

Want to dive this summer but have

# Rusty Dive Skills?

Why not get refresher training on key in-water dive skills in a pool environment, in a student group of two and under the supervision of a qualified PADI Divemaster? You can do this in an

## In-water Skills Review Session

This is not a PADI program; although, the in-water skills to be refreshed are pretty much the same as the PADI Scuba Review program.

### What will you revise?

You will get pre-dive discussion on key skills, see them demonstrated underwater and then perform them yourself. These skills include\*:

- Dive gear assembly
- Pre-dive safety check
- Adjust for proper weighting
- Descent and Ascent Techniques
- Partial and full mask floods
- Remove, replace and clear mask
- Free-flowing regulator management
- Fin Pivot buoyancy exercise
- Scuba Unit Replacement (in-water)
- Hover (buoyancy control)
- Controlled Emergency Swim Ascent
- Swim without mask
- Weight system replace
- Air Depletion Drills
- Alternate air ascent
- Cramp Treatment

**When:** Tuesday or Thursday nights by appointment, from 6:30pm – 9:00pm

**Where:** Adelaide Aquatic Centre, Jeffcott Rd North Adelaide

**Bring:** All dive gear (incl cylinders and weights), AUSC hire gear is OK

**How:** Enquire with Tim Brown\*\* at [timbro@iprimus.com.au](mailto:timbro@iprimus.com.au) or 0488 990 298

**Cost:** **\$16** activity fee + pay your own pool entry (\$8.10 or \$6.40 concession)

*"There's nothing wrong with enjoying looking at the surface of the ocean itself, except that when you finally see what goes on underwater, you realize that you've been missing the whole point of the ocean. Staying on the surface all the time is like going to the circus and staring at the outside of the tent."*

Dave Barry, Writer

\* Subject to discussion with students and may include more advanced skills

\*\* Divemaster, PADI Pro #350277, fully insured