

2024

PEAK PERFORMANCE BUOYANCY COURSE

**FLOAT
N' FLAG**
DIVE CENTRE



June 9th | July 14th | August 18th | September 29th

What is neutral buoyancy? Scuba divers like to be neutrally buoyant so they neither sink nor float. It can be a tricky thing. Divers who've mastered the highest performance levels in buoyancy stand apart. You've seen them underwater. They glide effortlessly, use less air and ascend, descend or hover, almost as if by thought. Neutrally buoyant scuba divers dive effortlessly. It's magical to watch them. They interact gently with aquatic life and have no negative impact on their surroundings. The PADI Peak Performance Buoyancy course refines the basic skills you learned as a PADI Open Water Diver and elevates them to the next level. Let us help you stand apart!

The fun part of this course is giving your dive skills a polish that you may not have thought was possible.

What You Learn:

- How to trim out your scuba gear so you're perfectly balanced in the water
- Nuances in determining weight so you're not too light nor too heavy by even a slight degree
- How to streamline to save air and move smoothly through the water
- How to hover effortlessly in both a vertical position and a horizontal position

Prerequisites: Open Water or Junior Open Water Certification

Cost: \$150 Course + Peak Performance Buoyancy e-learning \$193. Tax not included.

Please note: Gear rental is NOT included in the course price. If you require rental gear, we offer it at a discounted rate for those participating in our courses.

Schedule:

10:00am - 11:30am: Group discussion - Classroom at Float N' Flag Dive Centre

1:00pm - 5:00pm: Gulliver's Lake for 2 Open Water Dives