

January 2023						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
HAPPY NEW YEAR!	CLOSED FOR HOLIDAY	SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 730-9p	SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 730-9p	SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 730-9p	SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 730-9p	SRDL ~ 8-9a, 9-10a SRDL ~ 830-10a SRDL ~ 8-1030a SROP 60 ~ 1030a-1130a SROP 90 ~ 1030a-12p SROP 120 ~ 1030a-1p
8	9	10	11	12	13	14
	SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 730-9p	SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 730-9p	SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 730-9p	SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 730-9p	SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 730-9p	SRDL ~ 8-9a, 9-10a SRDL ~ 830-10a SRDL ~ 8-1030a SROP ~ 1030a-1130a SROP ~ 1030a-12p SROP ~ 1030a-1p
15	16	17	18	19	20	21
	SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 730-9p	SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 730-9p	SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 730-9p	SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 730-9p	SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 730-9p	SRDL ~ 8-9a, 9-10a SRDL ~ 830-10a SRDL ~ 8-1030a SROP ~ 1030a-1130a SROP ~ 1030a-12p SROP ~ 1030a-1p
22	23	24	25	26	27	28
	SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 730-9p	SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 730-9p	SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 730-9p	SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 730-9p	SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 730-9p	SRDL ~ 8-9a, 9-10a SRDL ~ 830-10a SRDL ~ 8-1030a SROP ~ 1030a-1130a SROP ~ 1030a-12p SROP ~ 1030a-1p
29	30	31	Notes: <u>Try-it-Out (TIO) program</u> ~ Are scheduled for the Early Session(s) at pools and dryland sessions are the first 30-, 45-, or 60-minute session (coach's discretion). <u>TEAM DIVERS</u> ~ each team (Dev1-5, Reg1-3, Zone1-2, Nat, S&E, and Masters) have specific and pre-scribed session configurations for both quantity of sessions AND length of sessions. For submitting your calendar requests, ONLY CIRCLE whole sessions that are equal to your program listing. Please review the right-hand column on the Fees tab of our website for details. If you are not sure what your program includes, please send an email to the admin@CALdiving.org.			
	SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 730-9p	SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 730-9p				

February 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	30 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 120 ~ 4-6p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	31 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 120 ~ 4-6p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	1 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 120 ~ 4-6p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	2 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 120 ~ 4-6p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	3 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 120 ~ 4-6p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	4 SRDL ~ 8-9a, 9-10a SRDL ~ 830-10a SRDL ~ 8-1030a SROP ~ 1030a-1130a SROP ~ 1030a-12p SROP ~ 1030a-1p MIWOK Tower ~ 230-5pm
5 Miwok Tower ~ 130-4pm	6 BEGINNING OF HIGH SCHOOL DIVING SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	7 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	8 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	9 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	10 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 120 ~ 4-6p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	11 SRDL ~ 8-9a, 9-10a SRDL ~ 830-10a SRDL ~ 8-1030a SROP ~ 1030a-1130a SROP ~ 1030a-12p SROP ~ 11a-1230p (certail srdl only) SROP ~ 1030a-1p
12	13 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	14 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	15 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	16 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	17 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 120 ~ 4-6p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	18 SRDL ~ 8-9a, 9-10a SRDL ~ 830-10a SRDL ~ 8-1030a SROP ~ 1030a-1130a SROP ~ 1030a-12p SROP ~ 11a-1230p (certail srdl only) SROP ~ 1030a-1p
19	20 CLOSED FOR HOLIDAY	21 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	22 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	23 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	24 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 120 ~ 4-6p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	25 SRDL ~ 8-9a, 9-10a SRDL ~ 830-10a SRDL ~ 8-1030a SROP ~ 1030a-1130a SROP ~ 1030a-12p SROP ~ 11a-1230p (certain srdl only) SROP ~ 1030a-1p
26 Miwok Tower ~ 130-4pm	27 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	28 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	Notes: <u>Try-it-Out (TIO) program</u> ~ Are scheduled for the Early Session(s) at pools and dryland sessions are the first 30-, 45-, or 60-minute session (coach's discretion). <u>TEAM DIVERS</u> ~ each team (Dev1-5, Reg1-3, Zone1-2, Nat, S&E, and Masters) have specific and pre-scribed session configurations for both quantity of sessions AND length of sessions per week. When submitting your calendar requests, ONLY CIRCLE whole sessions that are equal to your program listing. Please review the right-hand column on the Fees tab of our website for details. If you are not sure what your program includes, please send an email to the admin@CALdiving.org.			

March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Notes: Try-it-Out (TIO) program ~ Are scheduled for the Early Session(s) at pools and dryland sessions are the first 30-, 45-, or 60-minute session (coach's discretion). TEAM DIVERS ~ each team (Dev1-5, Reg1-3, Zone1-2, Nat, S&E, and Masters) have specific and pre-scribed session configurations for both quantity of sessions AND length of sessions per week. When submitting your calendar requests, ONLY CIRCLE whole sessions that are equal to your program listing. Please review the right-hand column on the Fees tab of our website for details. If you are not sure what your program includes, please send an email to the admin@CALdiving.org.			1 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	2 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	3 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 120 ~ 4-6p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	4 SRDL ~ 8-9a, 9-10a SRDL ~ 830-10a SRDL ~ 8-1030a SROP ~ 1030a-1130a SROP ~ 1030a-12p SROP ~ 11a-1230p (certain srdl only) SROP ~ 1030a-1p
5	6 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	7 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	8 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	9 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	10 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 120 ~ 4-6p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	11 <small>hs23aif NCS QUALIFIER ~ LasPositas</small> SRDL ~ 8-9a, 9-10a SRDL ~ 830-10a SRDL ~ 8-1030a SROP ~ 1030a-1130a SROP ~ 1030a-12p SROP ~ 11a-1230p (certain srdl only) SROP ~ 1030a-1p
12 <small>Miwok Tower ~ 130-4pm</small>	13 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	14 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	15 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	16 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	17 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 120 ~ 4-6p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	18 SRDL ~ 8-9a, 9-10a SRDL ~ 830-10a SRDL ~ 8-1030a SROP ~ 1030a-1130a SROP ~ 1030a-12p SROP ~ 11a-1230p (certain srdl only) SROP ~ 1030a-1p
19	20 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	21 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	22 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	23 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	24 <small>AAU RWB Red North ~ Miwok</small> SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 120 ~ 4-6p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	25 <small>AAU RWB Red North ~ Miwok</small> SRDL ~ 8-9a, 9-10a SRDL ~ 830-10a SRDL ~ 8-1030a SROP ~ 1030a-1130a SROP ~ 1030a-12p SROP ~ 11a-1230p (certain srdl only) SROP ~ 1030a-1p
26 <small>AAU RWB Red North ~ Miwok</small>	27 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	28 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	29 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	30 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	31 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 120 ~ 4-6p SROP ~ 630-730p SROP ~ 630-8p SROP ~ 7-830p (certain srdl only) SROP ~ 730-9p SROP ~ 7-9p (restricted)	

April 2023						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Notes: Try-it-Out (TIO) program ~ Are scheduled for the Early Session(s) at pools and dryland sessions are the first 30-, 45-, or 60-minute session (coach's discretion). TEAM DIVERS ~ each team (Dev1-5, Reg1-3, Zone1-2, Nat, S&E, and Masters) have specific and pre-scribed session configurations for both quantity of sessions AND length of sessions per week. When submitting your calendar requests, ONLY CIRCLE whole sessions that are equal to your program listing. Please review the right-hand column on the Fees tab of our website for details. If you are not sure what your program includes, please send an email to the admin@CALdiving.org.						1 SRDL ~ 8-830, 830-9a (30min slots) SRDL ~ 8-9a (only 60min slot) SRDL ~ 8-930a, 830-10a (90min slots) SRDL ~ 8-10a (2hr session) SROP ~ 930-1030a (only 60min slot) SROP ~ 930a-12p (90min w/o SRDL) SROP ~ 10a-1230p (90min w/SRDL) SROP ~ 1030a-1230p (2hr w/SRDL)
2	3 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p (without SRDL) SROP ~ 7-830p (with SRDL) SROP ~ 730-9p (wih SRDL) SROP ~ 7-9p (restricted)	4 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p (without SRDL) SROP ~ 7-830p (with SRDL) SROP ~ 730-9p (wih SRDL) SROP ~ 7-9p (restricted)	5 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p (without SRDL) SROP ~ 7-830p (with SRDL) SROP ~ 730-9p (wih SRDL) SROP ~ 7-9p (restricted)	6 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p (without SRDL) SROP ~ 7-830p (with SRDL) SROP ~ 730-9p (wih SRDL) SROP ~ 7-9p (restricted)	7 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 120 ~ 4-6p SROP ~ 630-730p SROP ~ 630-8p (without SRDL) SROP ~ 7-830p (with SRDL) SROP ~ 730-9p (wih SRDL) SROP ~ 7-9p (restricted)	8 SRDL ~ 8-830, 830-9a (30min slots) SRDL ~ 8-9a (only 60min slot) SRDL ~ 8-930a, 830-10a (90min slots) SRDL ~ 8-10a (2hr session) SROP ~ 930-1030a (only 60min slot) SROP ~ 930a-12p (90min w/o SRDL) SROP ~ 10a-1230p (90min w/SRDL) SROP ~ 1030a-1230p (2hr w/SRDL)
9	10 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p (without SRDL) SROP ~ 7-830p (with SRDL) SROP ~ 730-9p (wih SRDL) SROP ~ 7-9p (restricted)	11 DVHS SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p DVHS ~ 630-730p DVHS ~ 630-8p (without SRDL) DVHS ~ 7-830p (with SRDL) DVHS ~ 730-9p (wih SRDL) DVHS ~ 7-9p (restricted)	12 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p (without SRDL) SROP ~ 7-830p (with SRDL) SROP ~ 730-9p (wih SRDL) SROP ~ 7-9p (restricted)	13 DVHS SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p DVHS ~ 630-730p DVHS ~ 630-8p (without SRDL) DVHS ~ 7-830p (with SRDL) DVHS ~ 730-9p (wih SRDL) DVHS ~ 7-9p (restricted)	14 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 120 ~ 4-6p SROP ~ 630-730p SROP ~ 630-8p (without SRDL) SROP ~ 7-830p (with SRDL) SROP ~ 730-9p (wih SRDL) SROP ~ 7-9p (restricted)	15 SRDL ~ 8-830, 830-9a (30min slots) SRDL ~ 8-9a (only 60min slot) SRDL ~ 8-930a, 830-10a (90min slots) SRDL ~ 8-10a (2hr session) SROP ~ 930-1030a (only 60min slot) SROP ~ 930a-12p (90min w/o SRDL) SROP ~ 10a-1230p (90min w/SRDL) SROP ~ 1030a-1230p (2hr w/SRDL)
16 Miwok Tower ~ 130-4pm	17 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p (without SRDL) SROP ~ 7-830p (with SRDL) SROP ~ 730-9p (wih SRDL) SROP ~ 7-9p (restricted)	18 DVHS SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p DVHS ~ 630-730p DVHS ~ 630-8p (without SRDL) DVHS ~ 7-830p (with SRDL) DVHS ~ 730-9p (wih SRDL) DVHS ~ 7-9p (restricted)	19 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p (without SRDL) SROP ~ 7-830p (with SRDL) SROP ~ 730-9p (wih SRDL) SROP ~ 7-9p (restricted)	20 DVHS SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p DVHS ~ 630-730p DVHS ~ 630-8p (without SRDL) DVHS ~ 7-830p (with SRDL) DVHS ~ 730-9p (wih SRDL) DVHS ~ 7-9p (restricted)	21 USAD Region 10 ~ Miwok @8a SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 120 ~ 4-6p SROP ~ 630-730p SROP ~ 630-8p (without SRDL) SROP ~ 7-830p (with SRDL) SROP ~ 730-9p (wih SRDL) SROP ~ 7-9p (restricted)	22 USAD Region 10 ~ Miwok @6a SRDL ~ 8-830, 830-9a (30min slots) SRDL ~ 8-9a (only 60min slot) SRDL ~ 8-930a, 830-10a (90min slots) SRDL ~ 8-10a (2hr session) SROP ~ 1030-1130a (only 60min slot) SROP ~ 1030a-12p (90min w/o SRDL) SROP ~ 11a-1230p (90min w/SRDL) SROP ~ 11a-1p (2hr w/SRDL)
23 USA Diving Region 10 Miwok @6a	24 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p (without SRDL) SROP ~ 7-830p (with SRDL) SROP ~ 730-9p (wih SRDL) SROP ~ 7-9p (restricted)	25 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p (without SRDL) SROP ~ 7-830p (with SRDL) SROP ~ 730-9p (wih SRDL) SROP ~ 7-9p (restricted)	26 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p (without SRDL) SROP ~ 7-830p (with SRDL) SROP ~ 730-9p (wih SRDL) SROP ~ 7-9p (restricted)	27 V/JV WACCs @BHS WU 3pm SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p (without SRDL) SROP ~ 7-830p (with SRDL) SROP ~ 730-9p (wih SRDL) SROP ~ 7-9p (restricted)	28 V-only EBALs @Amador WU 8am SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 120 ~ 4-6p SROP ~ 630-730p SROP ~ 630-8p (without SRDL) SROP ~ 7-830p (with SRDL) SROP ~ 730-9p (wih SRDL) SROP ~ 7-9p (restricted)	29 V&JV DAL's @SODA WU 2pm SRDL ~ 8-830, 830-9a (30min slots) SRDL ~ 8-9a (only 60min slot) SRDL ~ 8-930a, 830-10a (90min slots) SRDL ~ 8-10a (2hr session) SROP ~ 1030-1130a (only 60min slot) SROP ~ 1030a-12p (90min w/o SRDL) SROP ~ 11a-1230p (90min w/SRDL) SROP ~ 11a-1p (2hr w/SRDL)
30	Notes:					

May 2023						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NOTE/EXPLANATION: With and Without SRDL designations: For pool slots (SROP/DVHS): 1) if you were at dryland (SRDL) that day, then you MAY attend the "with" or "without" sessions 2) If you did NOT attend dryland that day, you MUST attend the "without" session.	1 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p (without SRDL) SROP ~ 7-830p (with SRDL) SROP ~ 730-9p (wih SRDL) SROP ~ 7-9p (restricted)	2 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p (without SRDL) SROP ~ 7-830p (with SRDL) SROP ~ 730-9p (wih SRDL) SROP ~ 7-9p (restricted)	3 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p (without SRDL) SROP ~ 7-830p (with SRDL) SROP ~ 730-9p (wih SRDL) SROP ~ 7-9p (restricted)	4 High School NCS Championships SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 120 ~ 4-6p SROP ~ 630-730p SROP ~ 630-8p (without SRDL) SROP ~ 7-830p (with SRDL) SROP ~ 730-9p (wih SRDL) SROP ~ 7-9p (restricted)	5 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 120 ~ 4-6p SROP ~ 630-730p SROP ~ 630-8p (without SRDL) SROP ~ 7-830p (with SRDL) SROP ~ 730-9p (wih SRDL) SROP ~ 7-9p (restricted)	6 SRDL ~ 8-830, 830-9a (30min slots) SRDL ~ 8-9a (only 60min slot) SRDL ~ 8-930a, 830-10a (90min slots) SRDL ~ 8-10a (2hr session) SROP ~ 10-11a (only 60min slot) SROP ~ 10-1130a (90min w/o SRDL) SROP ~ 1030a-12p (90min w/SRDL) SROP ~ 1030a-1230p (2hr w/SRDL)
7 Miwok Tower ~ 130-4pm	8 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p (without SRDL) SROP ~ 7-830p (with SRDL) SROP ~ 730-9p (wih SRDL) SROP ~ 7-9p (restricted)	9 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p (without SRDL) SROP ~ 7-830p (with SRDL) SROP ~ 730-9p (wih SRDL) SROP ~ 7-9p (restricted)	10 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 120 ~ 4-6p SROP ~ 630-730p SROP ~ 630-8p (without SRDL) SROP ~ 7-830p (with SRDL) SROP ~ 730-9p (wih SRDL) SROP ~ 7-9p (restricted)	11 High School NCS/CIF State Championships SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 120 ~ 4-6p SROP ~ 630-730p SROP ~ 630-8p (without SRDL) SROP ~ 7-830p (with SRDL) SROP ~ 730-9p (wih SRDL) SROP ~ 7-9p (restricted)	12 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 120 ~ 4-6p SROP ~ 630-730p SROP ~ 630-8p (without SRDL) SROP ~ 7-830p (with SRDL) SROP ~ 730-9p (wih SRDL) SROP ~ 7-9p (restricted)	13 SRDL ~ 8-830, 830-9a (30min slots) SRDL ~ 8-9a (only 60min slot) SRDL ~ 8-930a, 830-10a (90min slots) SRDL ~ 8-10a (2hr session) SROP ~ 10-11a (only 60min slot) SROP ~ 10-1130a (90min w/o SRDL) SROP ~ 1030a-12p (90min w/SRDL) SROP ~ 1030a-1230p (2hr w/SRDL)
14	15 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p (without SRDL) SROP ~ 7-830p (with SRDL) SROP ~ 730-9p (wih SRDL) SROP ~ 7-9p (restricted)	16 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p (without SRDL) SROP ~ 7-830p (with SRDL) SROP ~ 730-9p (wih SRDL) SROP ~ 7-9p (restricted)	17 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p (without SRDL) SROP ~ 7-830p (with SRDL) SROP ~ 730-9p (wih SRDL) SROP ~ 7-9p (restricted)	18 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p (without SRDL) SROP ~ 7-830p (with SRDL) SROP ~ 730-9p (wih SRDL) SROP ~ 7-9p (restricted)	19 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 120 ~ 4-6p SROP ~ 630-730p SROP ~ 630-8p (without SRDL) SROP ~ 7-830p (with SRDL) SROP ~ 730-9p (wih SRDL) SROP ~ 7-9p (restricted)	20 SRDL ~ 8-830, 830-9a (30min slots) SRDL ~ 8-9a (only 60min slot) SRDL ~ 8-930a, 830-10a (90min slots) SRDL ~ 8-10a (2hr session) SROP ~ 10-11a (only 60min slot) SROP ~ 10-1130a (90min w/o SRDL) SROP ~ 1030a-12p (90min w/SRDL) SROP ~ 1030a-1230p (2hr w/SRDL)
21	22 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p (without SRDL) SROP ~ 7-830p (with SRDL) SROP ~ 730-9p (wih SRDL) SROP ~ 7-9p (restricted)	23 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p (without SRDL) SROP ~ 7-830p (with SRDL) SROP ~ 730-9p (wih SRDL) SROP ~ 7-9p (restricted)	24 SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p (without SRDL) SROP ~ 7-830p (with SRDL) SROP ~ 730-9p (wih SRDL) SROP ~ 7-9p (restricted)	25 AAU RWB Nationals ~ Orlando, FL SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p, 5-630p SRDL 120 ~ 4-6p, 5-7p SROP ~ 630-730p SROP ~ 630-8p (without SRDL) SROP ~ 7-830p (with SRDL) SROP ~ 730-9p (wih SRDL) SROP ~ 7-9p (restricted)	26 AAU RWB Nationals ~ Orlando, FL SRDL 30/60 ~ 4-430p, 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 120 ~ 4-6p SROP ~ 630-730p SROP ~ 630-8p (without SRDL) SROP ~ 7-830p (with SRDL) SROP ~ 730-9p (wih SRDL) SROP ~ 7-9p (restricted)	27 AAU RWB Nationals ~ Orlando, FL SRDL ~ 8-830, 830-9a (30min slots) SRDL ~ 8-9a (only 60min slot) SRDL ~ 8-930a, 830-10a (90min slots) SRDL ~ 8-10a (2hr session) SROP ~ 10-11a (only 60min slot) SROP ~ 10-1130a (90min w/o SRDL) SROP ~ 1030a-12p (90min w/SRDL) SROP ~ 1030a-1230p (2hr w/SRDL)
28 AAU RWB Nationals ~ Orlando, FL	29 AAU RWB Nationals ~ Orlando, FL <					

June 2023							
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Notes: Try-it-Out (TIO) program ~ Are scheduled for the Early Session(s) at the pool (60- or 90-minutes). Dryland sessions are the first 30- 45- or 60-minute session. Coach's discretion for all/any. TEAM DIVERS ~ each team (Dev1-5, Reg1-3, Zone1-2, Nat, S&E, and Masters) have specific and prescribed session configurations for both quantity of sessions AND length of sessions per week. When submitting your calendar requests, ONLY CIRCLE whole sessions that are equal to your program listing. Please review the right-hand column on the Fees tab of our website for details. If you are not sure what your program includes, please send an email to the admin@CALdiving.org.		DIVER'S NAME: _____ DIVER'S TEAM (circle one): DT, RT, ZT, NT, S&E, Masters TEAM LEVEL (circle): 1, 2, 3, 4, 5 INCLUDED HOURS: _____ CDA "ExtraHours" (if any): ____	With (w/) and Without (w/o) dryland (SRDL) NOTES: For pool slots (SROP/DVHS): 1) if you were at dryland (SRDL) that day, then you MAY attend the "with" or "without" sessions 2) If you did NOT attend dryland that day, you MUST attend the "without" session.	1 SRDL 30 ~ 4-430p, 430-5p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 120 ~ 4-6p SROP ~ 630-730p (w/o SRDL) SROP ~ 630-8p (without SRDL) SROP ~ 7-830p (with SRDL) SROP ~ 730-9p (with SRDL) SROP ~ 7-9p (restricted)	2 SRDL 30 ~ 4-430p, 430-5p SRDL 60 ~ 4-5p, 5-6p SRDL 90 ~ 4-530p, 430-6p SRDL 120 ~ 4-6p SROP ~ 630-730p (w/o SRDL) SROP ~ 630-8p (without SRDL) SROP ~ 7-830p (with SRDL) SROP ~ 730-9p (with SRDL) SROP ~ 7-9p (restricted)	3 SRDL ~ 8-830, 830-9a (30min slots) SRDL ~ 8-9a (only 60min slot) SRDL ~ 8-930a, 830-10a (90min slots) SRDL ~ 8-10a (2hr session) SROP ~ 10-11a (only 60min slot) SROP ~ 10-1130a (90min w/o SRDL) SROP ~ 1030a-12p (90min w/SRDL) SROP ~ 1030a-1230p (2hr w/SRDL)	
4	5 San Ramon City LTD Camp ~ 4-5p @DVHS Private Dryland Options ~ 7-930a SRDL 30 ~ 10-1030a, 1230-1p SRDL 60 ~ 10-11a, 11a-12p, 12-1p SRDL 90 ~ 10-1130a, 1130-1p SRDL 2hr ~ 10-12p, 11-1p SRDL 3hr ~ 930a-1230p, 10a-1p SRDL 4hr ~ 9a-1p DVHS 60 ~ 130-230p (w/o SRDL) DVHS 90 ~ 130-3p (w/o SRDL) DVHS 90 ~ 2-330p (with SRDL) DVHS 2hr ~ 2-4p (with SRDL) SROP 60 ~ 530-630p (w/o SRDL) SROP 90 ~ 530-7p (w/ or w/o SRDL)	6 San Ramon City LTD Camp ~ 4-5p @DVHS Private Dryland Options ~ 7-930a SRDL 30 ~ 10-1030a, 1230-1p SRDL 60 ~ 10-11a, 11a-12p, 12-1p SRDL 90 ~ 10-1130a, 1130-1p SRDL 2hr ~ 10-12p, 11-1p SRDL 3hr ~ 930a-1230p, 10a-1p SRDL 4hr ~ 9a-1p DVHS 60 ~ 130-230p (w/o SRDL) DVHS 90 ~ 130-3p (w/o SRDL) DVHS 90 ~ 2-330p (with SRDL) DVHS 2hr ~ 2-4p (with SRDL) SROP 60 ~ 530-630p (w/o SRDL) SROP 90 ~ 530-7p (w/ or w/o SRDL)	7 San Ramon City LTD Camp ~ 4-5p @DVHS Private Dryland Options ~ 7-930a SRDL 30 ~ 10-1030a, 1230-1p SRDL 60 ~ 10-11a, 11a-12p, 12-1p SRDL 90 ~ 10-1130a, 1130-1p SRDL 2hr ~ 10-12p, 11-1p SRDL 3hr ~ 930a-1230p, 10a-1p SRDL 4hr ~ 9a-1p DVHS 60 ~ 130-230p (w/o SRDL) DVHS 90 ~ 130-3p (w/o SRDL) DVHS 90 ~ 2-330p (with SRDL) DVHS 2hr ~ 2-4p (with SRDL) SROP 60 ~ 530-630p (w/o SRDL) SROP 90 ~ 530-7p (w/ or w/o SRDL)	8 San Ramon City LTD Camp ~ 4-5p @DVHS Private Dryland Options ~ 7-930a SRDL 30 ~ 10-1030a, 1230-1p SRDL 60 ~ 10-11a, 11a-12p, 12-1p SRDL 90 ~ 10-1130a, 1130-1p SRDL 2hr ~ 10-12p, 11-1p SRDL 3hr ~ 930a-1230p, 10a-1p SRDL 4hr ~ 9a-1p DVHS 60 ~ 130-230p (w/o SRDL) DVHS 90 ~ 130-3p (w/o SRDL) DVHS 90 ~ 2-330p (with SRDL) DVHS 2hr ~ 2-4p (with SRDL) SROP 60 ~ 530-630p (w/o SRDL) SROP 90 ~ 530-7p (w/ or w/o SRDL)	9 San Ramon City LTD Camp ~ 4-5p @DVHS Private Dryland Options ~ 7-930a SRDL 30 ~ 10-1030a, 1230-1p SRDL 60 ~ 10-11a, 11a-12p, 12-1p SRDL 90 ~ 10-1130a, 1130-1p SRDL 2hr ~ 10-12p, 11-1p SRDL 3hr ~ 930a-1230p, 10a-1p SRDL 4hr ~ 9a-1p DVHS 60 ~ 130-230p (w/o SRDL) DVHS 90 ~ 130-3p (w/o SRDL) DVHS 90 ~ 2-330p (with SRDL) DVHS 2hr ~ 2-4p (with SRDL) SROP 60 ~ 530-630p (w/o SRDL) SROP 90 ~ 530-7p (w/ or w/o SRDL)	10 SRDL ~ 8-830a, 830-9a (30min slots) SRDL ~ 8-9a (only 60min slot) SRDL ~ 8-930a, 830-10a (90min slots) SRDL ~ 8-10a (2hr session) SROP ~ 930-1030a (only 60min slot) SROP ~ 930-11a (90min w/o SRDL) SROP ~ 10a-1130a (90min w/SRDL) SROP ~ 10a-12p (2hr w/SRDL)	
11	12	13	14	15	16	17	
Miwok Tower Session ~ 130-5pm	Private SRDL Options ~ 7-930a	Private SRDL Options ~ 7-930a	USAD Zone-E Champs	USAD Zone-E Champs	USAD Zone-E Champs	USAD Zone-E Champs	
	SRDL 30 ~ 10-1030a, 1230-1p	SRDL 30 ~ 10-1030a, 1230-1p					
Circle this session to attend.	SRDL 60 ~ 10-11a, 11a-12p, 12-1p	SRDL 60 ~ 10-11a, 11a-12p, 12-1p					
	SRDL 90 ~ 10-1130a, 1130-1p	SRDL 90 ~ 10-1130a, 1130-1p					
Cost is \$30 to the coach on the deck.	SRDL 2hr ~ 10-12p, 11-1p	SRDL 2hr ~ 10-12p, 11-1p	SRDL 30 ~ 10-1030a, 11-1130a	SRDL 30 ~ 10-1030a, 11-1130a	SRDL 30 ~ 10-1030a, 11-1130a	SRDL 30min ~ 8-830a, 830-9a	
	SRDL 3hr ~ 930a-1230p, 10a-1p	SRDL 3hr ~ 930a-1230p, 10a-1p	SRDL 60 ~ 10-11a, 11a-12p	SRDL 60 ~ 10-11a, 11a-12p	SRDL 60 ~ 10-11a, 11a-12p	SRDL 60min ~ 8-9a	
	SRDL 4hr ~ 9a-1p	SRDL 4hr ~ 9a-1p	SRDL 90 ~ 10-1130a, 1030-12p	SRDL 90 ~ 10-1130a, 1030-12p	SRDL 90 ~ 10-1130a, 1030-12p	SRDL 90min ~ 8-930a	
			SRDL 2hr ~ 10-12p	SRDL 2hr ~ 10-12p	SRDL 2hr ~ 10-12p	SRDL 2hr ~ 10-12p	
	DVHS 60 ~ 130-230p (w/o SRDL)	DVHS 60 ~ 130-230p (w/o SRDL)	DVHS 60 ~ 130-230p (w/o SRDL)	DVHS 60 ~ 130-230p (w/o SRDL)	DVHS 60 ~ 130-230p (w/o SRDL)	SROP 60min ~ 10-11a	
	DVHS 90 ~ 130-3p (w/o SRDL)	DVHS 90 ~ 130-3p (w/o SRDL)	DVHS 90 ~ 130-3p (w/o SRDL)	DVHS 90 ~ 130-3p (w/o SRDL)	DVHS 90 ~ 130-3p (w/o SRDL)	SROP 90min ~ 10-1130a	
	DVHS 90 ~ 2-330p (with SRDL)	DVHS 90 ~ 2-330p (with SRDL)	DVHS 90 ~ 2-330p (with SRDL)	DVHS 90 ~ 2-330p (with SRDL)	DVHS 90 ~ 2-330p (with SRDL)	SROP 2hr ~ 10a-12p	
	DVHS 2hr ~ 2-4p (with SRDL)	DVHS 2hr ~ 2-4p (with SRDL)	DVHS 2hr ~ 2-4p (with SRDL)	DVHS 2hr ~ 2-4p (with SRDL)	DVHS 2hr ~ 2-4p (with SRDL)		
	SROP 60 ~ 530-630p (w/o SRDL)	SROP 60 ~ 530-630p (w/o SRDL)	SROP 60 ~ 530-630p (w/o SRDL)	SROP 60 ~ 530-630p (w/o SRDL)	SROP 60 ~ 530-630p (w/o SRDL)		
	SROP 90 ~ 530-7p (w/ or w/o SRDL)	SROP 90 ~ 530-7p (w/ or w/o SRDL)	SROP 90 ~ 530-7p (w/ or w/o SRDL)	SROP 90 ~ 530-7p (w/ or w/o SRDL)	SROP 90 ~ 530-7p (w/ or w/o SRDL)		

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday			
Notes: Try-it-Out (TIO) program ~ Are scheduled for the Early Session(s) at the pool (60- or 90-minutes). Dryland sessions are the first 30- 45- or 60-minute session. Coach's discretion for all/any. TEAM DIVERS ~ each team (Dev1-5, Reg1-3, Zone1-2, Nat, S&E, and Masters) have specific and prescribed session configurations for both quantity of sessions AND length of sessions per week. When submitting your calendar requests, ONLY CIRCLE whole sessions that are equal to your program listing. Please review the right-hand column on the Fees tab of our website for details. If you are not sure what your program includes, please send an email to the admin@CALdiving.org.				DIVER'S NAME: DIVER'S TEAM (circle one): DT, RT, ZT, NT, S&E, Masters TEAM LEVEL (circle): 1, 2, 3, 4, 5 INCLUDED HOURS: _____ CDA "ExtraHours" (if any): _____		With (w/) and Without (w/o) dryland (SRDL) NOTES: For pool slots (SROP/DVHS): 1) if you were at dryland (SRDL) that day, then you MAY attend the "with" or "without" sessions 2) If you did NOT attend dryland that day, you MUST attend the "without" session.		This is PAGE-2 of June 2023 (18-30jun23)							
18		19		20		21		22		23		24			
USAD Zone-E Champs		Private Dryland Options ~ 7-930a SRDL 30 ~ 10-1030a, 1230-1p SRDL 60 ~ 10-11a, 11a-12p, 12-1p SRDL 90 ~ 10-1130a, 1130-1p SRDL 2hr ~ 10-12p, 11-1p SRDL 3hr ~ 930a-1230p, 10a-1p SRDL 4hr ~ 9a-1p DVHS 60 ~ 130-230p (w/o SRDL) DVHS 90 ~ 130-3p (w/o SRDL) DVHS 90 ~ 2-330p (with SRDL) DVHS 2hr ~ 2-4p (with SRDL)		Private Dryland Options ~ 7-930a SRDL 30 ~ 10-1030a, 1230-1p SRDL 60 ~ 10-11a, 11a-12p, 12-1p SRDL 90 ~ 10-1130a, 1130-1p SRDL 2hr ~ 10-12p, 11-1p SRDL 3hr ~ 930a-1230p, 10a-1p SRDL 4hr ~ 9a-1p DVHS 60 ~ 130-230p (w/o SRDL) DVHS 90 ~ 130-3p (w/o SRDL) DVHS 90 ~ 2-330p (with SRDL) DVHS 2hr ~ 2-4p (with SRDL)		Private Dryland Options ~ 7-930a SRDL 30 ~ 10-1030a, 1230-1p SRDL 60 ~ 10-11a, 11a-12p, 12-1p SRDL 90 ~ 10-1130a, 1130-1p SRDL 2hr ~ 10-12p, 11-1p SRDL 3hr ~ 930a-1230p, 10a-1p SRDL 4hr ~ 9a-1p @SROP ~ NO DVHS TODAY SROP 60 ~ 330-430p (w/o SRDL) SROP 90 ~ 330-5p (w/o SRDL) SROP 90 ~ 4-530p, 5-630p (w/SRDL) SROP 2hr ~ 4-6p, 5-7p (w/SRDL) SROP 3hr ~ 4-7p (with SRDL)		Private Dryland Options ~ 7-930a SRDL 30 ~ 10-1030a, 1230-1p SRDL 60 ~ 10-11a, 11a-12p, 12-1p SRDL 90 ~ 10-1130a, 1130-1p SRDL 2hr ~ 10-12p, 11-1p SRDL 3hr ~ 930a-1230p, 10a-1p SRDL 4hr ~ 9a-1p DVHS 60 ~ 130-230p (w/o SRDL) DVHS 90 ~ 130-3p (w/o SRDL) DVHS 90 ~ 2-330p (with SRDL) DVHS 2hr ~ 2-4p (with SRDL)		Private Dryland Options ~ 7-930a SRDL 30 ~ 10-1030a, 1230-1p SRDL 60 ~ 10-11a, 11a-12p, 12-1p SRDL 90 ~ 10-1130a, 1130-1p SRDL 2hr ~ 10-12p, 11-1p SRDL 3hr ~ 930a-1230p, 10a-1p SRDL 4hr ~ 9a-1p DVHS 60 ~ 130-230p (w/o SRDL) DVHS 90 ~ 130-3p (w/o SRDL) DVHS 90 ~ 2-330p (with SRDL) DVHS 2hr ~ 2-4p (with SRDL)		Dryland ~ 8-830a, 830-9a (30min slots) SRDL ~ 8-9a (only 60min slot) SRDL ~ 8-930a, 830-10a (90min slots) SRDL ~ 8-10a (2hr session) SROP ~ 930-1030a (only 60min slot) SROP ~ 930-11a (90min w/o SRDL) SROP ~ 10a-1130a (90min w/SRDL) SROP ~ 10a-12p (2hr w/SRDL)			
		SROP 60 ~ 530-630p (w/o SRDL) SROP 90 ~ 530-7p (w/ or w/o SRDL)		SROP 60 ~ 530-630p (w/o SRDL) SROP 90 ~ 530-7p (w/ or w/o SRDL)		SROP 60 ~ 530-630p (w/o SRDL) SROP 90 ~ 530-7p (w/ or w/o SRDL)		SROP 60 ~ 530-630p (w/o SRDL) SROP 90 ~ 530-7p (w/ or w/o SRDL)		SROP 60 ~ 530-630p (w/o SRDL) SROP 90 ~ 530-7p (w/ or w/o SRDL)		Private Dryland Options ~ 1230-4pm (by appointment)			
		25		26 San Ramon City LTD Camp ~ 8-11a @SROP		27 San Ramon City LTD Camp ~ 8-11a @SROP		28 San Ramon City LTD Camp ~ 8-11a @SROP		29 San Ramon City LTD Camp ~ 8-11a @SROP		30 San Ramon City LTD Camp ~ 8-11a @SROP		Notes:	
				SRDL 30 ~ 11-1130a, 1130-12p SRDL 60 ~ 1130a-1230p, 12-1p SRDL 90 ~ 11a-1230p, 1130a-1p SRDL 2hr ~ 11-1p DVHS 60 ~ 130-230p (w/o SRDL) DVHS 90 ~ 130-3p (w/o SRDL) DVHS 90 ~ 2-330p (with SRDL) DVHS 2hr ~ 2-4p (wih SRDL)		SRDL 30 ~ 11-1130a, 1130-12p SRDL 60 ~ 1130a-1230p, 12-1p SRDL 90 ~ 11a-1230p, 1130a-1p SRDL 2hr ~ 11-1p DVHS 60 ~ 130-230p (w/o SRDL) DVHS 90 ~ 130-3p (w/o SRDL) DVHS 90 ~ 2-330p (with SRDL) DVHS 2hr ~ 2-4p (wih SRDL)		SRDL 30 ~ 11-1130a, 1130-12p SRDL 60 ~ 1130a-1230p, 12-1p SRDL 90 ~ 1130a-1p, 12-130p SRDL 2hr ~ 1130a-130p, 12-2p SRDL 3hr ~ 12-3p @SROP ~ NO DVHS TODAY SROP 60 ~ 330-430p (w/o SRDL) SROP 90 ~ 330-5p (w/o SRDL) SROP 90 ~ 4-530p, 5-630p (w/SRDL) SROP 2hr ~ 4-6p, 5-7p (w/SRDL)		SRDL 30 ~ 11-1130a, 1130-12p SRDL 60 ~ 1130a-1230p, 12-1p SRDL 90 ~ 11a-1230p, 1130a-1p SRDL 2hr ~ 11-1p DVHS 60 ~ 130-230p (w/o SRDL) DVHS 90 ~ 130-3p (w/o SRDL) DVHS 90 ~ 2-330p (with SRDL) DVHS 2hr ~ 2-4p (wih SRDL)		SRDL 30 ~ 11-1130a, 1130-12p SRDL 60 ~ 1130a-1230p, 12-1p SRDL 90 ~ 11a-1230p, 1130a-1p SRDL 2hr ~ 11-1p DVHS 60 ~ 130-230p (w/o SRDL) DVHS 90 ~ 130-3p (w/o SRDL) DVHS 90 ~ 2-330p (with SRDL) DVHS 2hr ~ 2-4p (wih SRDL)		SROP 60 ~ 530-630p (w/o SRDL) SROP 90 ~ 530-7p (w/ or w/o SRDL)	
SROP 60 ~ 530-630p (w/o SRDL) SROP 90 ~ 530-7p (w/ or w/o SRDL)				SROP 60 ~ 530-630p (w/o SRDL) SROP 90 ~ 530-7p (w/ or w/o SRDL)		SROP 60 ~ 530-630p (w/o SRDL) SROP 90 ~ 530-7p (w/ or w/o SRDL)		SROP 60 ~ 530-630p (w/o SRDL) SROP 90 ~ 530-7p (w/ or w/o SRDL)		SROP 60 ~ 530-630p (w/o SRDL) SROP 90 ~ 530-7p (w/ or w/o SRDL)					

Notes:

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				<p>For pool slots (SROP/DVHS):</p> <p>1) if you were at dryland (SRDL) that day, then you MAY attend the "with" or "without" sessions</p> <p>2) If you did NOT attend dryland that day, you MUST attend the "without" session.</p>		<p>NO SRDL TODAY</p> <p>SROP ~ 830-930a (60min) SROP ~ 9-10a (60min) SROP ~ 830-10a (90min) SROP ~ 9-1030a (90min) SROP ~ 10-1130a (90min) SROP ~ 9-11a (2hr) SROP ~ 10a-12p (2hr) SROP ~ 9a-12p (3hr)</p>
2 Texas Diving Camp w/Coach Eric	3 TX Diving Camp w/Coach Eric	4 TX Diving Camp w/Coach Eric	5 TX Diving Camp w/Coach Eric	6 TX Diving Camp w/Coach Eric	7 Santa Clara Invitational ~ ALL	8 Santa Clara Invitational ~ ALL
CLOSED FOR HOLIDAY	CLOSED FOR HOLIDAY	CLOSED FOR HOLIDAY	<p>SRDL 30 ~ 1130a-12p SRDL 60 ~ 1130a-1230p, 12-1p SRDL 90 ~ 1130a-1p, 12-130p SRDL 2hr ~ 12-2p</p> <p>DVHS 60 ~ 130-230p (w/o SRDL) DVHS 90 ~ 130-3p (w/o SRDL) DVHS 90 ~ 2-330p (with SRDL) DVHS 2hr ~ 2-4p (w/ or w/o SRDL)</p> <p>SROP 60 ~ 530-630p (w/o SRDL) SROP 90 ~ 530-7p (w/ or w/o SRDL)</p>	<p>SRDL 30 ~ 1130a-12p SRDL 60 ~ 1130a-1230p, 12-1p SRDL 90 ~ 1130a-1p, 12-130p SRDL 2hr ~ 12-2p</p> <p>DVHS 60 ~ 130-230p (w/o SRDL) DVHS 90 ~ 130-3p (w/o SRDL) DVHS 90 ~ 2-330p (with SRDL) DVHS 2hr ~ 2-4p (w/ or w/o SRDL)</p> <p>SROP 60 ~ 530-630p (w/o SRDL) SROP 90 ~ 530-7p (w/ or w/o SRDL)</p>	<p>SRDL 30 ~ 1130a-12p SRDL 60 ~ 1130a-1230p, 12-1p SRDL 90 ~ 1130a-1p, 12-130p SRDL 2hr ~ 12-2p</p> <p>DVHS 60 ~ 130-230p (w/o SRDL) DVHS 90 ~ 130-3p (w/o SRDL) DVHS 90 ~ 2-330p (with SRDL) DVHS 2hr ~ 2-4p (w/ or w/o SRDL)</p> <p>SROP 60 ~ 530-630p (w/o SRDL) SROP 90 ~ 530-7p (w/ or w/o SRDL)</p>	<p>ALL REGULAR PRACTICE SESSIONS (WET & DRY) ARE CANCELLED FOR THIS LOCAL DIVING MEET (no make-ups will be offered)</p> <p>ALL LEVELS OF CDA DIVERS SHOULD PARTICIPATE IN THE SANTA CLARA EVENT</p> <p>REGISTRATION WILL BE ON DIVEMEETS.COM (USAD)</p>
9 Santa Clara Invitational ~ ALL AAU Nationals, Riverside, CA	10 AAU Nationals, Riverside, CA San Ramon City LTD Camp ~ 4-5p @DVHS	11 AAU Nationals, Riverside, CA San Ramon City LTD Camp ~ 4-5p @DVHS	12 AAU Nationals, Riverside, CA NO CITY LTD CAMP TODAY	13 AAU Nationals, Riverside, CA Group-B San Ramon City LTD Camp ~ 4-5p @DVHS	14 AAU Nationals, Riverside, CA Group-B San Ramon City LTD Camp ~ 4-5p @DVHS	15 AAU Nationals, Riverside, CA Groups-AB
<p>SRDL 30 ~ 1130a-12p SRDL 60 ~ 1130a-1230p, 12-1p SRDL 90 ~ 1130a-1p, 12-130p SRDL 2hr ~ 12-2p</p> <p>DVHS 60 ~ 130-230p (w/o SRDL) DVHS 90 ~ 130-3p (w/o SRDL) DVHS 90 ~ 2-330p (with SRDL) DVHS 2hr ~ 2-4p (w/ or w/o SRDL)</p> <p>SROP 60 ~ 530-630p (w/o SRDL) SROP 90 ~ 530-7p (w/ or w/o SRDL)</p>	<p>SRDL 30 ~ 1130a-12p SRDL 60 ~ 1130a-1230p, 12-1p SRDL 90 ~ 1130a-1p, 12-130p SRDL 2hr ~ 12-2p</p> <p>DVHS 60 ~ 130-230p (w/o SRDL) DVHS 90 ~ 130-3p (w/o SRDL) DVHS 90 ~ 2-330p (with SRDL) DVHS 2hr ~ 2-4p (w/ or w/o SRDL)</p> <p>SROP 60 ~ 530-630p (w/o SRDL) SROP 90 ~ 530-7p (w/ or w/o SRDL)</p>	<p>SRDL 30 ~ 1130a-12p SRDL 60 ~ 1130a-1230p, 12-1p SRDL 90 ~ 1130a-1p, 12-130p SRDL 2hr ~ 12-2p</p> <p>DVHS 60 ~ 130-230p (w/o SRDL) DVHS 90 ~ 130-3p (w/o SRDL) DVHS 90 ~ 2-330p (with SRDL) DVHS 2hr ~ 2-4p (w/ or w/o SRDL)</p> <p>SROP 60 ~ 530-630p (w/o SRDL) SROP 90 ~ 530-7p (w/ or w/o SRDL)</p>	<p>SRDL 30 ~ 1130a-12p SRDL 60 ~ 1130a-1230p, 12-1p SRDL 90 ~ 1130a-1p, 12-130p SRDL 2hr ~ 12-2p</p> <p>@SROP ~ NO DVHS TODAY</p> <p>SROP 60 ~ 330-430p (w/o SRDL) SROP 60 ~ 4-5p (with SRDL) SROP 90 ~ 330-5p (w/o SRDL) SROP 90 ~ 4-530p (with SRDL) SROP 90 ~ 430-6p (with SRDL) SROP 2hr ~ 4-6p (w/ or w/o SRDL) SROP 2hr ~ 5-7p (w/ or w/o SRDL) SROP 3hr ~ 4-7p (w/ or w/o SRDL)</p>	<p>SRDL 30 ~ 1130a-12p SRDL 60 ~ 1130a-1230p, 12-1p SRDL 90 ~ 1130a-1p, 12-130p SRDL 2hr ~ 12-2p</p> <p>DVHS 60 ~ 130-230p (w/o SRDL) DVHS 90 ~ 130-3p (w/o SRDL) DVHS 90 ~ 2-330p (with SRDL) DVHS 2hr ~ 2-4p (w/ or w/o SRDL)</p> <p>SROP 60 ~ 530-630p (w/o SRDL) SROP 90 ~ 530-7p (w/ or w/o SRDL)</p>	<p>SRDL 30 ~ 1130a-12p SRDL 60 ~ 1130a-1230p, 12-1p SRDL 90 ~ 1130a-1p, 12-130p SRDL 2hr ~ 12-2p</p> <p>DVHS 60 ~ 130-230p (w/o SRDL) DVHS 90 ~ 130-3p (w/o SRDL) DVHS 90 ~ 2-330p (with SRDL) DVHS 2hr ~ 2-4p (w/ or w/o SRDL)</p> <p>SROP 60 ~ 530-630p (w/o SRDL) SROP 90 ~ 530-7p (w/ or w/o SRDL)</p>	<p>Dryland ~ 8-830a, 830-9a (30min slots) SRDL ~ 8-9a (only 60min slot) SRDL ~ 8-930a, 830-10a (90min slots) SRDL ~ 8-10a (2hr session)</p> <p>SROP ~ 930-1030a (only 60min slot) SROP ~ 930-11a (90min w/o SRDL) SROP ~ 10a-1130a (90min w/SRDL) SROP ~ 10a-12p (2hr w/SRDL)</p> <p>Private Dryland Options ~ 1230-4pm (by appointment)</p>

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16 AAU Nationals, Riverside, CA Groups-AB	17 AAU Nationals, Riverside, CA Groups-AB	18 AAU Nationals, Riverside, CA College Showcase-Groups-AB	19 AAU Nationals, Riverside, CA Poss USAD Nat Training @Mission	20 Private Dryland Options ~ 7-930a	21 Private Dryland Options ~ 7-930a	22 USA Nationals, Mission Viejo
SRDL 30 ~ 1130a-12p SRDL 60 ~ 1130a-1230p, 12-1p SRDL 90 ~ 1130a-1p, 12-130p SRDL 2hr ~ 12-2p DVHS 60 ~ 130-230p (w/o SRDL) DVHS 90 ~ 130-3p (w/o SRDL) DVHS 90 ~ 2-330p (with SRDL) DVHS 2hr ~ 2-4p (w/ or w/o SRDL) SROP 60 ~ 530-630p (w/o SRDL) SROP 90 ~ 530-7p (w/ or w/o SRDL)	SRDL 30 ~ 1130a-12p SRDL 60 ~ 1130a-1230p, 12-1p SRDL 90 ~ 1130a-1p, 12-130p SRDL 2hr ~ 12-2p DVHS 60 ~ 130-230p (w/o SRDL) DVHS 90 ~ 130-3p (w/o SRDL) DVHS 90 ~ 2-330p (with SRDL) DVHS 2hr ~ 2-4p (w/ or w/o SRDL) SROP 60 ~ 530-630p (w/o SRDL) SROP 90 ~ 530-7p (w/ or w/o SRDL)	SRDL 30 ~ 1130a-12p SRDL 60 ~ 1130a-1230p, 12-1p SRDL 90 ~ 1130a-1p, 12-130p SRDL 2hr ~ 12-2p DVHS 60 ~ 130-230p (w/o SRDL) DVHS 90 ~ 130-3p (w/o SRDL) DVHS 90 ~ 2-330p (with SRDL) DVHS 2hr ~ 2-4p (w/ or w/o SRDL) SROP 60 ~ 530-630p (w/o SRDL) SROP 90 ~ 530-7p (w/ or w/o SRDL)	SRDL 30 ~ 1130a-12p SRDL 60 ~ 1130a-1230p, 12-1p SRDL 90 ~ 1130a-1p, 12-130p SRDL 2hr ~ 12-2p @SROP ~ NO DVHS TODAY SROP 60 ~ 330-430p (w/o SRDL) SROP 60 ~ 4-5p (with SRDL) SROP 90 ~ 330-5p (w/o SRDL) SROP 90 ~ 4-530p (with SRDL) SROP 90 ~ 430-6p (with SRDL) SROP 2hr ~ 4-6p (w/ or w/o SRDL) SROP 2hr ~ 5-7p (w/ or w/o SRDL) SROP 3hr ~ 4-7p (w/ or w/o SRDL)	SRDL 30 ~ 10-1030a, 1230-1p SRDL 60 ~ 10-11a, 11a-12p, 12-1p SRDL 90 ~ 10-1130a, 1130-1p SRDL 2hr ~ 10-12p, 11-1p SRDL 3hr ~ 930a-1230p, 10a-1p SRDL 4hr ~ 9a-1p DVHS 60 ~ 130-230p (w/o SRDL) DVHS 90 ~ 130-3p (w/o SRDL) DVHS 90 ~ 2-330p (with SRDL) DVHS 2hr ~ 2-4p (w/ or w/o SRDL) SROP 60 ~ 530-630p (w/o SRDL) SROP 90 ~ 530-7p (w/ or w/o SRDL)	SRDL 30 ~ 10-1030a, 1230-1p SRDL 60 ~ 10-11a, 11a-12p, 12-1p SRDL 90 ~ 10-1130a, 1130-1p SRDL 2hr ~ 10-12p, 11-1p SRDL 3hr ~ 930a-1230p, 10a-1p SRDL 4hr ~ 9a-1p DVHS 60 ~ 130-230p (w/o SRDL) DVHS 90 ~ 130-3p (w/o SRDL) DVHS 90 ~ 2-330p (with SRDL) DVHS 2hr ~ 2-4p (w/ or w/o SRDL) SROP 60 ~ 530-630p (w/o SRDL) SROP 90 ~ 530-7p (w/ or w/o SRDL)	Dryland ~ 8-830a, 830-9a (30min slots) SRDL ~ 8-9a (only 60min slot) SRDL ~ 8-930a, 830-10a (90min slots) SRDL ~ 8-10a (2hr session) SROP ~ 930-1030a (only 60min slot) SROP ~ 930-11a (90min w/o SRDL) SROP ~ 10a-1130a (90min w/SRDL) SROP ~ 10a-12p (2hr w/SRDL) Private Dryland Options ~ 1230-4pm (by appointment)
23 USA Nationals, Mission Viejo	24 USA Nationals, Mission Viejo	25 USA Nationals, Mission Viejo	26 USA Nationals, Mission Viejo	27 USA Nationals, Mission Viejo Groups-AB	28 USA Nationals, Mission Viejo Groups-AB Synchro	29 USA Nationals, Mission Viejo Groups-AB
Private Dryland Options ~ 7-930a SRDL 30 ~ 10-1030a, 1230-1p SRDL 60 ~ 10-11a, 11a-12p, 12-1p SRDL 90 ~ 10-1130a, 1130-1p SRDL 2hr ~ 10-12p, 11-1p SRDL 3hr ~ 930a-1230p, 10a-1p SRDL 4hr ~ 9a-1p DVHS 60 ~ 130-230p (w/o SRDL) DVHS 90 ~ 130-3p (w/o SRDL) DVHS 90 ~ 2-330p (with SRDL) DVHS 2hr ~ 2-4p (w/ or w/o SRDL) SROP 60 ~ 530-630p (w/o SRDL) SROP 90 ~ 530-7p (w/ or w/o SRDL)	Private Dryland Options ~ 7-930a SRDL 30 ~ 10-1030a, 1230-1p SRDL 60 ~ 10-11a, 11a-12p, 12-1p SRDL 90 ~ 10-1130a, 1130-1p SRDL 2hr ~ 10-12p, 11-1p SRDL 3hr ~ 930a-1230p, 10a-1p SRDL 4hr ~ 9a-1p DVHS 60 ~ 130-230p (w/o SRDL) DVHS 90 ~ 130-3p (w/o SRDL) DVHS 90 ~ 2-330p (with SRDL) DVHS 2hr ~ 2-4p (w/ or w/o SRDL) SROP 60 ~ 530-630p (w/o SRDL) SROP 90 ~ 530-7p (w/ or w/o SRDL)	Private Dryland Options ~ 7-930a SRDL 30 ~ 10-1030a, 1230-1p SRDL 60 ~ 10-11a, 11a-12p, 12-1p SRDL 90 ~ 10-1130a, 1130-1p SRDL 2hr ~ 10-12p, 11-1p SRDL 3hr ~ 930a-1230p, 10a-1p SRDL 4hr ~ 9a-1p DVHS 60 ~ 130-230p (w/o SRDL) DVHS 90 ~ 130-3p (w/o SRDL) DVHS 90 ~ 2-330p (with SRDL) DVHS 2hr ~ 2-4p (w/ or w/o SRDL) SROP 60 ~ 530-630p (w/o SRDL) SROP 90 ~ 530-7p (w/ or w/o SRDL)	Private Dryland Options ~ 7-930a SRDL 30 ~ 10-1030a, 1230-1p SRDL 60 ~ 10-11a, 11a-12p, 12-1p SRDL 90 ~ 10-1130a, 1130-1p SRDL 2hr ~ 10-12p, 11-1p SRDL 3hr ~ 930a-1230p, 10a-1p SRDL 4hr ~ 9a-1p DVHS 60 ~ 130-230p (w/o SRDL) DVHS 90 ~ 130-3p (w/o SRDL) DVHS 90 ~ 2-330p (with SRDL) DVHS 2hr ~ 2-4p (w/ or w/o SRDL) SROP 60 ~ 530-630p (w/o SRDL) SROP 90 ~ 530-7p (w/ or w/o SRDL)	SRDL 30 ~ 1130a-12p SRDL 60 ~ 1130a-1230p, 12-1p SRDL 90 ~ 1130a-1p, 12-130p SRDL 2hr ~ 12-2p DVHS 60 ~ 130-230p (w/o SRDL) DVHS 90 ~ 130-3p (w/o SRDL) DVHS 90 ~ 2-330p (with SRDL) DVHS 2hr ~ 2-4p (w/ or w/o SRDL) SROP 60 ~ 530-630p (w/o SRDL) SROP 90 ~ 530-7p (w/ or w/o SRDL)	SRDL 30 ~ 1130a-12p SRDL 60 ~ 1130a-1230p, 12-1p SRDL 90 ~ 1130a-1p, 12-130p SRDL 2hr ~ 12-2p DVHS 60 ~ 130-230p (w/o SRDL) DVHS 90 ~ 130-3p (w/o SRDL) DVHS 90 ~ 2-330p (with SRDL) DVHS 2hr ~ 2-4p (w/ or w/o SRDL) SROP 60 ~ 530-630p (w/o SRDL) SROP 90 ~ 530-7p (w/ or w/o SRDL)	SRDL 30min ~ 8-830a, 830-9a SRDL 60min ~ 8-9a SRDL 90min ~ 8-930a SROP 60min ~ 10-11a SROP 90min ~ 10-1130a SROP 2hr ~ 10a-12p

30	USA Nationals, Mission Viejo	31	USA Nat's, Mission Viejo - GrpB San Ramon City LTD Camp--9a-12p @SROP	Notes:
			<p>SRDL 30 ~ 10-1030a, 1230-1p</p> <p>SRDL 60 ~ 10-11a, 11a-12p, 12-1p</p> <p>SRDL 90 ~ 10-1130a, 1130-1p</p> <p>SRDL 2hr ~ 10-12p, 11-1p</p> <p>DVHS 60 ~ 130-230p (w/o SRDL)</p> <p>DVHS 90 ~ 130-3p (w/o SRDL)</p> <p>DVHS 90 ~ 2-330p (with SRDL)</p> <p>DVHS 2hr ~ 2-4p (w/ or w/o SRDL)</p> <p>SROP 60 ~ 530-630p (w/o SRDL)</p> <p>SROP 90 ~ 530-7p (w/ or w/o SRDL)</p>	
<p>This is PAGE-2 of July 2023 (16-31jul23)</p>				

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday					
NOTE/EXPLANATION:				1 USA Nat's, Mission Viejo – GrpA		2		3		4		5					
With and Without SRDL designations:				San Ramon City LTD Camp – 9a-12p @SROP		San Ramon City LTD Camp – 9a-12pa @SROP		San Ramon City LTD Camp – 9a-12pa @SROP									
For pool slots (SROP/DVHS): 1) if you were at dryland (SRDL) that day, then you MAY attend the "with" or "without" sessions 2) If you did NOT attend dryland that day, you MUST attend the "w/o" sessions.		DIVER'S NAME: _____ DIVER'S TEAM (circle one): DT, RT, ZT, NT, S&E, Masters TEAM LEVEL (circle): 1, 2, 3, 4, 5 INCLUDED HOURS: _____ CDA "ExtraHours" (if any): _____		SRDL 30 – 10-1030a, 1230-1p SRDL 60 – 10-11a, 11a-12p, 12-1p SRDL 90 – 11a-1230p, 1130a-1p SRDL 2hr – 10-12p, 11-1p SRDL 3hr – 930a-1230p, 10a-1p SRDL 4hr – 9a-1p DVHS 60 – 130-230p (only 60min) DVHS 90 – 130-3p (w/o SRDL) DVHS 90 – 2-330p (with SRDL) DVHS 2hr – 2-4p (with SRDL) SROP 60 – 530-630p (w/o SRDL) SROP 90 – 530-7p (w / w/o SRDL)		SRDL 30 – 10-1030a, 1230-1p SRDL 60 – 10-11a, 11a-12p, 12-1p SRDL 90 – 11a-1230p, 1130a-1p SRDL 2hr – 10-12p, 11-1p SRDL 3hr – 930a-1230p, 10a-1p SRDL 4hr – 9a-1p DVHS 60 – 130-230p (only 60min) DVHS 90 – 130-3p (w/o SRDL) DVHS 90 – 2-330p (with SRDL) DVHS 2hr – 2-4p (with SRDL) SROP 60 – 530-630p (w/o SRDL) SROP 90 – 530-7p (w / w/o SRDL)		SRDL 30 – 10-1030a, 1230-1p SRDL 60 – 10-11a, 11a-12p, 12-1p SRDL 90 – 11a-1230p, 1130a-1p SRDL 2hr – 10-12p, 11-1p SRDL 3hr – 930a-1230p, 10a-1p SRDL 4hr – 9a-1p DVHS 60 – 130-230p (only 60min) DVHS 90 – 130-3p (w/o SRDL) DVHS 90 – 2-330p (with SRDL) DVHS 2hr – 2-4p (with SRDL) SROP 60 – 530-630p (w/o SRDL) SROP 90 – 530-7p (w / w/o SRDL)		SRDL 30 – 10-1030a, 1230-1p SRDL 60 – 10-11a, 11a-12p, 12-1p SRDL 90 – 11a-1230p, 1130a-1p SRDL 2hr – 10-12p, 11-1p SRDL 3hr – 930a-1230p, 10a-1p SRDL 4hr – 9a-1p DVHS 60 – 130-230p (only 60min) DVHS 90 – 130-3p (w/o SRDL) DVHS 90 – 2-330p (with SRDL) DVHS 2hr – 2-4p (with SRDL) SROP 60 – 530-630p (w/o SRDL) SROP 90 – 530-7p (w / w/o SRDL)		Private Dryland Options – 7-930a SRDL 30 – 10-1030a, 1230-1p SRDL 60 – 10-11a, 11a-12p, 12-1p SRDL 90 – 11a-1230p, 1130a-1p SRDL 2hr – 10-12p, 11-1p SRDL 3hr – 930a-1230p, 10a-1p SRDL 4hr – 9a-1p DVHS 60 – 130-230p (only 60min) DVHS 90 – 130-3p (w/o SRDL) DVHS 90 – 2-330p (with SRDL) DVHS 2hr – 2-4p (with SRDL) SROP 60 – 530-630p (w/o SRDL) SROP 90 – 530-7p (w / w/o SRDL)		SRDL – 8-830a, 830-9a (30min slots) SRDL – 8-9a (only 60min slot) SRDL – 8-930a, 830-10a (90min slots) SRDL – 8-10a (2hr session) SROP – 930-1030a (only 60min slot) SROP – 930-11a (90min w/o SRDL) SROP – 10a-1130a (90min w/SRDL) SROP – 10a-12p (2hr w/SRDL) Private Dryland Options – 1230-4pm (by appointment)			
6	END OF SUMMER	7	SRDL 30/60 – 4-430p, 4-5p, 5-6p SRDL 90 – 4-530p, 430-6p, 5-630p SRDL 120 – 4-6p, 5-7p SROP – 630-730p SROP – 630-8p (without SRDL) SROP – 7-830p (with SRDL) SROP – 730-9p (with SRDL) SROP – 7-9p (restricted)	8	SRDL 30/60 – 4-430p, 4-5p, 5-6p SRDL 90 – 4-530p, 430-6p, 5-630p SRDL 120 – 4-6p, 5-7p SROP – 630-730p SROP – 630-8p (without SRDL) SROP – 7-830p (with SRDL) SROP – 730-9p (with SRDL) SROP – 7-9p (restricted)	9	SRDL 30/60 – 4-430p, 4-5p, 5-6p SRDL 90 – 4-530p, 430-6p SRDL 120 – 4-6p, 5-7p SROP – 630-730p SROP – 630-8p (without SRDL) SROP – 7-830p (with SRDL) SROP – 730-9p (with SRDL) SROP – 7-9p (restricted)	10	SRDL 30/60 – 4-430p, 4-5p, 5-6p SRDL 90 – 4-530p, 430-6p SRDL 120 – 4-6p, 5-7p SROP – 630-730p SROP – 630-8p (without SRDL) SROP – 7-830p (with SRDL) SROP – 730-9p (with SRDL) SROP – 7-9p (restricted)	11	SRDL 30/60 – 4-430p, 4-5p, 5-6p SRDL 90 – 4-530p, 430-6p SRDL 120 – 4-6p, 5-7p SROP – 630-730p SROP – 630-8p (without SRDL) SROP – 7-830p (with SRDL) SROP – 730-9p (with SRDL) SROP – 7-9p (restricted)	12	SRDL – 8-830, 830-9a (30min slots) SRDL – 8-9a (only 60min slot) SRDL – 8-930a, 830-10a (90min slots) SRDL – 8-10a (2hr session) SROP – 1030-1130a (only 60min slot) SROP – 1030a-12p (90min w/o SRDL) SROP – 11a-1230p (90min w/SRDL) SROP – 11a-1p (2hr w/SRDL) Private Dryland Options – 130-4pm (by appointment)				
13		14	SRDL 30/60 – 4-430p, 4-5p, 5-6p SRDL 90 – 4-530p, 430-6p, 5-630p SRDL 120 – 4-6p, 5-7p SROP – 630-730p SROP – 630-8p (without SRDL) SROP – 7-830p (with SRDL) SROP – 730-9p (with SRDL) SROP – 7-9p (restricted)	15	SRDL 30/60 – 4-430p, 4-5p, 5-6p SRDL 90 – 4-530p, 430-6p, 5-630p SRDL 120 – 4-6p, 5-7p SROP – 630-730p SROP – 630-8p (without SRDL) SROP – 7-830p (with SRDL) SROP – 730-9p (with SRDL) SROP – 7-9p (restricted)	16	SRDL 30/60 – 4-430p, 4-5p, 5-6p SRDL 90 – 4-530p, 430-6p SRDL 120 – 4-6p, 5-7p SROP – 630-730p SROP – 630-8p (without SRDL) SROP – 7-830p (with SRDL) SROP – 730-9p (with SRDL) SROP – 7-9p (restricted)	17	SRDL 30/60 – 4-430p, 4-5p, 5-6p SRDL 90 – 4-530p, 430-6p SRDL 120 – 4-6p, 5-7p SROP – 630-730p SROP – 630-8p (without SRDL) SROP – 7-830p (with SRDL) SROP – 730-9p (with SRDL) SROP – 7-9p (restricted)	18	SRDL 30/60 – 4-430p, 4-5p, 5-6p SRDL 90 – 4-530p, 430-6p SRDL 120 – 4-6p, 5-7p SROP – 630-730p SROP – 630-8p (without SRDL) SROP – 7-830p (with SRDL) SROP – 730-9p (with SRDL) SROP – 7-9p (restricted)	19	SRDL – 8-830, 830-9a (30min slots) SRDL – 8-9a (only 60min slot) SRDL – 8-930a, 830-10a (90min slots) SRDL – 8-10a (2hr session) SROP – 1030-1130a (only 60min slot) SROP – 1030a-12p (90min w/o SRDL) SROP – 11a-1230p (90min w/SRDL) SROP – 11a-1p (2hr w/SRDL) Private Dryland Options – 130-4pm (by appointment)				
20		21	SRDL 30/60 – 4-430p, 4-5p, 5-6p SRDL 90 – 4-530p, 430-6p, 5-630p SRDL 120 – 4-6p, 5-7p SROP – 630-730p SROP – 630-8p (without SRDL) SROP – 7-830p (with SRDL) SROP – 730-9p (with SRDL) SROP – 7-9p (restricted)	22	SRDL 30/60 – 4-430p, 4-5p, 5-6p SRDL 90 – 4-530p, 430-6p, 5-630p SRDL 120 – 4-6p, 5-7p SROP – 630-730p SROP – 630-8p (without SRDL) SROP – 7-830p (with SRDL) SROP – 730-9p (with SRDL) SROP – 7-9p (restricted)	23	SRDL 30/60 – 4-430p, 4-5p, 5-6p SRDL 90 – 4-530p, 430-6p SRDL 120 – 4-6p, 5-7p SROP – 630-730p SROP – 630-8p (without SRDL) SROP – 7-830p (with SRDL) SROP – 730-9p (with SRDL) SROP – 7-9p (restricted)	24	SRDL 30/60 – 4-430p, 4-5p, 5-6p SRDL 90 – 4-530p, 430-6p SRDL 120 – 4-6p, 5-7p SROP – 630-730p SROP – 630-8p (without SRDL) SROP – 7-830p (with SRDL) SROP – 730-9p (with SRDL) SROP – 7-9p (restricted)	25	SRDL 30/60 – 4-430p, 4-5p, 5-6p SRDL 90 – 4-530p, 430-6p SRDL 120 – 4-6p, 5-7p SROP – 630-730p SROP – 630-8p (without SRDL) SROP – 7-830p (with SRDL) SROP – 730-9p (with SRDL) SROP – 7-9p (restricted)	26	SRDL – 8-830, 830-9a (30min slots) SRDL – 8-9a (only 60min slot) SRDL – 8-930a, 830-10a (90min slots) SRDL – 8-10a (2hr session) SROP – 1030-1130a (only 60min slot) SROP – 1030a-12p (90min w/o SRDL) SROP – 11a-1230p (90min w/SRDL) SROP – 11a-1p (2hr w/SRDL) Private Dryland Options – 130-4pm (by appointment)				
27		28	SRDL 30/60 – 4-430p, 4-5p, 5-6p SRDL 90 – 4-530p, 430-6p, 5-630p SRDL 120 – 4-6p, 5-7p SROP – 630-730p SROP – 630-8p (without SRDL) SROP – 7-830p (with SRDL) SROP – 730-9p (with SRDL) SROP – 7-9p (restricted)	29	SRDL 30/60 – 4-430p, 4-5p, 5-6p SRDL 90 – 4-530p, 430-6p, 5-630p SRDL 120 – 4-6p, 5-7p SROP – 630-730p SROP – 630-8p (without SRDL) SROP – 7-830p (with SRDL) SROP – 730-9p (with SRDL) SROP – 7-9p (restricted)	30	SRDL 30/60 – 4-430p, 4-5p, 5-6p SRDL 90 – 4-530p, 430-6p SRDL 120 – 4-6p, 5-7p SROP – 630-730p SROP – 630-8p (without SRDL) SROP – 7-830p (with SRDL) SROP – 730-9p (with SRDL) SROP – 7-9p (restricted)	31	SRDL 30/60 – 4-430p, 4-5p, 5-6p SRDL 90 – 4-530p, 430-6p SRDL 120 – 4-6p, 5-7p SROP – 630-730p SROP – 630-8p (without SRDL) SROP – 7-830p (with SRDL) SROP – 730-9p (with SRDL) SROP – 7-9p (restricted)	Notes: Try-it-Out (TIO) program – Are scheduled for the Early Session(s) at the pool either (60- or 90- minutes). Dryland sessions are the first 30-45- or 60-minute sessions. Coach's discretion for all/any sessions assigned. TEAM DIVERS – each team (Dev1-5, Reg1-3, Zone1-2, Nat, S&E, and Masters) have specific and prescribed session configurations for both quantity of sessions AND length of sessions per week. When submitting your calendar requests, ONLY CIRCLE whole sessions that are equal to your program listing. Please review the right-hand column on the Fees tab of our website for details. If you are not sure what your program includes, please send an email to the admin@CALdiving.org.							