NOVEMBER....THE HOLIDAYS BEGIN

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NOTICE

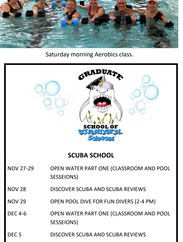
Last week's newsletter didn't quite make it out. Apparently, our hosting vendor, Microsoft, and about twenty other email user and/or vendor came under "hacker" attacks. Hence, the newsletter didn't make it to anyone with a me, live, msn, iCloud, or Hotmail extension. I normally stay out of controversial matters, but frankly I'm dismayed at the excuses being battered around (nothing to see here) especially by our government. Our hosting company is one of the largest in the country and we, as customers, all received a very transparent message about what went on between November 5 through November 17. I just want all of our customers to know that we take every precaution to protect your digital ID and will always follow proper email protocols.



Instructors Mark Armfield and Tom Pryor completed Discover Scuba and a Refresher course for this group of divers and future divers.



Pictured above is our Sunday November 15, 2026 afternoon First Aid-CPR-AED graduates. We also threw in a couple of Oxygen Provider students to round out the day.



Pictured above is our Sunday November 8, 2026 afternoon First Aid-CPR-AED graduates. We also threw in a couple of Oxygen Provider students to round out the day.



WICHITA CPR 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

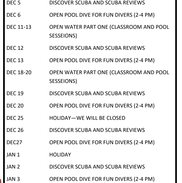


ENRICHED AIR CLASS

FORMING NOW....CALL 316-775-6688



YES WE HAVE GIFT CERTIFICATES



Saturday morning Aerobics class.

SCUBA SCHOOL

NOV 27-29	OPEN WATER PART ONE (CLASSROOM AND POOL SESSIONS)
NOV 28	DISCOVER SCUBA AND SCUBA REVIEWS
NOV 29	OPEN POOL DIVE FOR FUN DIVERS (2-4 PM)
DEC 4-6	OPEN WATER PART ONE (CLASSROOM AND POOL SESSIONS)
DEC 5	DISCOVER SCUBA AND SCUBA REVIEWS
DEC 6	OPEN POOL DIVE FOR FUN DIVERS (2-4 PM)
DEC 11-13	OPEN WATER PART ONE (CLASSROOM AND POOL SESSIONS)
DEC 12	DISCOVER SCUBA AND SCUBA REVIEWS
DEC 13	OPEN POOL DIVE FOR FUN DIVERS (2-4 PM)
DEC 18-20	OPEN WATER PART ONE (CLASSROOM AND POOL SESSIONS)
DEC 19	DISCOVER SCUBA AND SCUBA REVIEWS
DEC 20	OPEN POOL DIVE FOR FUN DIVERS (2-4 PM)
DEC 25	HOLIDAY—WE WILL BE CLOSED
DEC 26	DISCOVER SCUBA AND SCUBA REVIEWS
DEC27	OPEN POOL DIVE FOR FUN DIVERS (2-4 PM)
JAN 1	HOLIDAY
JAN 2	DISCOVER SCUBA AND SCUBA REVIEWS
JAN 3	OPEN POOL DIVE FOR FUN DIVERS (2-4 PM)

MAKE EVERY WEEKEND A DIVE WEEKEND

Scuba Diving: Sport or Leisure Activity?

But is it a sport if it's so much fun?

What's the difference between a sport and a leisure activity anyway and why does there have to be a distinction between the two?

The textbook distinction of sport and leisure is:

- Leisure is just playing for fun, even if it is a sport.
- A sport is something you want to be good or best at (competition)

Confused? Me too.

Leisure activities we're more than likely to choose are those that are relaxing and easy. They bring joy and leave you in a glowing mood.



Is scuba diving joyful? Relaxing? Mood boosting? Check check and check!

Sports are more energy burning. They make you flex and stretch and work more endurance. Scuba diving does all of these things too. With time, practice and repetition you'll improve until you're a pro. However, there isn't a competitor element to scuba – so does this mean it is not a sport? Competitive scuba diving? I couldn't imagine anything worse. I don't even know what the scoring would entail if it did exist! Perhaps feet swam per 10 psi? How many crown fish you could count in 10 minutes? That sounds pretty silly to me.



In all seriousness though, a sport is something you can master. The PADI System is a tiered one, with each level having a way that you can improve and progress with the goal of becoming one of the elite divers. But what about scuba diving without leads? For those of us who just dive for fun and do not work in the diving industry? Is scuba diving a sport or a leisure activity? It's both, and let me tell you why.

The preparation can be heavy work. If you dive privately, without a dive center to help you, preparation can be a pretty good calorie burner. Lifting tanks from the filling station to your car, house and dive site etc. will build your muscles. If it's a long or hard walk to your dive entry point you'll get some cardio too. Over time you will build up endurance and become fitter. The sheer amount of sweat you accumulate on a hot

Cypriot day alone should instantly qualify diving as a sport, because it is such a workout!

Then once you enter the water it all changes. In calm water, where there is rarely a current and very little tide, scuba diving becomes a leisure activity. Think about it. Fluttering around with the slightest effort through a zero-gravity environment is soothing to the soul. It's relaxing and joyful and beautiful. It improves our mood. It's like our body knows it's made of 70% water and being underwater is like achieving home.

So, scuba diving is the best of both. It makes you strong, but happy. It makes you fit but relaxed. You're at one with nature, fully immersed and surrounded by it. You forget the troubles that may be worrying you and your office job may as well be on Mars because you are in another world. Each dive is leisure. Each dive is a workout. Each dive makes us thrive and it's the best activity in the world!

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!



OV Bungalow DBL DIVER	$3410	Villa/Ken Double DIVER	$3000
OV Bungalow DBL NON DIVER	$2680	Villa/Ken DBL NON DIVER	$2350
OV Bungalow Single DIVER	$4000	Villa Ketin Single DIVER	$3310
		Villa/Ken DBL NON DIVER	$2240
		Villa/Ken Single DIVER	$2890

"All In" Alam Batu Packages Include:

- Return Airport Transfers
- Bali airport round trip airfare
- Full board meal plan with coffee tea or cold water included
- Soft drinks, juices, specialty teas, beer, house wine
- Government Taxes
- NON DIVER: Choice of boat dives, or up to 2 hours spa treatments, or tours each day
- Unlimited rides with diving
- Shore diving available on diving days
- NON DIVER: Choice of spa treatments or tours each day

Package Excludes:

- Airfare (fly in and out of Denpasar, Bali airport code DPS)
- Nusa Penida trips ($95 per person includes transport, Diving, boxed lunch - pay on site; weather dependent)
- Beverages not mentioned
- Indonesia Visa Fees (Currently $35 on arrival or pre-pay)
- Night and Blue Water Dives – available at a surcharge
- $200 USD refundable deposit required
- Gratuities
- Trip cancellation insurance – **HIGHLY RECOMMENDED!!**

We have a Single Diver spot open up , $500 each non– refundable deposit holds your spot. We only accept cash or check for our trips

Aqua Lung Legs3nd Regulator
Aqua Lung
EVERYTHING YOU'D EVER WANT IN A REGULATOR

$959.00



$1,049.00

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.

simply the best

The new MK11 EVO/R105 is a simple, rugged and reliable air delivery system. The MK11 EVO is a compact balanced diaphragm first stage with a forged brass body fitted with thermal flex and protective plastic bumpers to ward off scratches. The R105 delivers smooth, dependable air flow from its classic downstream valve design. Built to last, the R105 features a durable metal valve housing and an anti-scratch front cover.

$585.00

MK17 EVO2 / C370 Regulator

We at Amber Waves Diving offer the Scubapro MK17 EVO2 and C370 Regulator setup to give you flawless air delivery anywhere on the globe. Scubapro engineered the MK17 EVO2 first stage with an environmentally sealed dry chamber using a dual-diaphragm system. This specific design completely blocks dirty water from touching internal working parts. An enhanced-fit layout actively improves heat exchange to stop the first stage from freezing during frigid dives. Because the diaphragm is air balanced, you get consistent and completely effortless airflow regardless of your depth or dropping tank pressure.

$759.00

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.

$699.00

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 valve for a wider one for minimal bubbles, great for photography, or a more narrow exhaust tee for a smaller more compact regulator. Apeks XTX50 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

$749.00

Aqua Lung i330R Wrist Computer

The Aqua Lung i330R is the ideal choice for advanced divers who love exploring the world and need to rely on their dive computers anywhere they are. Thanks to its bright color screen, readable even in sun-

light, and a rechargeable battery, it won't let you down. With 4 different modes, 3 nitrox mixes, and Bluetooth connection, this is the best value for money dive computer from our line-up. Even on the other side of the world, stay connected with your friends. Share the details of your diving adventures on social media via the DiveVerge app from your mobile device.

TYLER'S PICK

$425.00

Scubapro Aladin 100 Wrist Dive Computer

Designed for divers who want the essentials without the complications, the SCUBAPRO Aladin 100 delivers reliable dive information in an easy-to-use package. From first-time divers to experienced instructors, enjoy a streamlined experience that keeps the focus where it belongs: on the dive.

$299.00

Suunto Ocean Wrist Computer with Charging Cable

Discover the unmatched versatility of the Suunto Ocean Watch

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

$799.95

Suunto Nautic Dive Computer w/ Bungee Cord & Tank Pod

Made for Every Dive and Every Diver

From recreational dives to technical missions, Suunto Nautic grows with your passion. It supports single- and multi-gas configurations, sidemount setups, and full decompression planning. Customize-

ble dive views let you choose what matters most at every depth.

Stay Oriented Above and Below the Surface

Suunto Nautic integrates essential navigation and safety tools to keep you oriented wherever you dive. Offline maps and GPS help plan and track your routes, while the built-in digital compass provides precise direction underwater. Tide, weather, and sunrise/sunset data support safe surface intervals, and the integrated flashlight brings visibility and convenience when light is scarce. Nautic keeps you aware and in control, both underwater and on the surface.

PRO 2 REVIEW

$1,198.00