

BEGINNERS

OPEN WATER DIVER



HOW TO EARN YOUR SCUBA DIVING CERTIFICATION

Learn about scuba diving principles and terminology, then learn basic scuba skills in a pool-like environment and four dives in an open water with a highly trained PADI Instructor.



Mare Nostrum Diving



About The Course



PADI® Open Water Diver is the first scuba certification level. A highly-trained PADI Instructor will teach you how to scuba dive in a relaxed, supportive learning environment. By the end of the course, you'll have the skills and knowledge to dive at home or abroad and be an ambassador for the underwater world.

Take This Course If You Want to:

- Explore the other 70 percent of our planet
- Support ocean protection
- See things you've never seen before
- Learn from a scuba diving expert
- Carry the world's most recognized scuba certification

Learn How To:

- Be a confident and skilled diver
- Assemble and use scuba gear
- Manage your buoyancy
- Respectfully approach marine life
- Handle common problems

Contents

INDEPENDENT STUDY

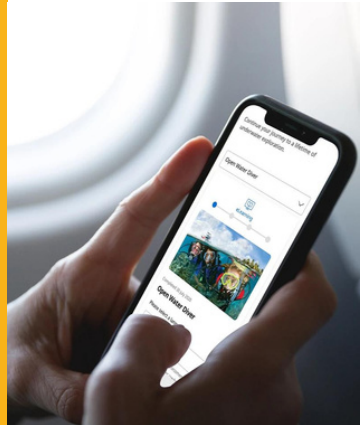
PADI eLearning makes it easy to fit scuba lessons into a busy schedule. Learn about scuba diving principles and terminology whenever, wherever it's convenient for you. It's your course on your time. Study offline, or online using a computer or mobile device. Connect with your instructor whenever you have a question. eLearning time commitment: 5-10 hours

AT THE DIVE RESORT

Practice using scuba gear in a pool (or pool-like environment) until you're comfortable. PADI training includes practice "mini dives" to help you build confidence in your new abilities before making four dives in open water.

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PADI eLearning



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With Your Instructor



Requirements



MEDICAL REQUIREMENTS

Scuba diving requires a minimum level of health and fitness. Chronic health conditions, certain medications and/or recent surgery may require you to get written approval from a physician before diving.

Avoid disappointment, **download and review the Diver Medical form** to ensure you will not need a physician's approval to dive before enrolling in a scuba course. Instructors, divemasters and dive shop staff are not physicians and should not be asked for medical advice; only medical professionals can give medical clearance to dive. If you (or your physician) have questions about medical fitness to dive, contact the experts at **Divers Alert Network (DAN)**.

EQUIPMENT

We will provide all the equipment you will need. Just bring a swimsuit and a towel.

PREREQUISITES

Course prerequisites: able to swim, medically fit for diving, comfortable in the water

During the Open Water Diver course, your instructor will ask you to:

Float or tread water without aids for 10 minutes

Swim 200 metres/yards with no aids or 300 metres/yards with mask, fins and snorkel

Minimum age: 10

Divers certified between the ages of 10-14 earn a Junior Diver certification

COSTS

The total cost depends on class size (private versus group) and whether your Discover Scuba Diving experience includes an open water dive.

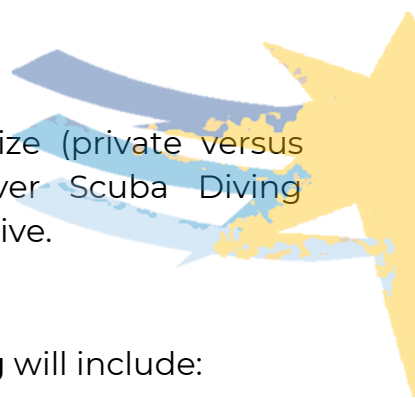
What is included:

The PADI Open Water Diver Training will include:

- PADI Instructor Training & Guidance
- Full equipment
- Logistics arrangements (shore or boat)
- 5 Confined Water session + 4 Open Water Dive.
- insurance coverage during training sessions

Note:

The cost of eLearning is not included and must be purchased separately.



Get Started

- Fill out the **Online Registration Form**
- Purchase your **PADI eLearning** and start your adventure online
- Fix when to start and get more details about calendar and payment of the training.

