

**UNIVERSITY OF HOUSTON CAMPUS RECREATION  
SCUBA INFORMATION SHEET**

**SCUBA: Open Water Diver**

Welcome to the UH Campus Recreation SCUBA program. These classes are based upon the **SCUBA Schools International (SSI) Program** and are taught by certified instructors. The course in which you have enrolled is **Open Water Diver Certification**. The following is information we hope will be helpful in order for you to get the most out of this experience. **Refunds will be considered one week prior to class.** Classes will meet in the Wet/Dry Classroom in the Natatorium.

Diving offers a lifetime of exciting adventure. Under the guidance of your instructor, you will develop the knowledge and skills necessary to enjoy a lifetime of underwater exploration. SSI's modular, six-session teaching system includes a video, manual, study guide, dive log and dive tables. With SSI's home study approach, you will be able to minimize your time in the classroom allowing for more time in the water developing ability and comfort.

**Pre-Requisites:**

- Complete a medical history form
- Must be comfortable in water
- Swim 200 yards using any stroke, this is not timed
- Tread water 10 minutes, cannot use your hands the first 3 minutes

In multiple pool and open water sessions, you will practice scuba skills with the Comfort Through Repetition teaching method. Some of the skills you will learn include:

- Moving in the water with ease
- Breathing normally under water
- Controlling buoyancy so you neither descend nor ascend
- The easiest ways to enter and exit the water
- Getting water out of your mask or mask clearing

Since you can't dive without equipment, there is extensive information on scuba equipment including:

- Selecting the best diving equipment for your needs and budget
- Maintaining and adjusting your equipment to extend its life and improve performance.

Certification dives will be held at the Blue Lagoon in Huntsville, Texas. Dates and times will be arranged with your instructor.

***Participants must supply their own mask, fins, boots, snorkel, weight belt & weights. All of this equipment may be rented for the class for \$25 from Campus Recreation (dependent on sizes of equipment available).***

Thank you for enrolling in this course, we look forward to your participation!