



SEP 2025 - HIGHLIGHTS

Mon - Thurs & Sat

20 practice days

SATURDAYS 10:00-1:00

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

Edited 13 August, 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Team & Lessons 4:00-6:00	2 Team & Lessons 4:00-6:00	3 Team & Lessons 4:00-6:00	4 Team & Lessons 4:00-6:00	5 TBA	6 Team 10:00-1:00
7	8 Team & Lessons 4:00-6:00	9 Team & Lessons 4:00-6:00	10 Team & Lessons 4:00-6:00	11 Team & Lessons 4:00-6:00	12 TBA	13 Team 10:00-1:00
14	15 Team & Lessons 4:00-6:00	16 NO DIVING Swim Meet	17 Team & Lessons 4:00-6:00	18 Team & Lessons 4:00-6:00	19 TBA	20 Team 10:00-1:00
21	22 Team & Lessons 4:00-6:00	23 Team & Lessons 4:00-6:00	24 Team & Lessons 4:00-6:00	25 Team & Lessons 4:00-6:0	26 TBA	27 Team 10:00-1:00
28	29 Team & Lessons 4:00-6:00	30 NO DIVING Swim Meet	1 Team & Lessons 4:00-6:00	2 Team & Lessons 4:00-6:00	3	4

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