



Amber Waves DIVING COMPANY™

12959 E. 21st Street North
Wichita, KS 67230



Wichita CPR Training
Provided by Amber Waves Diving Company

WHERE THE PRAIRIE MEETS THE SEA

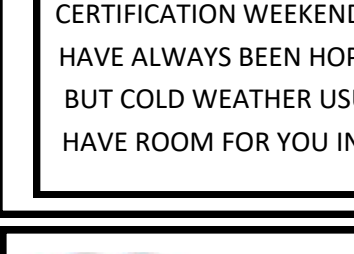
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WE COMPLETED A REFRESHER COURSE FOR THESE FINE FOLKS. THEY ARE HEADED TO PALM TREES, SAND, AND SEA VERY SOON AND WANTED TO BE READY.



WE LOVE OUR WEEKEND FIRST AID CLASSES. ALWAYS MEET THE MOST WONDERFUL PEOPLE WHO TAKE CARE OF OUR CHILDREN.

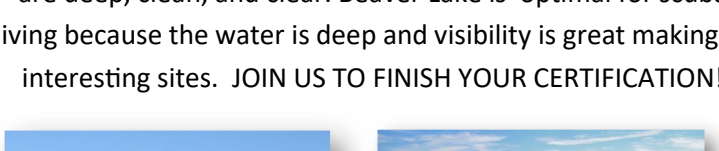


HAVE YOU FINISHED YOUR SCUBA CERTIFICATION? SCUBA SEASON ENDS!!!!

MORE THAN LIKELY OUR LAST BEAVER LAKE CERTIFICATION WEEKEND WILL BE SEPTEMBER 27-29. WE HAVE ALWAYS BEEN HOPEFUL FOR THE OCTOBER DATES, BUT COLD WEATHER USUALLY SHUTS US OUT. WE STILL HAVE ROOM FOR YOU IN SEPTEMBER. DON'T MISS OUT!



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.



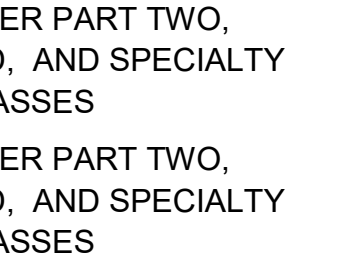
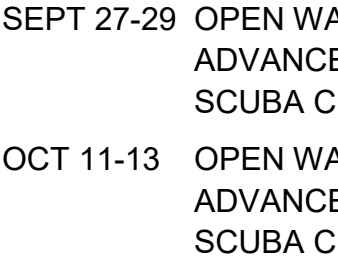
Call 316-775-6688 to schedule your class

TRAINING AT BEAVER LAKE ARKANSAS

Beaver Lake is a man-made reservoir in the Ozark Mountains of Northwest Arkansas and is formed by a dam across the White River only a few hours drive from Wichita. Beaver Lake waters are deep, clean, and clear. Beaver Lake is optimal for scuba diving because the water is deep and visibility is great making for interesting sites. JOIN US TO FINISH YOUR CERTIFICATION!



COME JOIN US FOR A WEEKEND OF FUN



BEAVER LAKE SCHEDULE

SEPT 27-29 OPEN WATER PART TWO, ADVANCED, AND SPECIALTY SCUBA CLASSES

OCT 11-13 OPEN WATER PART TWO, ADVANCED, AND SPECIALTY SCUBA CLASSES

SIGN UP NOW 316-775-6688

Want an Easy Specialty...to start your way towards becoming an Advanced or Master Suba Diver?

WE JUST MADE IT EASIER!!!

PADI ENRICHED AIR SPECIALISTS

No Diving is Required...just sit back in a comfortable classroom and get your specialty. You will need to come in and pick up your learning materials so that you have your independent study done in time for class. Call today to reserve your spot.



PADI Equipment Specialist



THE MK19 EVO/G260 REGULATOR IS PERFECT FOR ANY CONDITIONS, ESPECIALLY THOSE WHO DIVE DEEP, IN COLD WATER, OR IN SILTY ENVIRONMENTS. THIS SYSTEM IS IDEAL FOR HARSH CONDITIONS, MAKING IT A TOP CHOICE FOR TECH DIVERS AND CAVE EXPLORERS. THE COMPACT MK19 EVO IS FULLY SEALED, ENSURING TROUBLE-FREE OPERATION IN COLD OR MURKY WATERS. THE G260 IS A HIGHLY IMITATED AIR-BALANCED SECOND STAGE WITH METAL COMPONENTS AND A LEFT-RIGHT HOSE ATTACHMENT OPTION, MAKING IT EXCELLENT FOR TECH DIVER SETUPS AND A CONSISTENT TOP PERFORMER.

\$1,011.00



WISDOM 4 BEST SELLER

SHERWOOD'S BEST SELLING AIR INTEGRATED COMPUTER NOW WITH BLUETOOTH INTEGRATION TO DIVELOG+



AVAILABLE AT PARTICIPATING SHERWOOD DIVE CENTERS FOR IN STORE PURCHASE ONLY.
WWW.SHERWOODSCUBA.COM

BLUE TOOTH

OUR 18' DEEP POOL IS A GREAT PLACE TO WORK ON ASCENDING AND DESCENDING DURING THE COOLER MONTHS

Descending and ascending are often overlooked as critical diving skills, usually overshadowed by the need for perfect trim and buoyancy once the dive is underway. However, being able to descend and ascend slowly and safely, while maintaining good positioning, is something that new divers can struggle with, and should be practiced just like any other skill.

Take note
Use your logbook to keep track of how much weight you're using on each dive, and whether it was salt or freshwater. It will also help to keep an exact record of the kind of equipment you used: steel or aluminum tank? What size of tank? Short or long wetsuit? 3mm, 5mm, or 7mm? All of these things contribute to accurately estimating the amount of lead you'll need on your next dive. Make sure you're writing down as many details as you can, as this will help you and your next dive professional to add or subtract some weight based on your previous dives.

Aim low
Many divers don't realize that it should actually be an effort to get down. If you're dropping like a lead balloon on your descents, chances are you're over weighted. It's always good to carry as little weight as possible, particularly for shore dives or challenging diving environments (who wants to carry an extra weight up a beach, when they could be carrying less?) Descending slowly and then maintaining your buoyancy throughout the entire dive – safety stop and all – are serious skills to master, but once you have, you'll find yourself shedding the pounds.

Conduct a proper weight check
If anything has changed since your last dive – such as diving environment, exposure suit, or even body mass – conduct a proper weight check before your dive. Properly weighted, this should float at eye level holding a normal lungful of air with an empty BCD. Take care not to kick or scull while you do your check; you should only keep your arms near the surface. Let yourself hang vertically in the water column with minimal movement, and then exhale fully. If you drop like a sack of bricks, you need to take some weight off. Ideally, you'll start to sink slowly, giving yourself plenty of time to equalize early and often on the way down.

Control your descent
Your descent should look similar to your weight check as you fully deflate your BCD and hold still and vertical- no kicking! Empty your lungs completely. Make any inhales as small as possible, and emphasize the exhales, so that your out-breaths are much longer and stronger than breaths you take in. As you feel yourself start to freefall, use your abs to bring your upper body into a face down, horizontal position so that the weight of the tank can't pull you over backwards. Squeeze your glutes and push your belly out to bring your hips and legs up behind you, and add some air back into your BCD to avoid contacting the bottom.

It takes time in the water to really get comfortable and realize what works for you, so it's worth experimenting not just with the amount of weight you carry, but how you carry it too. Take time to get good at ascents and descents, and you'll find that the rest of your dive gets easier too! Take the PADI **Peak Performance Buoyancy** course to further improve your buoyancy skills.



DESCENDING



ASCENDING

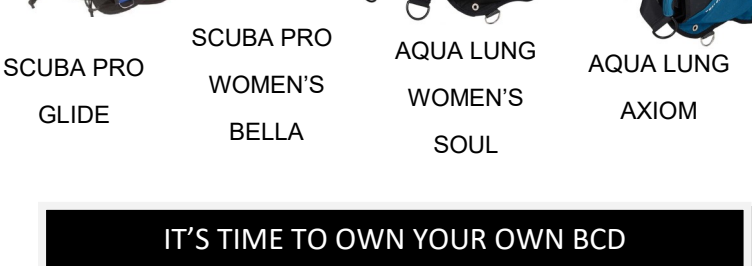
Suunto Ocean Watch Computer with Charging Cable

Discover the unmatched versatility of the Suunto Ocean Watch Computer

A perfect blend of a True Dive Computer and a True Sports Watch. Engineered for resilience, this watch stands as your ultimate companion under any environmental condition. Whether you're exploring the depths of the ocean or traversing rugged landscapes and assures reliability and accuracy

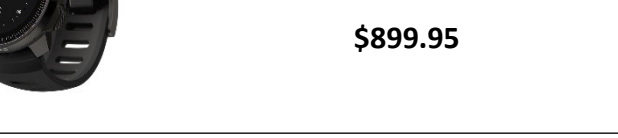
\$899.95

YES WE HAVE BCDs IN STOCK



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

IT'S TIME TO OWN YOUR OWN BCD



HELIX REGULATOR
\$535.00
\$499.99

The Aqua Lung Helix is a mid-range regulator with a balanced first and second stage design, making it an excellent value for its price. It represents the DNA of Aqua Lung regulators and can be serviced every two years. The regulator features a balanced diaphragm first stage that provides superior, consistent performance and a pneumatically-balanced second stage that results in smooth, easy breathing. The T-shape of the first stage optimizes the location of the four low-pressure (LP) ports and two high-pressure (HP) ports, while the in-line ergonomic Venturi knob allows for precise adjustments even while wearing gloves. The Helix Core is compatible with EAN 40 new, out of the box, and features an easy-to-grip venturi lever that prevents unwanted free-flow at the surface while giving a performance boost at depth.



The Apeks GTX50 Regulator is what you're looking for in a top of the line regulator, at a reasonable price. The Apeks GTX50 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 GTX50 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

THE DREADED HORSE



Aqua Lung Leg3rd Regulator Aqua Lung

\$879.00

EVERYTHING YOU'D EVER WANT IN A REGULATOR