



JULY 2025 - HIGHLIGHTS



Tues-Wed-Thurs & Sat 18 practice days

*We reserve the right to edit/amend schedule as needed.

Revised June 27, 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Team & Lessons 11:00-1:00	2 Team 10:00-12:00	3 Team & Lessons 11:00-1:00	4 TBA	5 Team 10:00-12:00
6	7 TBA	8 Team & Lessons 11:00-1:00	9 Team 10:00-12:00	10 Team & Lessons 11:00-1:00	11 TBA	12 Team 10:00-12:00
13	14 TBA	15 Team & Lessons 11:00-1:00	16 Team 10:00-12:00	17 Team & Lessons 11:00-1:00	18 TBA	19 Team 10:00-12:00
20	21 TBA	22 Team & Lessons 11:00-1:00	23 Team 10:00-12:00	24 Team & Lessons 11:00-1:00	25 TBA	26 SUMMAHS OVAH INVITE
27	28 TBA	29 Team & Lessons 11:00-1:00	30 Team 10:00-12:00			

OSPREY ZAP DIVING
STAYING ALIVE IN 25
Ospreyzapdiving.com

Recommended TEAM Practice Days

To progress, become consistent and therefore competitive.

9 & Unders - 1 or 2 a week
 10-11 yrs - 2 -3 times a week
 12-13 yrs - 4 times a week
 14-18 yrs - 5 times a week