



MID-WEEK FIRST AID TRAINING AT GLOBE ENGINEERING. THESE SAFETY COMMITTEE MEMBERS WERE TOP NOTCH.



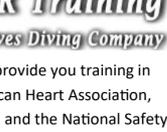
WE ENDED OUR WEEK WITH OUR REGULARLY SCHEDULED SUNDAY FIRST AID CLASS.



SATURDAY MORNING WE HOSTED FIRST AID TRAINING FOR NORTHRIDGE ACADEMY. WE APPRECIATE ALL OUR DAY CARE CENTERS, ESPECIALLY NORTHRIDGE ACADEMY

equipment specials

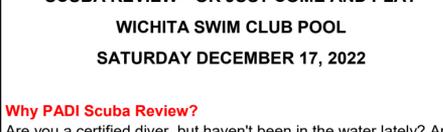
WE HAVE THE LARGEST SELECTION OF INVENTORY IN THE WICHITA METRO AREA. COME BY AND GET A GREAT GIFT FOR THE DIVER IN YOUR FAMILY



Wichita CPR Training

Provided by Amber Waves Diving Company

WICHITACPR TRAINING 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 POOL
SATURDAY DECEMBER 17, 2022

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? \$25.00
- IF YOU BOUGHT A SCUBA SYSTEM FROM US, IT'S FREE

STARTS AT NOON

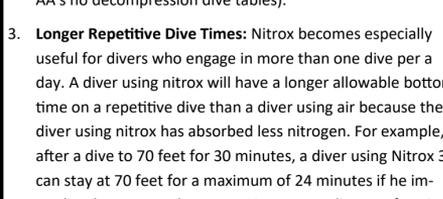
CALL TO RESERVE YOUR SPOT

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 are certified technicians that always follow 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. We want your next dive to be your best dive!



EXTEND YOUR DIVING TIME

BECOME A PADI ENRICHED AIR DIVER

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

WHY DIVE NITROX?

1. **Longer Bottom Times:** Recreational nitrox (21 - 40% oxygen) contains a lower percentage of nitrogen than air. The reduced percentage of nitrogen in recreational nitrox allows divers to extend their no-decompression limits (or dive time) by reducing nitrogen absorption – the less nitrogen there is in a diver's breathing gas, the slower his nitrogen absorption will be at a given depth. For example, according to the NOAA (National Oceanographic and Atmospheric Association) no-decompression dive tables, a diver using Nitrox 36 (or NOAA Nitrox II) may stay up to 50 minutes at 90 feet of sea water, while a diver using air may only stay a maximum of 30 minutes at this depth.

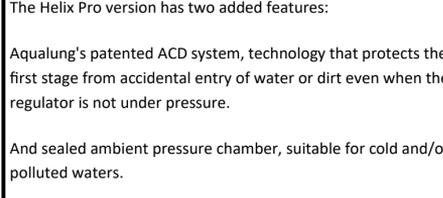
2. **Shorter Surface Intervals:** A diver using nitrox absorbs less nitrogen for a given depth and dive time than a diver using air. This means that the nitrox diver has less nitrogen to off-gas during a surface interval, which can shorten the required surface interval drastically. For example, a diver using Nitrox 32 (NOAA Nitrox I) can repeat a 50 minute dive to 60 feet after 4 hours, while a diver using air must wait a minimum of 8 hours to repeat the same dive (using NOAA's no decompression dive tables).

3. **Longer Repetitive Dive Times:** Nitrox becomes especially useful for divers who engage in more than one dive per day. A diver using nitrox will have a longer allowable bottom time on a repetitive dive than a diver using air because the diver using nitrox has absorbed less nitrogen. For example, after a dive to 70 feet for 30 minutes, a diver using Nitrox 32 can stay at 70 feet for a maximum of 24 minutes if he immediately reenters the water. However, a diver performing the same series of dives on air may only stay at 70 feet for 19 minutes on his second dive (according to NOAA's no decompression dive tables).

4. **Reduced Exhaustion:** Many divers claim to feel less exhausted after a dive on nitrox than after a comparable dive on air. By reducing a diver's nitrogen absorption, nitrox may also reduce a diver's post-dive exhaustion.

5. **Shorter Decompression:** Technical divers use nitrox to reduce decompression requirements. If nitrox is used throughout the dive, the diver may require shorter or fewer decompression stops. If nitrox is used as a decompression gas (the diver only breathes nitrox during the decompression stops), the decompression stops will be shorter.

PICK UP YOUR CREW PACK AND SCHEDULE YOUR COURSE.
316-775-6688



SHERWOOD SCUBA WISDOM 4 COMPUTER

SHERWOOD'S BEST SELLING AIR INTEGRATED COMPUTER NOW WITH BLUETOOTH INTEGRATION TO DEVELOG+
BAM
AVAILABLE AT PARTICIPATING SHERWOOD DIVE CENTERS FOR IN STORE PURCHASE ONLY.
WWW.SHERWOODSCUBA.COM

BLUE TOOTH

AQUALUNG HELIX PRO REGULATOR \$549.00

This 2022 Aqualung presents us with the Helix, a mid-priced regulator, which enjoys very good performance, undoubtedly above expectations.

It represents the DNA of the Aqualung regulators. It is without question the best option in terms of value for money currently available.

The Helix Pro version has two added features:

Aqualung's patented ACD system, technology that protects the first stage from accidental entry of water or dirt even when the regulator is not under pressure.

And sealed ambient pressure chamber, suitable for cold and/or polluted waters.



APEKS AQUA LUNG TX50 REGULATOR

The Apeks TX50 Regulator is what you're looking for in a top of the line regulator, at a reasonable price. The Apeks TX50 is designed to handle every diving condition you could put it through. It can even be changed from right hand to left hand use, by an authorized technician. You can change out the exhaust tee from a wider tee for minimal bubbles, great for photography, or a more narrow exhaust tee for a smaller more compact regulator. Apeks TX50 features:

- An over balanced diaphragm design first stage that is environmentally sealed
- Four medium pressure ports, with optional fifth
- Easily converts from right hand to left hand, by factory authorized technician
- Pneumatically balanced second stage
- Diver changeable exhaust tee
- Nitrox compatible

\$720.00

TUSA TUSA Solla Fins

IN STOCK \$139.00

DECEMBER BIRTHDAYS



IDS STAFF INSTRUCTOR MICHAEL JERNIGAN OPEN WATER INSTRUCTOR DR. MARK ARMFIELD

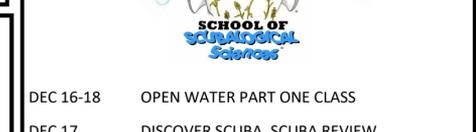


DIVE MASTER MITCHELL LOWRY

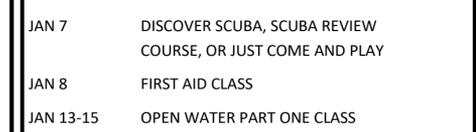
YES WE HAVE GIFT CERTIFICATES



GIVE THE GIFT OF DIVING!



SCUBA SCHOOL GRADUATE



DEC 16-18 OPEN WATER PART ONE CLASS
DEC 17 DISCOVER SCUBA, SCUBA REVIEW COURSE, OR JUST COME AND PLAY
DEC 18 FIRST AID CLASS
DEC 23-25 CHRISTMAS BREAK
JAN 6-8 OPEN WATER PART ONE CLASS
JAN 7 DISCOVER SCUBA, SCUBA REVIEW COURSE, OR JUST COME AND PLAY
JAN 8 FIRST AID CLASS
JAN 13-15 OPEN WATER PART ONE CLASS
JAN 14 DISCOVER SCUBA, SCUBA REVIEW COURSE, OR JUST COME AND PLAY
JAN 15 FIRST AID CLASS
JAN 20-22 OPEN WATER PART ONE CLASS
JAN 21 DISCOVER SCUBA, SCUBA REVIEW COURSE, OR JUST COME AND PLAY
JAN 22 FIRST AID CLASS
JAN 27-29 OPEN WATER PART ONE CLASS
JAN 28 DISCOVER SCUBA, SCUBA REVIEW COURSE, OR JUST COME AND PLAY
JAN 29 FIRST AID CLASS

MAKE EVERY WEEKEND A DIVE WEEKEND

OPEN ENROLLMENT JUST CALL AND SCHEDULE



EQUIPMENT SPECIALIST DIVER

PADI EQUIPMENT SPECIALTY COURSE...IS IT WORTH IT?

Don't miss a dive due to a scuba gear issue. Whether it's a blown O-ring, regulator problem, wetsuit tear or a broken fin strap, you can learn how to manage basic scuba equipment adjustments.

As a PADI Equipment Specialist, you are prepared for the basic scuba equipment maintenance, care and adjustments you'll encounter every day. In addition, you'll learn interesting background information about how your gear works, how it's repair and other information that helps you with your equipment investment.

Additionally, if you don't already have your PADI Advanced Certification, this course counts as one of your dives. More importantly this course counts toward a specialty needed for your Master Scuba Diver Certification.

PADI Equipment Specialty - How does it work?

To enroll in the PADI Equipment Specialty course in Bali, you must be a PADI Scuba Diver (or qualifying certification from another organization). No dives are required, so you can take the Equipment Specialist course any time of the year.

With the PADI equipment specialty course you will come to our dive center where our Instructor will go through the following with you:

- Review the theory, principles and operation of scuba diving equipment
- Learn about routine, recommended care and maintenance procedures, and equipment storage
- How to overcome common problems with equipment and recommended professional maintenance procedures (may include a demonstration of repair procedures).
- Gain simple suggestions for comfortable equipment configurations and an introduction to new gear (may include optional confined water dive to try new or unfamiliar equipment).

PADI Equipment Specialty - Where will I dive?

The PADI Equipment Specialty course is a non-diving specialty course which means that there are no dives included in the course.

CALL TO SCHEDULE YOUR COURSE- 316-775-6688

KEEP SWIMMING

I read the following and thought it was worth sharing, especially in these brutal times that cause dismay and much hardship:

NASA- National Aeronautics and Space Administration - Astronaut

During a BRUTAL study at Harvard in the 1950s, Dr. Curt Richter placed rats in a pool of water to test how long they could tread water. On average they'd give up and sink after 15 minutes.

But right before they dry up due to exhaustion, the researchers would pluck them out, dry them off, let them rest for a few minutes - and put them back in for a second round.

In this second try - how long do you think they lasted? Remember - they had just swum until failure only a few short minutes ago...How long do you think? Another 15 minutes? 10 minutes? 5 minutes?

No!

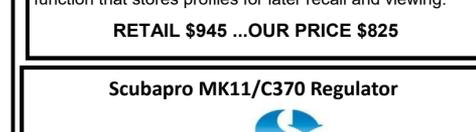
60 hours!

That's not an error. That's right! 60 hours of swimming. The conclusion drawn was that since the rats BELIEVED that they would eventually be rescued, they could push THEIR bodies way past what they previously thought impossible.

I will leave you with this thought:

If hope can cause exhausted rats to swim for that long, what could a belief in yourself and your abilities, do for you? Remember what you're capable of. Remember why you're here. Keep swimming.

SHERWOOD SCUBA WISDOM 3 COMPUTER



The new Wisdom 3 is an intuitive easy to use and operate with easy to read large digital display. The computer has diver selectable alarms, deep stop reminders, DECO warnings, it has Air, Nitrox and Gauge Modes. The repetitive dive planning mode uses information from previous dives to see limitations of your next dive. Logging your dives is made easy with the dive log function that stores profiles for later recall and viewing.

RETAIL \$945 ...OUR PRICE \$825

Scubapro MK11/C370 Regulator



The Mk11 First Stage Regulator is the perfect choice for the recreational diver who wants the advantage of a diaphragm first stage for use in temperate waters. Diaphragm-based first stages are environmentally sealed so that water cannot enter the inner mechanism. This first stage comes standard with the Thermal Insulating System (TIS), which keeps your first stage from freezing up and malfunctioning in cold water conditions. Additionally, its over-balanced diaphragm first stage design gives you better breathing performance at greater depths.

PRICED RIGHT AT \$639.00

SCUBAPRO MESH N' ROLL BAG



IN STOCK \$145.00

AQUALUNG LEG3ND REGULATOR

EVERYTHING YOU'D EVER WANT IN A REGULATOR \$879.00

YES WE HAVE BCDs IN STOCK

SCUBA PRO GLIDEX SCUBA PRO WOMEN'S BELLA AQUA LUNG WOMEN'S SOUL AQUA LUNG AXIOM