



**AUGUST 2025**



### Highlights

**BACK TO SCHOOL TIME CHANGE** starting  
Monday August 11th 4:00-6:00  
10 hours a week

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 10:00-12:00
3	4 NO DIVING	5 11:00-1:00	6 10:00-12:00	7 11:00-1:00	8 TBA	9 10:00-12:00
10	11 4:00-6:00	12 4:00-6:00	13 4:00-6:00	14 4:00-6:00	15 TBA	16 10:00-12:00
17	18 4:00-6:00	19 4:00-6:00	20 4:00-6:00	21 4:00-6:00	22 TBA	23 10:00-12:00
24	25 4:00-6:00	26 4:00-6:00	27 4:00-6:00	28 4:00-6:00	29 TBA	30 10:00-12:00
31						

**OSPREY ZAP DIVING**  
**PEBS GALORE IN 24!**  
[Ospreyzapdiving.com](http://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