



# PEAK PERFORMANCE BUOYANCY SPECIALTY

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 you buoyancy skills you learned as a new diver and elevates them to the next level.

## Who should take this course?

- Be at least 12 years of age or older.
- Have a PADI Open Water Diver certification (or have a qualifying certification from another organization).

## What will I learn?

- 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.

## What will I need?

- Basic scuba gear, including a dive computer.
- All PADI required course materials.



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