

Are you already a certified diver?

Membership in the Canadian Sub Aqua Club gives you access to local, experienced dive partners and organized local dives.

If you have family interests and can't find a club that fits your style, try Canadian Sub-Aqua!



Next OPEN WATER DIVER course begins:

Space is limited.
Reserve your space at:
www.cansac.ca



Why consider Canadian Sub-Aqua Club as you dive training club?

Quality ACUC International - WRSTC approved curriculum.

Comprehensive 12 week course ensure a thorough understanding of SCUBA.

Includes membership in one of Canada's oldest diving clubs. Cansac was established in 1957!

Year round access to pool facilities.

Access to local, experienced divers.

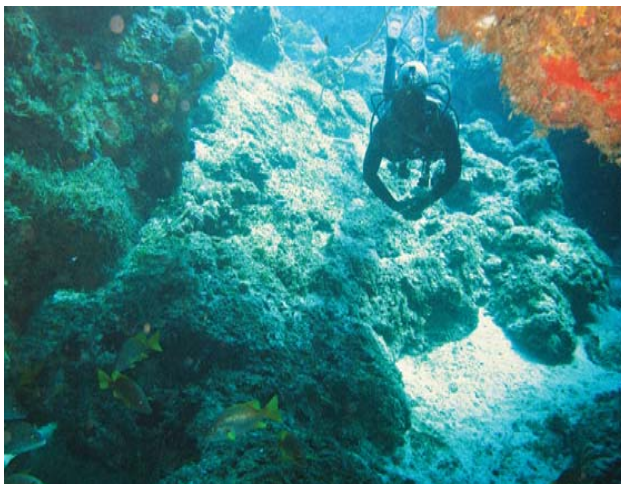
Organized club dives to the best dive sites in and around Ontario.

Cansac and all members are automatically members of the Ontario Underwater Council.

Accident insurance protects all club organized dives.

Year round club social activities, pub nights, bowling, barbeques and more!

Charter trips to warmer climates for fun in the surf and the sun!



Interested in Scuba Diving?



The Canadian Sub-Aqua Club trains new divers and provides access to organized club dives to certified divers.

Join us on

for a

**FREE
Introductory Scuba Experience**

for your chance to learn more about SCUBA and try out SCUBA equipment in the pool!

Thornlea Secondary School
8075 Bayview Avenue
Markham
(Room 250)

Bring a swimsuit and a towel!

www.cansac.ca



ACUC International Open Water Diver SCUBA Certification Course



Minimum Requirements:

- Minimum Age of 12 years
- Complete a medical fitness questionnaire
- Swim 200 yards on the surface, any style
- Swim 25 yards towing an inert swimmer or wearing a 10 lb weight
- Swim 15 yards underwater
- Tread water for 8 minutes
- Recover and object from the bottom of the pool (8ft depth)

Personal Equipment Required:

- Proper SCUBA mask, snorkel, fins, weightbelt and weights
(not required for the first night of lessons, infact it is recommended that you wait until after the first lesson to purchase these items if you do not already own a set.)

Registration:

Reserve your seat for the Open Water Diver Course at:

www.cansac.ca

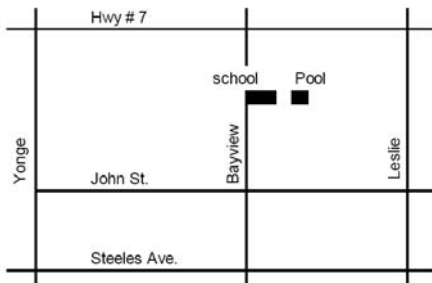
or call:

Art Dewaard: (905) 642-6925

Kevin Bull: (905) 709-2966

or email: learntodive@cansac.ca

Thornlea Secondary School
8075 Bayview Ave, Markham
Room 250 at 7:30 PM



What you will learn ...

- The history of diving
- Qualities to look for in proper dive equipment
- Diving terminology, safety communication
- Wind and water actions and how their effects on a diver
- The effects of water on light, sound and bouyancy
- The physiology of diving
- SCUBA Diving
 - Qualities of scuba equipment
 - Direct and indirect effects of pressure
 - Dive planning, dive safety, first aid and rescue
 - Diving physics
 - Types of diving such as Night Diving, Cave Diving, Ice Diving
 - Decompression

What you will achieve ...

Once completed, you will receive your internationally recognized ACUC Open Water Diver 'C-Card' - this is your passport to dive all over the world!

