5-7	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, 5-7	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 DVHS 30 ~ 7-730 (w/o dry) DVHS 60 ~ 630-730 (w/o dry) DVHS 90 ~ 630-8 (w/o dry)	WATER W/O DRYLAND TODAY DVHS 30 ~ 7-730 (w/o dry) DVHS 60 ~ 630-730 (w/o dry) DVHS 90 ~ 630-8 (w/o dry)	WATER W/O DRYLAND TODAY DVHS 30 ~ 7-730 (w/o dry) DVHS 60 ~ 630-730 (w/o dry) DVHS 90 ~ 630-8 (w/o dry)	WATER W/O DRYLAND TODAY DVHS 30 ~ 7-730 (w/o dry) DVHS 60 ~ 630-730 (w/o dry) DVHS 90 ~ 630-8 (w/o dry)	WATER W/O DRYLAND TODAY DVHS 30 ~ 7-730 (w/o dry) DVHS 60 ~ 630-730 (w/o dry) DVHS 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)	
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22	23	24	25	26	27	28	

HAPPY HOLIDAYS!

29	30	31	<p>GENERAL NOTE FOR DECEMBER 2024 ~</p> <p>There is work scheduled in December for the small (lap) pool at SROP. This is going to significantly impacts all user groups.</p> <p>During this break, there may be opportunities to request private or semi-private dryland training sessions. If you are interested, please send an email to us (admin@CALdiving.org) with your request(s) and date(s).</p>			
<p>HAPPY HOLIDAYS!</p> <p>CDA WILL RETURN TO REGULAR PRACTICE January 2nd, 2025</p>						

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M1, M2, M3, M4, M5, M6

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