



# Peak Performance Buoyancy

**Course Instructor:** Al Schumer, Northwest Diving Institute ([www.nwscuba.org](http://www.nwscuba.org))

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**Course Type:** Peak Performance Buoyancy

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**Course Tuition:** \$95.00      **Required Text:** [Adventures in Diving](#)

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## Session One

**Session Type:** [Orientation](#)      **Session Location:** [Alki Beach](#)

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**Session Date:** [Saturday, October 02, 2010](#)      **Session Time:** [8:00 AM](#)

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**Specifics:** We'll meet at the Alki Crab & Fish Company to complete the necessary paperwork and go over the knowledge reviews, which include the following Peak Performance Buoyancy fundamentals: buoyancy check; fine-tuning buoyancy underwater; weight position and distribution; streamlining; visualization; and, staying physically fit.

We'll then head to the beach and gear up for our dives of the day, which includes an **underwater obstacle course**.

## Session Two

**Session Type:** [Open Water Dive](#)      **Session Location:** [Cove 3, Alki Beach](#)

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**Session Date:** [Saturday, October 02, 2010](#)      **Session Time:** [After Interval](#)

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**Specifics:** We'll brief, conduct and debrief our first dive of the day emphasizing the following topics: Rig a weight system with the following considerations in mind: Use an estimated amount of weight from PADI's "Basic Weighting Guidelines" and position and distribute the weight for comfort and desired body position (trim) in the water; Use visualization techniques prior to the dive to help you relax, establish a comfortable breathing pattern and move gracefully through the water; Conduct a buoyancy check by adjusting the amount of weight worn to achieve neutral buoyancy at the surface of the water with the BCD deflated; Make a controlled, slow descent to the bottom and, if needed, adjust for neutral buoyancy using the BCD; Adjust for neutral buoyancy at a predetermined depth; Using buoyancy control, hover motionless (without kicking or hand movement) underwater for at least one minute; Swim horizontally, while neutrally buoyant without touching the bottom or breaking the surface of the water with equipment or body; Make minor depth adjustments using breath control only; Demonstrate efficient fin kicks, using long, slow strokes and gliding; Navigate an obstacle course without touching obstacle items, the bottom or breaking the surface; and, Adjust weights (trim) and practice hovering in different positions – vertical, horizontal, feet slightly elevated and head slightly elevated.

## Session Three

**Session Type:** [Open Water Dive](#)      **Session Location:** [Cove 3, Alki Beach](#)

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**Session Date:** [Saturday, October 02, 2010](#)      **Session Time:** [After Interval](#)

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We'll take a minimum surface interval during which we'll swap out tanks and enjoy a warm snack.

**Specifics:**

We'll then brief, conduct and debrief our second and last dive of the day emphasizing the following topics: Rig a weight system with the following considerations in mind: Use an estimated amount of weight from PADI's Basic Weighting Guidelines and Position and distribute the weight for comfort and desired body position (trim) in the water; Use visualization techniques to help you relax, establish a comfortable breathing pattern and move gracefully through the water; Conduct a pre- and post-dive buoyancy check by adjusting the amount of weight worn to achieve neutral buoyancy at the surface of the water with the BCD deflated; Make a controlled, slow descent to the bottom and if needed, adjust for neutral buoyancy using the BCD; Demonstrate efficient fin kicks, using long, slow strokes and gliding after each kick; Hover and make minor depth adjustments using breath control only; Maneuver as close to a nonliving portion of the bottom (rock, sand, etc.) without touching it and then back away using neutral buoyancy with hand or fin sculling.

**On this dive, we will also get a chance to swim through an underwater obstacle course.**

**Final Session**

**Session Type:** Lunch

**Session Location:** Alki Beach

**Session Date:** Saturday, October 02, 2010

**Session Time:** After Interval

**Specifics:** After everyone is packed up, we'll meet back at the Alki Fish & Crab Company for some lunch (optional) and to complete your certification paperwork.

Congratulations, you are now a certified Peak Performance Diver!

**Equipment Required for this Course**

**Item 1:** Exposure Suit

**Item 2:** Snorkeling gear

**Item 3:** 2 Tanks

**Item 4:** Regulator

**Item 5:** BCD

**Item 6:** Weights

**Equipment Recommended for this Course**

**Item 1:** Dan Insurance

**NOTES:**



Proper buoyancy is the single greatest skill you can have as a diver. This is a fun course for both new and experienced divers who wish to improve their buoyancy control underwater, and especially for new dry suit divers. This class will make you a more confident and competent diver and speed you along your way towards becoming a Master Scuba Diver and beyond.

You may also consider taking my Digital Underwater Photography course which will acquaint you with the creatures and undersea landscape of the Pacific Northwest, and use your new, improved buoyancy control to take better pictures.