

# PEAK PERFORMANCE BUOYANCY

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. They interact gently with aquatic life and affect their surroundings minimally. 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. This course also counts toward your Master Scuba Diver Rating.

## The Fun Part

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

## What qualifications do I need to start?

To enroll in the PADI Peak Performance Diver course, you must

- Have a PADI Open Water Diver certification (or have a qualifying certification from another organization)

You can also earn college credits by taking this course. For details visit <http://www.padi.com>. Your Peak Performance Buoyancy Adventure Dive (in the PADI Advanced Open Water Diver /Adventure Diver course credits at your instructor's discretion) as the first dive in the PADI Peak Performance Buoyancy course

## What will I do?

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

## How long will it take?

- The course consists of one orientation class and two dives.

## What will I need?

- Basic scuba gear as required by Ocean Enterprises.
- Scuba rentals are available for 1/2 price.
- PADI's Peak Performance Buoyancy video on DVD
- PIC Certification Card

## Additional compatible courses

Part of mastering buoyancy control is learning how to use your BCD and weight system effectively, plus maintain streamlining. This makes the PADI Equipment Specialist course a natural companion, because you learn more about these pieces of gear and how to make them suit your specific diving style.

## Notes:

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