

# Become a certified **SCUBA Diver**



The Central **YMCA** in San Jose offers entry level classes for sport divers.

**Discount** for facility members of **any branch** of YMCA of Silicon Valley\*.

The **YMCA** was the first nationally recognized SCUBA certification agency. SEI continues in that tradition.

Learn to use and **become comfortable** with SCUBA equipment in our 75 foot indoor pool. Then experience **8 SCUBA dives in Monterey Bay** accompanied by members of our highly experienced staff. Earn a SCUBA certification that will identify you as a trained diver all over the world.

We have found that the key to enjoying diving is to become very comfortable with the underwater environment. For that reason we offer extensive classroom and pool training and accompany you on 8 dives in Monterey Bay rather than the 4 dives that are commonly offered. We have an excellent ratio of instructional staff to students.

*\* facility members of:*

*Central, East Valley, Mt. Madonna, Northwest, South Valley and Southwest YMCA's*

**Next Class July 2009**

**July 7-August 9, weekends: August 1/2, August 8/9**

*More classes will be scheduled later in 2009*

*(dates may be subject to change)*

For more information Contact the Instructor:

Email **SCUBA@munchnet.com**

Or call **(408) 656-1195**



Classes meet at the Central YMCA on Tuesday and Thursday evenings for 5 weeks. Eight ocean dives are completed on Saturday and Sunday of weeks 4 and 5. Total fees for classroom, pool and ocean sessions are \$125 for facility members\* (\$200 for non-members).

Students purchase their own personal equipment (mask, snorkel, fins, boots, and gloves) and rent all other equipment. Cost of purchase is approximately \$250. Rental of the other equipment is \$250 total for all pool and ocean sessions.

- Minimum age is 12. Students 12-14 require a parent/guardian be present at all classroom, pool and ocean sessions. 15-17 requires parent/guardian permission.
- Classroom work includes lectures on diving physiology, theory, equipment and safety with time for questions and testing.
- Pool work covers snorkel and SCUBA skills with exercises that build proficiency in the water.

On the first night of class:

- We will cover what you need to know to purchase equipment.
- You will complete a medical history form. A doctor's clearance may be necessary before using SCUBA if you have a medical condition such as asthma or diabetes. Please contact us if you are in doubt.
- You will take a swim test. Bring a swimsuit, towel, goggles (optional) and lock.