



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 10:00-12:00	5 11:00-1:30	6 10:00-12:00	7 10:00-1:00	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

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