

Dive Adventures

Peak Performance Buoyancy Specialty

Who should take this course?

Excellent buoyancy control is what defines skilled scuba divers. You've seen them underwater. They glide effortlessly, use less air and ascend, descend or hover almost as if by thought. They more easily observe aquatic life without disturbing their surroundings. You can achieve this, too. The PADI Peak Performance Buoyancy Specialty course improves the buoyancy skills you learned as a new diver and elevates them to the next level.

What will you learn?

During two scuba dives, you'll learn how to:

- Determine the exact weight you need, so you're not too light or too heavy.
- Trim your weight system and scuba gear so you're perfectly balanced in the water.
- Streamline to save energy, use air more efficiently and move more smoothly through the water.
- Hover effortlessly in any position – vertical or horizontal.

Get credit! The first dive of this PADI Specialty Diver course may credit as an Adventure Dive toward your Advanced Open Water Diver certification – ask your instructor about earning credit.

Prerequisites

PADI (Junior) Open Water Divers or higher, who are at least 10 years old, are eligible to take the Peak Performance Buoyancy course.

How can you start learning now?

Enroll in the course and get your PADI *Peak Performance Buoyancy Manual* and *Peak Performance Buoyancy* video. By reading the manual and watching the video before class, you'll be ready to get in the water and start practicing your buoyancy skills when you meet with your PADI Instructor.

Equipment Requirements

It's best to use your own scuba equipment, including a weight system, so that you fine-tune your buoyancy in gear you'll use on every dive.

Duration

Two dives in one day.

Fees

\$175.00

Students pay dive and equipment fees.