



Learning to Dive

What is involved?

There are three basic elements to a SCUBA diving course.

1. Firstly there is theory section. Here you learn by home study using the Go Dive Manual. This is studied in the comfort of your own home. Throughout the manual there are a number of self test elements with a Knowledge Review at the end of each chapter. There are 5 knowledge reviews (the answers are found in the text). The first 3 need to be completed by the first academic session at the Dive Centre, the last 2 by the second academic session.

At the Dive Centre sessions we go over the Knowledge Review sections and reinforce your studies with instructor presentations and demonstrations. You will also see a DVD explaining all the various aspects of the course.

2. Secondly there are the 5 pool sessions. Here we teach you all the necessary skills required to advance into open water.

3. Thirdly there is the Open Water evaluation. This is where we take you for 4 open water dives over two days (usually consecutive Sundays). You not only get to do some "real diving" in the company of our professional Instructors and Divemasters, we get the chance to evaluate some of the skills learnt in the pool. On successful completion you will be awarded your full PADI Open Water Diver Certification. You do not have to do the full course in one go. There are various options as listed below:

PADI Referral Course

This course is designed for people looking to do all their basic training in the UK and finish off with their Open Water dives whilst on holiday. Why spend half your holiday in a classroom, head in a study book or sitting on the bottom of a pool?

We teach you all the pool and practical work along with instructor demonstrations and presentations. It lasts about 5 weeks (one evening per week) and includes a minimum of 5 pool sessions and 2 theory presentations. You will then be ready to go into Open Water and issued with a referral certificate. This is recognised all over the world where you will be able to finish your course with the 4 open water dives required for full certification at one of over 4,000 PADI Dive Centres worldwide.

The cost of the "referred" 4 open water dives is to be negotiated locally with your chosen Dive Centre. See www.padi.com for a full list. Most Dive Centres will require you do a check out pool session prior to Open Water training.

PADI Full Open Water Course

As the referral course above, but with completing the full Open Water section with us in the UK. Includes 2 days diving under Open Water conditions at the National Diver Training Centre, Stoney Cove, Leicester.

Upgrade from Referral to Full Open Water

Many students who start on the referral course request to upgrade to the full Open Water course with us. We can do this provided it is agreed before the end of the referral course, you simply pay the difference. You can also upgrade at any time within 12 months at any PADI Dive Centre, worldwide.

What is included?

All study materials, manual, dive tables, log book inserts, DVD or video loan (if not viewed at the Dive Centre), equipment hire for the duration of the course (including all Open Water equipment if applicable) complete with instruction from our experienced professional instructors. Only parking and entrance fees to open water sites are excluded.

Do I have to bring anything?

Just normal swimming costume and a t-shirt. If you have your own mask fins or snorkel this will be a benefit, but if not, these are supplied as well. You will also need to bring your logbook to every academic, pool and if appropriate, open water session. This is a record of your training and needs to be endorsed by your instructor.

Never Tried SCUBA before?

If you have never tried SCUBA before, how about a one and a half hour lesson. This costs only £25 and is refundable against the cost of a Referral or Full Open Water SCUBA course.

How to Book

If you have tried SCUBA before and want to jump straight in, you can reserve your place by telephone on 0115 929 0707 and pay £100 deposit by credit or debit card, or call in to the Dive Centre. You will receive your comprehensive study pack which should be collected at least two weeks before the start of the course.

In either case you must bring in or post back a completed booking form and medical statement. If there is a "yes" on the medical form we must have a doctors note saying that you are fit to SCUBA dive. If you have any problems with this, we can put you in touch with a specialist Diving Medic who can advise.

What next?

Once qualified you will be able to enjoy the delights and privilege of being at one with the underwater environment. You will also meet a lot of like-minded people who want to share their knowledge and enthusiasm. We operate one of the largest Scuba and Adventure clubs in Europe. Over 1300 members have joined. We also run regular group holidays ideal for singles, couples and families. We have regular social evenings, special events and dive trips.

We can also offer courses from absolute beginner right up to professional level SCUBA instructors.

We can take you wherever you want to go.