



OCTOBER 2025



Highlights - Two Birthdays Oct 18 - Dive Meet - Plantation, FL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 OZD 4:00-6:00	2 OZD 4:00-6:00	3 TBA	4 OZD 10:00-1:00
5	6 OZD 4:00-6:00	7 OZD 4:00-6:00	8 OZD 4:00-6:00	9 OZD 4:00-6:00	10 TBA	11 NO DIVING SWIM MEET
12	13 OZD 4:00-6:00	14 NO DIVING HS MEET	15 OZD 4:00-6:00	16 OZD 4:00-6:00	17 TBA	18 NO DIVING MEET
19	20 OZD 4:00-6:00	21 OZD 4:00-6:00	22 OZD 4:00-6:00	23 OZD 4:00-6:00	24 TBA Happy B'Day Eliana	25 OZD 10:00-1:00 
26	27 OZD 4:00-6:00 Happy Bday Kinley	28 OZD 4:00-6:00	29 OZD 4:00-6:00	30 TBA-OZD 4:00-6:00	31 TBA	NOV 1 OZD 10:00-1:00

OSPREY ZAP DIVING
PETS GALORE IN 24!
Ospreyzapdiving.com

Your attendance is vital to your progress! It is up to YOU! Please take advantage of the ample time. DONT LET ANYONE OUTWORK YOU!
We reserve the right to edit/amend schedule as needed.

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

Courtesy of Osprey ZAP Diving