

READY FOR THE LAKE AND FUTURE DIVE ADVENTURES. TRAINING AT BEAVER LAKE ARKANSAS Beaver Lake is a man-made reservoir in the Ozark Mountains of River only a few hours drive from Wichita. Beaver Lake waters

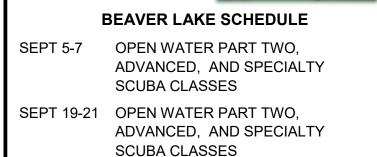
Northwest Arkansas and is formed by a dam across the White

are deep, clean, and clear. Beaver Lake is optimal for scuba

INSTRUCTORS WORKED VERY HARD TO GET THIS GROUP SCUBA

diving because the water is deep and visibility is great making for interesting sites. JOIN US TO FINISH YOUR CERTIFICATION!





OPEN WATER PART TWO, ADVANCED, AND SPECIALTY

SIGN UP NOW 316-775-6688

SCUBA CLASSES OCT 17-19 OPEN WATER PART TWO, ADVANCED, AND SPECIALTY

SCUBA CLASSES

OCT 3-5

quently, an AOW card is just the ticket to diving at a variety of more sites. For example, we know of several places in the Philippines,

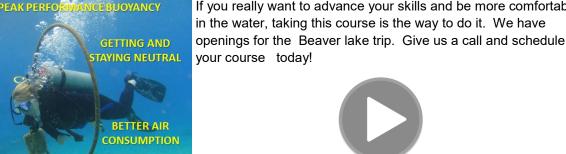
ditions such as currents or deep, blue water, environments. They know that PADI AOW certified divers have the skills and experience necessary for such sites.

Dives.

course is for newly certified divers as well as divers with more experience who wish to expand their knowledge and practical skills. Also, if you don't have enough time to complete the full AOW course, the Adventure Diver rating is awarded after completion after any 3 Adventure

Malaysia, Australia, and some wreck sites in Florida who will not let you dive at certain, more advanced sites, unless you have the AOW or above certification. The reason is that the operators don't want to risk putting OW divers into certain advanced level dive con-

Open Water Divers have learned the basics, the "how" of diving. After a few dives, there is a need to expand that dive knowledge and learn practical skills which can increase your enjoyment of diving. Ever surface far away from the boat and have a long surface swim back? With the Navigation dive, you will learn how to prevent that situation, using compass as well as natural navigational aids to assist in your underwater journey. For deep diving, there are special concerns, and as an Open Water Diver, you are certified to dive 18 meters/60 feet. After completing the AOW course, that level is extended to 30 meters/100 feet. If you really want to advance your skills and be more comfortable



SELF CONFIDENCE

1. Skipping Pre-Dive Equipment Checks

How to Avoid It:

system is secure.

wasted air, and damage to marine life. **How to Avoid It:**

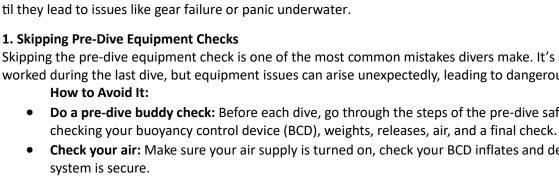
2. Poor Buoyancy Control

Deep Dive

LEARN MORE HERE

Deep and Underwater Navigation. You can choose the remaining 3 Adventure Dives. This

Why should you take the Advanced Open Water Course?



AVOID THESE COMMON MISTAKES

Master your weighting: The first step to good buoyancy is being properly weighted. If you're too heavy, you'll need to inflate

your BCD too much, which can cause you to constantly rise and sink. If you're too light, you'll have trouble staying down. Use your breathing: Breathing control is one of the most powerful tools you have for adjusting your buoyancy. A deep breath will make you float up slightly, while exhaling will help you sink. Practice using small adjustments in breathing to maintain

pool. It is one of the best ways to fine-tune your buoyancy on your own time. 3. Not Equalizing Properly

How to Avoid It:

How to Avoid It:

buoyancy control.

7 nights' accommodation at Divi

room accommodation

3 themed dinners at the hotel

Complimentary Wi-Fi per room,

Welcome cocktail, beach towels at

Roundtrip airport/hotel transfers

Day one = 1 shore dive orientation

Full breakfast daily

pool and beach

(Total 11 boat dives)

Flamingo Beach Resort in deluxe

7. Overconfidence

wait too long before attempting it, leading to discomfort or the need to end a dive.

(DCS) or lung over-expansion injuries, both of which can be life-threatening.

This is particularly risky during deep dives or in currents.

Diver (Double) Deluxe Room: \$2,700

Non-Diver (Double) Deluxe Room: \$2,250

How to Avoid It: Equalize early and often: Start equalizing before you feel any pressure, ideally as soon as you begin your descent. Equalize by pinching your nose and gently blowing or by swallowing. Continue equalizing frequently as you descend. Ascend if necessary: If you're unable to equalize, ascend slightly until the pressure decreases, then try again before continu-

Failing to equalize pressure in your ears during descent can lead to ear pain, or worse, an ear injury. Many divers forget to equalize or

- 4. Poor Buddy Communication Failing to communicate effectively with your dive buddy can lead to confusion or even dangerous situations. Poor communication increases the chances of becoming separated, running out of air, or missing critical dive signals.
- Stay close to your buddy: You should be able to reach your buddy within 2 seconds throughout the dive, so stay close. If separated, look for them for no more than one minute before ascending safely. 5. Rapid Ascents

A rapid ascent is one of the most dangerous mistakes a diver can make. Ascending too quickly can lead to decompression sickness

- Monitor your ascent rate: Always watch your dive computer or depth gauge during your ascent. A safe ascent rate is generally no faster than 18 meters (60 feet) per minute when ascending from more than 18 meters deep. Practice controlled ascents: Regularly practice your ascent skills, especially after deep dives. Make sure you incorporate a
- Use your BCD correctly: Don't inflate your BCD while ascending. Instead, use gentle fin kicks to ascend and release air from your BCD during the ascent. 6. Neglecting Air Management
 - if exerting yourself. Get into the habit of signaling your air level to your buddy. Always surface with air: Plan your dive so that you surface with at least 500 psi (50 bar) of air left. Work on your breathing: Slow, controlled breathing will not only conserve air but also help you stay calm and improve your
 - **Know Your Limits**: Stay within your certification and experience levels, especially when dealing with unfamiliar environments. Don't dive in conditions that make you uncomfortable. Seek professional guidance: If you want to challenge yourself with new dive conditions or experiences, such as wreck diving or diving in strong currents, consider taking a specialty course to develop the necessary skills.
 - You've all seen those divers. You know - the ones who seem to move through the water without the slightest effort. Those scuba divers

Marine Park tag \$40.00 USD (valid

PURCHASED ON LINE PRIOR TO

• Government entry tax = \$75 to be

paid on line before entry or upon

• Trip Cancellation & Dive Insurance

TRAVEL)

entry

Departure tax

Beverages

Night dives

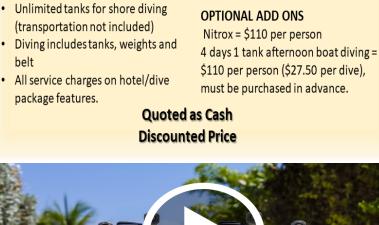
Nitrox

dive followed by one tank boat dive • Personal dive equipment

Day 2 – 6 = 5 days 2 tank boat diving
Gratuities

for 1 calendar year MUST BE PRE-

from the others. If you want to become neutrally buoyant and be-



GLIDE BELLA

SCUBA PRO

SCUBA PRO

WOMEN'S





The Apeks XTX50 Regulator is what you're looking for in a top of the line regulator, at a reasonable price. The Apeks XTX50 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. \$649.00

A Q U A 🛹 L U N Gʻ



AQUA LUNG

OPEN WATER CERTIFICATION, YOUR ADVANCED **CERTIFICATION AND MOST SPECIALTIES ON THIS**

OCT 11 DISCOVER SCUBA-SCUBA REVIEWS-OR FUN DIVE (NOON-3PM) OPEN POOL DIVE (2-4 PM) OCT 12

OCT 18 DISCOVER SCUBA-SCUBA REVIEWS-OR FUN DIVE (NOON-3PM) OCT 19 OPEN POOL DIVE (2-4 PM)

MAKE EVERY WEEKEND A DIVE WEEKEND

ADVANCED OPEN WATER COURSE

There are a total of 5 dives necessary to complete the course. The required 2 Core dives are



ensure they are functioning correctly. Many divers struggle with buoyancy control; it's a skill that takes time and practice to master. Poor buoyancy can result in fatigue,

your position in the water. **Practice hovering:** During your dives, practice hovering mid-water without finning. This will help you become more aware of your body position and learn to control your buoyancy with minimal effort. If you really want to hone your buoyancy skills, join any Sunday after 1:30 pm to work on your buoyancy in our 18 ft. deep

- ing your descent. End your dive: If you still can't equalize after ascending slightly and trying again, end your dive. It's better to miss a dive than to injure your ears.
- Establish hand signals before the dive: Review common hand signals with your buddy before entering the water and check you use the same signals. This ensures you both understand how to signal important messages like low air, needing to ascend, or pointing out marine life.
- safety stop at 5 meters (15 feet) for 3-5 minutes to allow your body to off-gas any remaining nitrogen.
- How to Avoid It: Monitor your air supply frequently: Check your pressure gauge regularly throughout the dive, especially at deeper depths or

Running low on air or not managing your air consumption properly is a critical mistake that can lead to panic or emergency ascents.

skill level, such as strong currents, deep wrecks, or low-visibility environments. Overconfidence can quickly lead to stress, panic, or accidents. How to Avoid It:

Many divers, especially those with a few successful dives under their belt, may push themselves into conditions that are beyond their

- PADI PEAK PERFORMANCE BUOYANCY SPECIALTY **BONAIRE FLAMINGO COURSE**
- Single Diver Standard Room: \$3,350 easy feat, which is why divers who have mastered the skill stand apart Studio (Double) Deluxe; \$3,350 come a better scuba diver, take the PADI Peak Performance Buoyancy Package Includes: specialty course. Package Excludes: Round trip airfare from Wichita

are neutrally buoyant, which means

they don't sink or float while diving.

PADI DEEP DIVER TRAINING

Now that you have several

dives, you may want to do

deeper dives. The Deep Diver

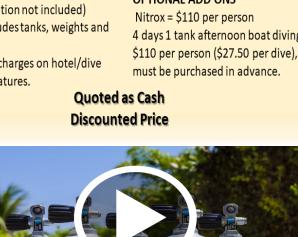
apprehension of the unknown

and give you more confidence

through knowledge and experience.

course will get you over the

Achieving neutral buoyancy is no



WE HAVE BCDs IN STOCK

AQUA LUNG

WOMEN'S

SOUL

and a True Sports Watch. Engineered for resilience, this watch stands as your ultimate companion under any

environmental conditions. Whether you're exploring the depths of the ocean or traversing rugged landscapes and assures reliability and accuracy

AQUA LUNG

AXIOM

familiarize divers with the skills, knowledge, planning, organization, procedures, techniques, problems, hazards and enjoyment of diving between the depths of 60 feet to 130 feet. The Deep Diver specialty course is intended

to serve as a safe, supervised introduction to deeper

diving within the limits of recreational scuba diving.

AMBER WAVES DIVING REPAIR

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!

The purpose of the PADI Deep Diver Specialty Course is to

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



WISDOM 4 COMPUTER

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

WWW.SHERWOODSCUBA.COM

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 EN-VIRONMENTS. THIS SYSTEM IS IDEAL FOR HARSH CONDITIONS, MAK-

CUBAPRO

BLUE TOOTH

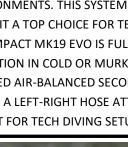
TECHNOLOGY AND

ONLY SOLD IN

BRICK AND MOR-

TAR STORES. YES

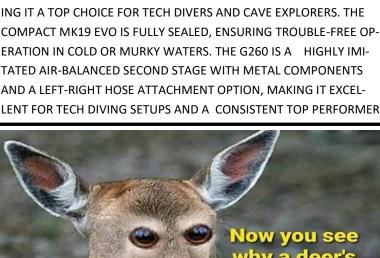
WE HAVE THEM IN STOCK.



\$1,064.00



AND A LEFT-RIGHT HOSE ATTACHMENT OPTION, MAKING IT EXCEL-LENT FOR TECH DIVING SETUPS AND A CONSISTENT TOP PERFORMER. low you see why a deer's eyes are on





PICTURED ABOVE IS OUR WEEKEND FIRST AID-CPR-AED AND

OXYGEN PROVIDER STUDENTS. THEY ALL DID A GREAT JOB.

(NOON-3PM) SEPT 28 OPEN POOL DIVE (2-4 PM) OCT 3-5 BEAVER LAKE OPEN WATER TRIP. FINISH YOUR

WEEKEND. OCT 10-12 OPEN WATER PART ONE (CLASSROOM AND POOL SESSEIONS)

OCT 17-19 OPEN WATER PART ONE (CLASSROOM AND POOL SESSEIONS)

The Advanced Open Water Diver Course (AOW) is the next step in learning advanced skills directly applicable to scuba diving. Fre-

Whether you're new to scuba diving or have already logged multiple dives, avoiding mistakes can make the difference between a good dive and a potentially dangerous one. Even experienced divers can fall into bad habits, which might not seem like a big deal un-Skipping the pre-dive equipment check is one of the most common mistakes divers make. It's easy to assume that your gear is fine if it worked during the last dive, but equipment issues can arise unexpectedly, leading to dangerous situations underwater. Do a pre-dive buddy check: Before each dive, go through the steps of the pre-dive safety check with your buddy. This includes Check your air: Make sure your air supply is turned on, check your BCD inflates and deflates properly, and check your weight Check your regulators: Take a few deep breaths from your regulator (and alternate) while watching your pressure gauge to