



PEAK PERFORMANCE BUOYANCY SPECIALTY

Float effortlessly, drifting over reefs. Be the diver you want to be, with ultimate buoyancy control, able to hover close to the bottom and examine underwater organisms without touching them. Buoyancy skills separate the good divers from the *great* divers. In the Peak Performance Buoyancy Specialty course, you will learn to how to precisely weight yourself for optimum control, poise and balance. You learn to ascend and descend so effortlessly, it seems like you only think about it and it happens. By mastering streamlining, you move through the water cleanly, efficiently and gracefully. You swim near fragile environments without harm to them or yourself.

COURSE DESCRIPTION

The Peak Performance Buoyancy specialty consists of 1 evening pool session and 1 day, 2 dives in open water.

POOL SESSION

In the pool we will set you a number of buoyancy challenges, developing the skills you would have learned at open Water and beyond. These challenges may include hovering in multiple positions, an obstacle course, reverse finning, and 'egg and spoon'.

DIVES

On open water dive one and two the challenges will include a buoyancy check, hovering, breath control buoyancy, efficient fin kicks and an obstacle course. For each skill you instructor will be focussing on your buoyancy techniques, body position and control.

PRE REQUISITES

- Minimum age 10 (some dives are restricted for junior divers)
- Open Water Diver or have an equivalent certification from another training organisation
- You should be in relatively good health and fitness and you will need to make sure that you can answer 'no' to all the questions on the medical questionnaire, if not you will need medical clearance from a doctor.



COURSE PRICES:

Peak Performance Buoyancy	£169*
Pool Session Only	£45*

* You will be required to watch the Peak Performance Buoyancy DVD – Available for £25

WHAT IS INCLUDED	WHAT IS NOT INCLUDED
<ul style="list-style-type: none"> • Course tuition • Air Fills in the pool and first fill at open water site • Certification 	<ul style="list-style-type: none"> • Transport (we will do our best to arrange lifts if needed) • Equipment Hire • Entrance to Dive Site – 1 day at £9 Wrayisbury) or £15 (Vobster / Chepstow) payable directly to site. • Subsequent air fills on open water dives (£2.50 - £3.50 payable directly to site) • PPB DVD (£25 – can be shared between family members)