



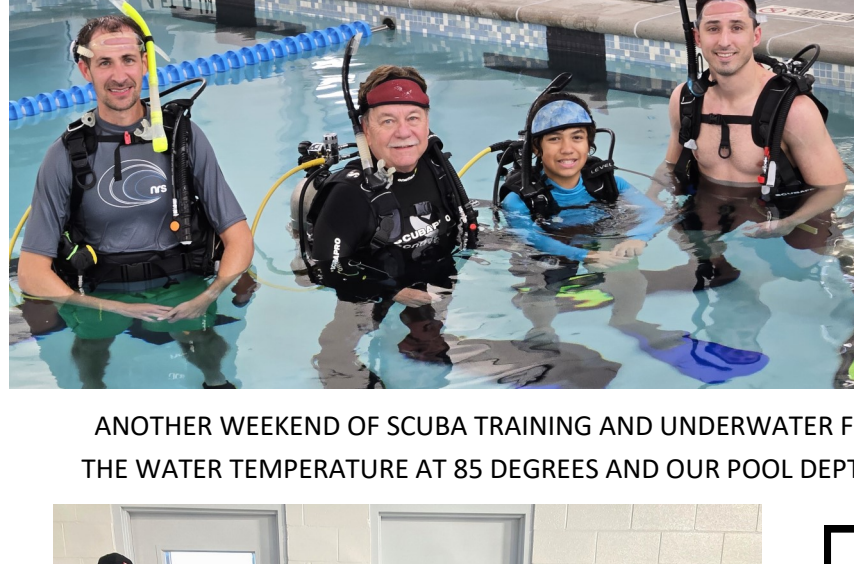
Amber Waves DIVING COMPANY™

12959 East 21st Street North
Wichita, KS 67230
316-775-6688

Wichita CPR Training
Provided by Amber Waves Diving Company

WHERE THE PRAIRIE MEETS THE SEA

To unsubscribe click here



ANOTHER WEEKEND OF SCUBA TRAINING AND UNDERWATER FUN. COME VISIT US FOR SCUBA OR FOR A SWIM. WE KEEP THE WATER TEMPERATURE AT 85 DEGREES AND OUR POOL DEPTH IS 3' TO 18'. PLENTY OF VARIETY TO FIT ANYONES NEEDS

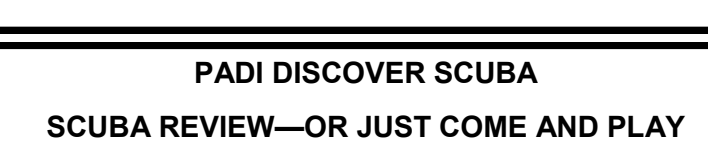


SUNDAY FIRST AID CLASS GRADUATES

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

AMBER WAVES DIVING AQUATIC CENTER POOL

SATURDAY JANUARY 25, 2023

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!

- \$100.00 for a Refresher (includes instructor fee, gear rental and pool fee)
- Just want to play but you don't have gear \$25.00 pool fee and Full gear rental 50% off. Total \$50 plus tax
- Have all your gear but just want to play? \$25.00

GRADUATE	
SCHOOL OF SCUBA SCIENCE	
SCUBA SCHOOL	
JAN 24-26	OPEN WATER PART ONE (CLASSROOM AND POOL SESSIONS)
JAN 25	DISCOVER SCUBA-SCUBA REVIEWS-OR FUN DIVE (NOON-3PM)
JAN 26	OPEN POOL DIVE (2-4 PM)
FEB 7-9	OPEN WATER PART ONE (CLASSROOM AND POOL SESSIONS)
FEB 8	DISCOVER SCUBA-SCUBA REVIEWS-OR FUN DIVE (NOON-3PM)
FEB 9	OPEN POOL DIVE (2-4 PM)
FEB 14-16	OPEN WATER PART ONE (CLASSROOM AND POOL SESSIONS)
FEB 15	DISCOVER SCUBA-SCUBA REVIEWS-OR FUN DIVE (NOON-3PM)
FEB 16	OPEN POOL DIVE (2-4 PM)
FEB 21-23	OPEN WATER PART ONE (CLASSROOM AND POOL SESSIONS)
FEB 22	DISCOVER SCUBA-SCUBA REVIEWS-OR FUN DIVE (NOON-3PM)
FEB 23	OPEN POOL DIVE (2-4 PM)
FEB 28-MAR 2	OPEN WATER PART ONE (CLASSROOM AND POOL SESSIONS)
MAR 1	DISCOVER SCUBA-SCUBA REVIEWS-OR FUN DIVE (NOON-3PM)
MAR 2	OPEN POOL DIVE (2-4 PM)
MAR 9	OPEN WATER PART ONE (CLASSROOM AND POOL SESSIONS)
MAR 10	DISCOVER SCUBA-SCUBA REVIEWS-OR FUN DIVE (NOON-3PM)
MAR 11	OPEN POOL DIVE (2-4 PM)

MAKE EVERY WEEKEND A DIVE WEEKEND

JOIN US IN DOMINICA MAY 2-10 2025. FORT YOUNG HOTEL

Deluxe Ocean Front	
Diver Double	\$3,235
Diver Single	\$4,270
Non Diver	\$2,730

Fort Ocean View	
Diver Double	\$3,105
Diver Single	\$4,005
Non Diver	\$2,605

Dive and Explore Package Includes:

- Airfare plus one night hotel in Miami
- 7 Nights accommodation at Fort Young
- Round-trip airport/hotel transfers
- Daily Breakfast
- 5 days of 2-tank boat diving and unlimited shore diving
- Marine Park Fee
- 1 - afternoon waterfall tour to Trafalgar falls and Titou Gorge
- Resort tax and service charges
- \$50 per person spa credit

Your Package Excludes:

- Personal Dive Equipment
- Nitrox \$143 for 5 days of diving
- Meals and Beverages not specified
- Gratuities
- Travel & Dive Insurance

PRICE BASED ON CASH, ADD 4% FOR CREDIT CARD

Leaving on Friday May 2 early evening, staying one night in Miami airport hotel, with a direct flight coming back on May 10

SPOTS ARE FILLING QUICKLY, SO IF YOU'RE INTERESTED RESERVE YOUR SPOT SOON.

ROATAN

TURQUOISE BAY RESORT

October 11-18 2025

YES WE ARE HEADED BACK TO ROATAN THIS COMING FALL. WHY? BECAUSE IT'S EASY TO GET TO WITHOUT OVERNIGHT STAYS AND THE DIVING IS PHENOMENAL. I'M FINALIZING PRICING, BUT IT WILL BE BUDGET FRIENDLY.

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

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padi.com

ENRICHED AIR CLASS

JUST CALL AND SCHEDULE YOUR CLASS

PADI

Equipment Specialist

PADI

PRE-DIVE SAFETY CHECK

NITROX

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 have 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!

RESCUE CLASS FORMING

Rescue Diver

Most new divers are told the same thing when diving with more experienced buddies: slow down!

Most inexperienced divers swim too fast, and fidget too much under water. The immediate result is that they consume too much air (ending the dive prematurely), scare off wildlife, and probably miss a lot of great sites in their effort to cover as much ground as possible. But there's another, more serious reason why diving should be done slowly: it may save you from decompression sickness (DCS).

Diving, decompression, and the role of physical strain

Swimming fast underwater is tough. Water is 800 times denser than air, so trying to move even at something close to walking speed would be a real workout. The faster we swim, the faster we'll be breathing, to help our system push fresh oxygen to our hard-working cells.

Problem is it isn't just oxygen that gets expedited at increased rates, its less well-liked cousin, nitrogen, also tags along. This means that our tissues are exposed to and absorbs greater amounts of nitrogen the harder we work underwater.

This leads to a greater level of nitrogen saturation in our tissues, which then needs to be released as we surface. And if the nitrogen absorption is too great, simply following normal dive tables or dive computers, and normal ascent rates, might not be enough to allow for the degassing of our tissues. The result is DCS on a dive well within the normal limits in terms of depth and time. So slowing down and taking it easy is a critical issue underwater.

Before and After

But avoiding strain underwater isn't the only element to this equation. Physical strain before and after diving may or may not be a contributing factor in DCS, though the exact details are still not completely researched.

A series of studies conducted by NASA (whose astronauts face the same challenges as divers, just in reverse; as they go up into and out of the atmosphere, pressure drops rapidly, putting them at risk of DCS) has shown that physical strain, such as that caused by vigorous exercise. Can form microbubbles in the bloodstream, similar to those we see upon decompression when we surface from a dive or go on an airplane.

Normally, these aren't a problem, as they are simply expelled through respiration. But if we add these exercise induced bubbles to those caused by diving, we might have a potential problem.

Exercise before diving seems to be fine, at least according to empirical evidence.

There's only one diving example of one diver suffering DCS as he surfaced from a dive, and having gone for the morning before the dive. Most likely, this was caused by dehydration, another thing that can increase the risk of DCS.

Exercise after diving is a bit more complicated, though. Several studies and a good share of diving accident reports point to physical strain after diving. Especially when our bodies are already to some extent exposed to microbubbles from the ascent can actually exacerbate them to the point of causing DCS.

After Deep Dives

This is also the reason why it is recommended to avoid physical strain after a deep dive, but instead letting others do the heavy lifting around the dive boat. It's not just laziness it's a safety precaution (this argument probably won't work with your spouse, though).

Naturally, the problem is more prominent after deep dives or technical dives. However, other studies seems to indicate that exercise during decompression can speed up the process, meaning we should rid our system of nitrogen faster, contradicting the studies mentioned above. One explanation might be that exercise causes problems with degassing in some tissues, while helping others to degas faster. In any case, more research is needed.

While the scientific jury is still out on exercise before and after diving, a general recommendation is to avoid intense exercise at least a few hours before a dive (and making sure to rehydrate following exercise), and six hours after a dive. So remember, dive safe, and stay calm and relaxed, both before, during, and after a dive.

AQUALUNG

Aqualung presents us with the Helix, Pro 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.

\$649.00

APEKS

AQUALUNG

The Apeks XT50 Regulator is what you're looking for in a top of the line regulator, at a reasonable price. The Apeks XT50 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. \$720.00

AQUALUNG

Aqua Lung Leg3rd Regulator

AQUALUNG

EVERYTHING YOU'D EVER WANT IN A REGULATOR

\$879.00

SCUBAPRO

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 \$699.00

SCUBAPRO

SCUBAPRO MK2 EVO/S270 Regulator

Divers ready to upgrade from entry-level systems will appreciate the performance of the MK2 EVO/S270 regulator combo. The S270 second stage offers an air-balanced, compact design with low work of breathing. Paired with Scubapro's MK2 EVO, a down-stream piston-style first stage designed for extreme cold-water conditions, this combo delivers affordability, durability, and reliable breathing.

\$600.00

SCUBAPRO

SCUBAPRO MK19 EVO/G260 REGULATOR

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 DIVING SETUPS AND A CONSISTENT TOP PERFORMER.

\$1,064.00

SHERWOOD SCUBA

WISDOM 4 COMPUTER

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

BAM

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

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BLUE TOOTH

Found a salad I can eat everyday

@FunnyWeightLoss

CAESAR SALAD