



DEC 2025 - HIGHLIGHTS

Mon - Thurs & Sat

15 practice days - ORLANDO MEET

SATURDAYS 10:00-1:00

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

Edited OCT 29, 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 NO DIVING	2 NO DIVING	3 NO DIVING	4 NO DIVING	5 TEAM 4:00-6:00	6 OZD 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 AWAY MEET ORLANDO	12 AWAY MEET ORLANDO	13 AWAY MEET ORLANDO
14 AWAY MEET ORLANDO	15 NO DIVING	16 Team & Lessons 4:00-6:00	17 Team & Lessons 4:00-6:00	18 Team & Lessons 4:00-6:00	19 NO DIVING	20 Team 10:00-1:00
21	22 10:00-1:00 (If 3 or more)	23 2:00-5:00	24 NO DIVING 🎄	25 MERRY CHRISTMAS 👶	26 10:00-1:00 (If 3 or more)	27 10:00-1:00
28	29 2:00-5:00 (If 3 or more)	30 2:00-5:00	31 NO DIVING	1 NO DIVING	2 TBA (If 3 or more)	3 10:00-1:00

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