BEGINNERS

DISCOVER SCUBA DIVING



TRY SCUBA DIVING

If you are interested in scuba diving, but unsure if you want to enrol in a scuba certification class, **Discover Scuba Diving** is the perfect way to test the waters. In a very short time, you will learn basic scuba skills and take your first breaths underwater.



Mare Nostrum Diving

PADI AWARE FOUNDATION

About The Course



An Experience Program

Want to find out what scuba diving is like before deciding to get your PADI Open Water Diver scuba diving certification? During a **Discover Scuba® Diving** experience, you can try scuba diving for the first time in a calm and shallow water environment.

A highly-trained PADI® Professional will provide scuba gear, explain basic scuba diving skills and answer any questions you may have.

Take This Course If You Want to:

- Find out if you like scuba diving
- Connect with the underwater world
- Take your first breaths underwater
- Decide if you want to be a certified diver

Learn How To:

- Use scuba gear
- Use hand signs to communicate
- Perform basic scuba skills

Contents

INDIPENDENT STUDY

Prepare for your Discover Scuba Diving experience with PADI DSD eLearning™. Use your computer or mobile device to learn diving safety fundamentals before you get in the water.

Ask your PADI Dive Shop MARE NOSTRUM DIVING for access to DSD eLearning and to schedule your first scuba diving experience.

eLearning time commitment: 20-30 min

AT THE DIVE RESORT

A PADI Professional will fit you with scuba gear and explain how to use it, In a calm and shallow water environment. You will practice basic diving skills followed by free time to play underwater or go on a guided open water dive with the Instructor.

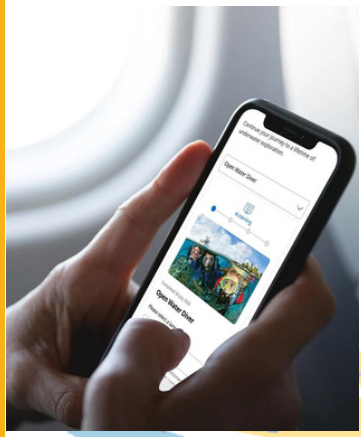
Prerequisites: None

Total time commitment: 2-3 hours

Minimum age: 10

1

PADI eLearning



2

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.

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 **full Discover Scuba® Diving Program** will include:

- PADI eLearning access
- PADI Instructor Training & Guidance
- Full equipment
- Logistics arrangements (shore or boat)
- 1 Confined Water session + 1 Open Water Dive.
- insurance coverage during training sessions
- Registration on PADI Website

Get Started

- Fill out the Online Registration Form
- Get your access to PADI eLearning and start your adventure online
- Fix the date of the program and get more details.
- Purchase the program from our Online Shop