

# A Good Diver is Always Training



*Come Dive With Us!*



East Coast Diver LLC

Dive into another world...

For more information contact:

East Coast Diver, LLC

Phone: 301-729-8650

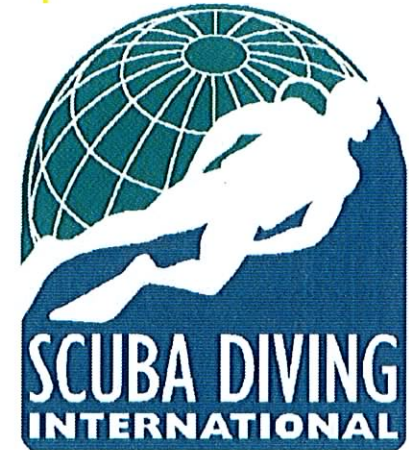
or

Cumberland YMCA

Phone: 301-777-9622

Email: [cposey@allconet.org](mailto:cposey@allconet.org)

Interested in  
learning to  
**SCUBA**  
Dive?



Open Water  
**SCUBA**  
Diver

Wednesdays  
6:00-10:00 PM  
April 14-May 12  
2010

Here at the Riverside YMCA



The course is organized into three parts: the classroom lecture and discussion, pool/water skills activities and four open water check out dives.

The classroom lecture will cover the following information:

1. The types, features and functions of diving equipment.
2. The physics of diving related to the use of compressed gases under pressure and the changes that take place.
3. The physiology of diving as it relates to these gases and how they interact with the diver's body.
4. The hazards related to diving (nothing is risk-free) and the precautions that need to be taken to insure a safe diving experience.

There will be a written test at the end of the course that will cover all related diving information presented in this course.

## Pool Training

The pool/water activities will consist of practice in the use of snorkeling and SCUBA diving equipment. Since this is such an equipment intensive sport, most of the time will be spent working to familiarize you with your equipment. You will learn what it is, where it is, how it works, how to use it, where to find it, and how to get in and out of it.

## Open Water Check-out Dives

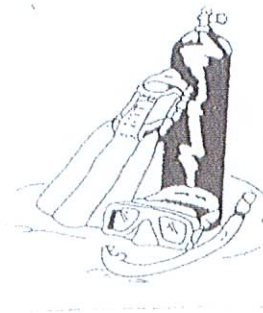
The open water check-out dives will be conducted sometime after the completion of the classroom and pool components of the course (very late May and into June). These will be low stress, controlled dives in a local lake to help make the transition from a confined pool environment to open water.



## Equipment

**Students need to provide their own mask and snorkel.**

All other equipment for the class and open water dives will be provided.



Cost: \$350 (Payable the first night of class)

The price includes the textbook, dive tables, certification fees, air, use of tanks and other SCUBA equipment for the class and open water dives.

## Certification:

Successful completion of this course will result in certification as a SDI Open Water Diver.

## Prerequisites:

Ages: 15 and up for adult certification  
12-15 for junior certification\*  
\*(A parent must be present during the class.)

## Registration:

Full payment and registration to East Coast Diver required on the first night of class. Registration does not go through the YMCA front desk.

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