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316-775-6688



LAST POOL SESSION FOR OUR WICHITA STATE SCUBA CLASS. THEY DID A GREAT JOB AND LEAD INSTRUCTOR, AS ALWAYS, PUT ON A GREAT CLASS. THANKS ROYCE!



LOTS OF SCUBA REFRESHERS THIS PAST SATURDAY. MANY OF THESE FOLKS ARE GETTING READY FOR OUR TRIP NEXT WEEK TO SUNNY AND SANDY BELIZE.



SUNDAY FIRST AID FUN. YOU SHOULD COME JOIN US AND LEARN LIFE SAVING SKILLS.

Wichita CPR Training

Provided by Amber Waves Diving Company

WICHITACPRTRAINING Center can provide you training in Emergency First Responder, American Heart Association, American Safety and Health Institute, and the National Safety Council. Our Instructors have real world experience in providing first aid care and will provide you a 'real life' training experience. We also sell every brand of AEDs.

Call 316-775-6688 to schedule your class

PADI DISCOVER SCUBA

SCUBA REVIEW—OR JUST COME AND PLAY

WICHITA SWIM CLUB

SATURDAY OCTOBER 22, 2021

Why PADI Scuba Review?
Are you a certified diver, but haven't been in the water lately? Are you looking to refresh your dive skills and knowledge? Are you a PADI Scuba Diver and want to earn your PADI Open Water Diver certification? If you answered yes to any of these questions then PADI Scuba Review is for you.

What do I need to start?
Hold a scuba certification
Minimum age: 10 years old

What will I do?
First, you'll review the safety information you learned during your initial training. Then, you head to the pool to practice some of the fundamental scuba skills

How long will it take?
A couple of hours

What will I need?
If you don't have your own gear you will need to rent gear.

I don't want a review, but I want to play?
No problem, Just sign up and come play in the pool for a couple of hours....we want you diving!

- \$75.00 for Refresher (includes gear rental and pool fee)
- No Refresher, don't have gear, but you want to play? Full gear rental \$50.00 plus pool fee.
- Have all your gear but just want to play? \$15.00
- IF YOU BOUGHT A SCUBA SYSTEM FROM US, IT'S FREE

STARTS AT NOON
CALL TO RESERVE YOUR SPOT

SCUBA SCHOOL

OCT 21-23	OPEN WATER PART ONE CLASS
OCT 22	DISCOVER SCUBA, SCUBA REVIEW COURSE, OR JUST COME AND PLAY
OCT 23	FIRST AID CLASS
OCT 22-29	BELIZE TRIP
OCT 28-30	OPEN WATER PART ONE
OCT 29	DISCOVER SCUBA, SCUBA REVIEW COURSE, OR JUST COME AND PLAY
OCT 30	FIRST AID CLASS
NOV 4-6	OPEN WATER PART ONE CLASS
NOV 5	DISCOVER SCUBA, SCUBA REVIEW COURSE, OR JUST COME AND PLAY
NOV 6	FIRST AID CLASS
NOV 11-13	OPEN WATER PART ONE CLASS
NOV 12	DISCOVER SCUBA, SCUBA REVIEW COURSE, OR JUST COME AND PLAY
NOV 13	FIRST AID CLASS
NOV 18-20	OPEN WATER PART ONE CLASS
NOV 19	DISCOVER SCUBA, SCUBA REVIEW COURSE, OR JUST COME AND PLAY
NOV 20	FIRST AID CLASS
NOV 25-27	OPEN WATER PART ONE CLASS
NOV 26	DISCOVER SCUBA, SCUBA REVIEW COURSE, OR JUST COME AND PLAY
NOV 27	FIRST AID CLASS

MAKE EVERY WEEKEND A DIVE WEEKEND

CURACAO

Amber Waves Diving has teamed with Sunscape Resorts and Ocean Encounters to bring you a great trip to CURACAO JAN 21-28, 2023

Deluxe Garden View Dbl - \$2,930 Single - \$3,635
Deluxe Ocean View - Dbl - \$2,990 Single \$3,730
Sun Club Ocean View - Dbl \$3,225 Single \$4,100
Sun Club Premium Deluxe Ocean Front - Dbl \$3,260 Single \$4,165
*Non-diver rates subtract \$600

Rates are per person based on 7 nights at Sunscape Curaçao Resort, Spa & Casino and includes airfare from Wichita, all meals & drinks (including alcohol), 5 days of 2 tank boat diving, unlimited air, airport transfers and all taxes. Rates Based on Cash or Check Discount

OPEN ENROLLMENT JUST CALL AND SCHEDULE

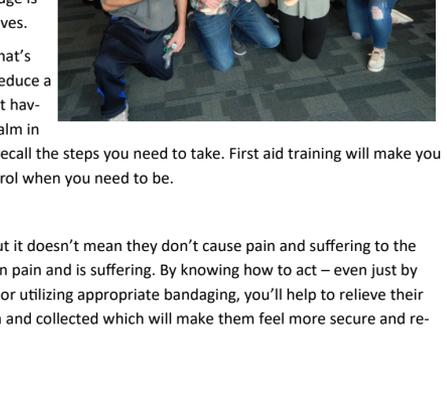
EQUIPMENT SPECIALIST DIVER

FIRST AID TRAINING IS A MUST

There are numerous reasons why people don't take First Aid training programs;

- They are too busy
- They don't know where to go
- They think that they already have enough knowledge, or
- They think that accidents happen to other people not to them or their friends, family and colleagues.

PICTURED BELOW IS OUR SUNDAY FIRST AID GRADUATES



Ask any individual who has taken a first aid training program if it was worth it and their answer will be "Yes!" Having some basic first aid knowledge is essential and here are 5 reasons why. It does more than help save lives.

It's true that having first aid training undoubtedly helps save lives. That's not all though; giving appropriate first aid immediately can help to reduce a person's recovery time and make the difference between the patient having a temporary or long term disability. You'll learn how to remain calm in emergency situations and you'll learn simple acronyms to help you recall the steps you need to take. First aid training will make you confident and comfortable and therefore more effective and in control when you need to be.

It enables you to increase patient comfort.

Not all accidents, injuries or illnesses require a trip to the hospital but it doesn't mean they don't cause pain and suffering to the patient. A child crying because of a bruised elbow or with a fever, is in pain and is suffering. By knowing how to act – even just by employing simple techniques such as applying an ice pack correctly, or utilizing appropriate bandaging, you'll help to relieve their discomfort. You'll also provide emotional support by remaining calm and collected which will make them feel more secure and reduce their anxiety levels.

It gives you tools to prevent the situation from becoming worse.

In some situations if a patient doesn't receive basic first aid care immediately their situation will deteriorate – often rapidly. By being able to provide basic care you can stabilize a patient until emergency medical services arrives. You'll learn how to use basic household items as tools if a first aid kit is not available and that you'll be able to cope with many situations.

It creates the confidence to care.

You'll also be trained in how to collect information and data about what happened and the patients' condition. This information will be passed on to the emergency services, which saves them time – you will be a valuable link in the chain of survival.

Having a basic first aid knowledge means that you'll be confident in your skills and abilities in relation to first aid administration. By taking first aid training, it helps you to reflect on yourself and how you and others react in certain situations. Having this understanding will boost your confidence in a wide range of non-medical day to day situations.

It encourages healthy and safe living.

One of the first things you will learn during your first aid training is that you must look after yourself and ensure your own safety as a priority. It's not being selfish, it's being practical. Keeping yourself safe means you are in a position to help others rather than needing help yourself. You will also learn about the importance of healthy living and how lifestyle habits and choices can increase or decrease your risks of developing problems such as coronary heart disease. Having this knowledge makes you more aware of your own health and alert to potential hazards posed by your surroundings.

The Emergency First Response Secondary Care program provides comprehensive first aid training which will prepare you for a wide range of situations and give you the confidence and knowledge of how to deal with them quickly, correctly and efficiently. Our sister company WICHITACPRTRAINING not only offers EFR Certification but we also offer certifications in American Heart Association, Red Cross, and American Safety and Health Institute. We not only train SCUBA divers, but a host of other users such as health care providers (BLS), day care providers, personal trainers, corporate organizations, and many others. Call to sign up for a course.

SCUBA INSTRUCTOR AND DIVE MASTER CLASSES ARE NOW FORMING

CALL 316-775-6688 FOR INFORMATION

EXTEND YOUR DIVING TIME

BECOME A PADI ENRICHED AIR DIVER

ENRICHED AIR CLASS FORMING NOW...CALL 316-775-6688

JUST A REFRESHER FOR YOU

AMBER WAVES DIVING REPAIR CENTER

Properly functioning gear is crucial
Your safety depends on it. That's why we are the best technicians in the business to service your gear.

What to expect

We only use certified technicians that always follow the manufacturer guidelines. Conscientious and thorough, we examine every part of your gear. We're always on the lookout for wear and corrosion, immediately swapping out anything worn or damaged. Expect the best from us!

GEAR ASSEMBLY

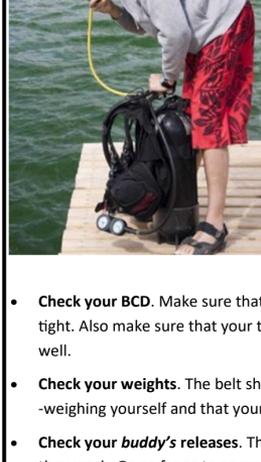
AQUA LUNG

Aqua Lung Leg3rd Regulator
Aqua Lung
EVERYTHING YOU'D EVER WANT IN A REGULATOR

\$879.00

Pre-Dive Checklist: Add Fun to Your Safety Check Routine

When you are about to dive underwater where your equipment is essentially your life support, there is no such thing as being too cautious.



Double checking your equipment and having your buddy check it too may take a few extra minutes, but they are often very worth it.

Obviously, you want to discover any equipment issues *before* you are underwater.

Even the most basic things can be overlooked when caught up in the excitement of the impending dive.

You don't want a buddy who meets Mr. Reaper due to a silly mistake.

That's why it really helps to have your buddy check all of your gear and then check each other one more time before starting your dive.

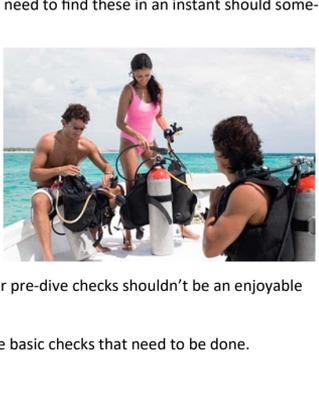
The two of you also need to be comfortable with *each other's* equipment and how it works; it may be what saves your or your buddy's life.

Do you know The Value of a Scuba Checklist?

Here is a look at the safety check basics when you're preparing for a dive. Not only is a complete list included, but also a list of helpful mnemonics so you never forget to check a thing.

The Checklist: Don't Leave Home Without It!

- **Check your BCD.** Make sure that it is properly adjusted, in good operational use, and that the low pressure inflator is tight. Also make sure that your tank is adjusted properly so that you are not only safe, but comfortable throughout your dive as well.
- **Check your weights.** The belt should be already set up with an ease of access for right hand release. Ensure that you are not over-weighting yourself and that your quick release is easily accessible should you need to quickly dump the weights.
- **Check your buddy's releases.** This is of utmost importance for the safety of your buddy. Know where the releases are, and how they work. Go so far as to ensure that you can find them with your eyes closed; you need to find these in an instant should something go wrong.
- **Check your air.** Make sure that your tank is completely filled with air and make sure that you have enough for the dive you've planned. Make sure that the valves are open and that the regulators are fully functional. While checking your own air, also make sure you know where your buddy's octopus is and how to use it.
- **Check again.** Double check yourself and your buddy one more time. Give each other a good look-over from head to foot and check for anything missing, damaged, or in the way.



Mnemonics to make it Fun

The whole point of diving is to have a good time. There's absolutely no reason why your pre-dive checks shouldn't be an enjoyable experience as well.

Divers the world over have shared their silly and strange mnemonics for memorizing the basic checks that need to be done.

Here are a few of the best:

- A-B-C-D-E-F-G
- **A - Air**
- **B - BCD**
- **C - Computer**
- **D - Defog Mask**
- **E - Everyone Else**
- **F - Fins On**
- **G - Go Diving!**
- "Begin with Review and Friend
- **B - BCD**
- **W - Weights**
- **R - Releases**
- **A - Air**
- **F - Fins**

There are many ways to remembering the safety steps most important is that you think safety before every dive. And that you remember to check all the different factors. Which way you do it doesn't matter as long as you do it!

PRE-DIVE CHECKLIST
Making Your Safety Checks Fun!