



Peak Performance Bouyancy



What is neutral buoyancy? Scuba divers like to be neutrally buoyant so they neither sink nor float. It can be a tricky thing. Divers who've mastered the highest performance levels in buoyancy stand apart. You've seen them underwater. They glide effortlessly, use less air and ascend, descend or hover, almost as if by thought. They interact gently with aquatic life and affect their surroundings minimally.

Requirements

- Prerequisite certification: PADI Open Water Diver, Junior Open Water Diver or have a qualifying certification from another training organization.
- Minimum age requirement: 10 years.
- Read and complete knowledge reviews from the Peak Performance Buoyancy manual and watch accompanying DVD.



Course Overview

This specialty course will teach you:

- How to trim your scuba gear so you can find balance while diving.
- How to determine the exact weight so you're never too light or heavy in the water.
- Techniques to save air, glide more smoothly, and hover in vertical and horizontal positions.

Call or stop in for details. Please review our missed class and cancellation policies and procedures in our [Class Policies](#) page before registering.



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