

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 Private dryland appts ~ 12-4p	5 Private dryland appts ~ 7-8 + 2-7p
		DRYLAND SLOTS SRDL 30 ~ 4-430, 5-530, 6-630 SRDL 60 ~ 4-5, 430-530, 5-6, 6-7 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 2hr ~ 430-630, 5-7, 530-730	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	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	DRYLAND SLOTS SRDL 30 ~ 4-430, 5-530 SRDL 60 ~ 4-5, 5-6 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 DVHS 30 ~ 745-815 DVHS 60 ~ 715-815 (w/o dry) DVHS 90 ~ 715-845 (w/o dry) DVHS 105 ~ 715-9 (w/o dry)	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 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 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 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 DVHS 60 ~ 745-845 (w/dry) DVHS 75 ~ 745-9 (w/dry) No 90min or 2hr water slots	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)	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)	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)	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	7 Private dryland appts ~ 12-4p	8 Private dryland appts ~ 12-4p	9 Private dryland appts ~ 12-4p	10 Private dryland appts ~ 12-4p	11 Private dryland appts ~ 12-4p	12 Private dryland appts ~ 7-8 + 2-7p
	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	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	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	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	DRYLAND SLOTS SRDL 30 ~ 4-430, 5-530 SRDL 60 ~ 4-5, 5-6 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 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 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 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 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 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 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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OCTOBER'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:

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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:
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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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
13	14	15	16	17	18	19	
	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	DiveLab Invite - Novato, CA NOT LIVE on DiveLive a/o 15sept AAU/USAD not determined	
	DRYLAND SLOTS	DRYLAND SLOTS	DRYLAND SLOTS	DRYLAND SLOTS	DRYLAND SLOTS	<p align="center">NO CLUB PRACTICE</p> <p align="center">ALL beginner/intermediate divers (FC1-8) are expected to participate in this event.</p> <p align="center">JO's should participate.</p> <p align="center">The event: 1m, 3m, Tower</p>	
	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
	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		
	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)		
	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)		
20	21	22	23	24	25	26	
DiveLab Invite - Novato, CA NOT LIVE a/o 15sept will be on DiveLive AAU/USAD not determined	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	
	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, 430-530, 5-6, 6-7 SRDL 90 ~ 4-530, 430-6, 5-630 SRDL 2hr ~ 4-6, 430-630, 5-7, 530-730	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 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)	DVHS 30 ~ 745-815 DVHS 60 ~ 715-815 (w/o dry) DVHS 90 ~ 715-845 (w/o dry) DVHS 105 ~ 715-9 (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)	DVHS 60 ~ 745-845 (w/dry) DVHS 75 ~ 745-9 (w/dry) No 90min or 2hr water slots	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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OCTOBER'24**

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SLOT NOTES & EXPLANATIONS ~

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**"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
27	28	29	30	31	Notes:	
	Private dryland appts ~ 12-4p	Private dryland appts ~ 12-4p	Private dryland appts ~ 12-4p	Private dryland appts ~ 12-4p		
	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		
	WATER W/O DRYLAND TODAY	WATER W/O DRYLAND TODAY	WATER W/O DRYLAND TODAY	WATER W/O DRYLAND TODAY		
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	WATER WITH DRYLAND TODAY	WATER WITH DRYLAND TODAY	WATER WITH DRYLAND TODAY	WATER WITH DRYLAND TODAY		
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OCTOBER'24**

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INCLUDED HOURS/WEEK: _____

"ExtraHours" (if any): _____

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3	4	5	6	7	8	9	
	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	
	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
	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 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 ~ 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 ~ 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.

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 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	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	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	DRYLAND SLOTS SRDL 30 – 4-430, 5-530 SRDL 60 – 4-5, 5-6 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 – 8-90, 9-1030 SRDL 2hr – 8-10, 830-1030	
		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 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 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 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 WITHOUT DRYLAND TODAY SROP 30 – 11-1130 (w/dry OR w/o dry) SROP 60 – 1130-12 (w/dry OR w/o dry) SROP 90 – 1030-1130 (w/o dry) SROP 2hr – 1030-12 (w/o dry) SROP 2hr – 1030-1230 (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)	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)	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)	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)	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)	
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 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	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	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	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	DRYLAND SLOTS SRDL 30 – 4-430, 5-530 SRDL 60 – 4-5, 5-6 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 – 8-90, 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 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 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 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 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 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 – 7-8 (w/dry) SROP 90 – 7-830 (w/dry) SROP 90 – 730-9 (w/dry) SROP 2hr – 7-9 (w/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)	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)	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)	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)		
24	25	26	27	28	29	30	
	Private dryland appts – 12-4p	Private dryland appts – 12-4p					
	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	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	CLOSED FOR THANKSGIVING	CLOSED FOR THANKSGIVING	CLOSED FOR THANKSGIVING	CLOSED FOR THANKSGIVING	
	NO WATER TODAY	NO WATER TODAY					

**PAGE 2of3 ~ 10-23nov
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/WEK: _____

ExtraHours (if any): _____

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

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 30 ~ 4-430, 5-530, 6-630				
	SRDL 60 ~ 4-5, 5-6, 6-7	SRDL 60 ~ 4-5, 5-6, 6-7				
	SRDL 90 ~ 4-530, 430-6	SRDL 90 ~ 4-530, 430-6				
	SRDL 90 ~ 5-630, 530-7	SRDL 90 ~ 5-630, 530-7				
	SRDL 2hr ~ 4-6, 430-630	SRDL 2hr ~ 4-6, 430-630				
	SRDL 2hr ~ 5-7, 530-730	SRDL 2hr ~ 5-7, 530-730				
	SRDL 3hr ~ 3-6, 4-7, 5-8	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				

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NOVEMBER'24**

From October until possibly March, high school water use, in addition to new construction at SRDP, 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.

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):
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**"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)