

Observe aquatic life without disturbing their surroundings. Improve the buoyancy skills you learned as a new diver and elevate them to the next level.

Description

Excellent buoyancy control is what defines skilled scuba divers. You've seen them underwater. They glide effortlessly, use less air and ascend, descend or hover almost as if by thought. They more easily observe aquatic life without disturbing their surroundings. You can achieve this, too. The PADI Peak Performance Buoyancy Specialty course improves the buoyancy skills you learned as a new diver and elevates them to the next level.

PADI (Junior) Open Water Divers or higher, who are at least 10 years old, are eligible to take the Peak Performance Buoyancy course.

Academic

During two scuba dives, you'll learn how to:

- Determine the exact weight you need, so you're not too light or too heavy.
- Trim your weight system and scuba gear so you're perfectly balanced in the water.
- Streamline to save energy, use air more efficiently and move more smoothly through the water.
- Hover effortlessly in any position – vertical or horizontal.

Get credit! The first dive of this PADI Specialty Diver course may credit as an Adventure Dive toward your Advanced Open Water Diver certification.

New to **rebreathers**? This course has many helpful tips to achieving good buoyancy control when rebreather diving.

Equipment

It's best to use your own scuba equipment, including a weight system, so that you fine-tune your buoyancy in gear you'll use on every dive.