



Adventuresports II

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Scuba Skills Update

Been a while since you've been diving? Are your skills a little rusty? Well, why not make that next planned dive safer and more enjoyable by getting a brief refresher class.

Classroom - 45 minute session: *Date:* *Time:*

This section of the program involves a short lecture session with an Instructor to remind you of the essential concepts and skills needed to safely scuba dive. This session can even be tailor made to cover subject areas you specifically want to go over, as well as covering changes in diving techniques, procedures and new technology. Over this period you will cover a review of such topics as:

- Pressure
- Equalization techniques
- Breathing patterns
- Buoyancy control
- Ascents
- Dive planning and the use of your tables
- New equipment

Pool - 90 minute session: *Date:* *Time:*

A chance to run through all the skills you learnt as an Open Water Diver, as well as an opportunity to become comfortable again underwater and perhaps get used to new equipment. Hopefully by the end of the session you will be relaxed and confident again underwater and remember how easy and fun scuba is.

Costs:

Skills Update Study Kit:	\$34.95	Includes a study guide and dvd
Course Fees:	\$50.00	Includes instruction, pool, use of tank, reg and BC.