

# The PADI Peak Performance Buoyancy Course

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. The PADI Peak Performance Buoyancy course refines the basic skills you learned as a PADI Open Water Diver and elevates them to the next level.

## The Fun Part

The fun part of this course is giving your dive skills a polish you may not have thought possible.

## What You Learn:

- How to trim your scuba gear so you're perfectly balanced in the water
- Nuances in determining weight so you're not too light nor too heavy by even a slight degree
- How to streamline to save air and move smoothly through the water
- How to hover effortlessly in both a vertical position and a horizontal position

## The Scuba Gear You Use:

You use all your basic scuba gear as required in your local diving environment.

Check with your local dive shop about equipment and packages for this course. You can find most everything at the PADI Dive Center or Resort in your area.

## The Learning Materials You Need:

PADI's Peak Performance Buoyancy video on DVD provides an overview of the skills you'll practice with your instructor. It comes with an enclosed booklet that includes a buoyancy assessment questionnaire and basic weighting guidelines – useful whenever you purchase new gear or dive in a new environment.

To purchase this product, contact your local PADI Instructor, dive shop or resort.

## Prerequisites

To enroll in the PADI Peak Performance Diver course, you must

- Have a PADI Open Water Diver certification (or have a qualifying certification from another organization)

Your Peak Performance Buoyancy Adventure Dive in the PADI Advanced Open Water Diver /Adventure Diver course credits (at your instructor's discretion) as the first dive in the PADI Peak Performance Buoyancy course

## **Your Next Adventure**

Part of mastering buoyancy control is learning how to use your BCD and weight system effectively, plus maintain streamlining. This makes the PADI Equipment Specialist course a natural companion, because you learn more about these pieces of gear and how to make them suit your specific diving styles.