

Let's Go Scuba Diving!

This element has been designed for girls who would like to try snorkeling and scuba diving for the first time! All in water activities will take place in the warmth of a swimming pool.

Prerequisites

- Must be in Pathfinders, Rangers, Extra Ops, or Trex
- Must be comfortable in and under water without goggles and ear plugs.
- At a minimum, girls must be able to swim 50 meters and tread water for 1 minute without stopping.
(This is equivalent to having completed Red Cross Swim Kids 5)
- Must be in good health. For example, girls cannot have tubes in ears, have asthma, or suffer from sinus problems. If you are unsure about your girls health, please ask.
- Parents / guardians must be willing to sign waivers for this activity

Cost: \$45.00 (includes all equipment)

Maximum: 11 girls

Supervision: 2 adult Girl Guide leaders for all dates
plus 2 certified Scuba Instructors (male/female) on Dec 11

Dates: Girls must be able to attend all three sessions.
Refunds will not be provided for any portion missed.

Sunday November 20 6:00-8:00 pm
Guide Office, 801 Preston Ave (dry session)

- Get to know you activities
- Underwater conservation theory
- Learn about Scuba including gear, hand signals, and more

Sunday, December 4 6:00-8:00 pm
Harry Bailey Aquatic Center (wet session)

- Swim test
- Snorkeling skills and activities
- Water safety skills and activities

Sunday, December 11 6:15-9:45 pm
The Diving Center and Harry Bailey Aquatic Center (dry and wet session)

- Discover Scuba Lesson (click [here](#) for more info)

Registration: Contact Carla Punshon Email: carla@punshon.ca Phone 381-7863
Registration deadline is November 10

