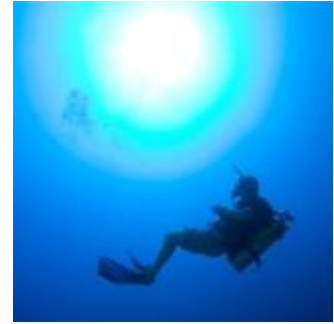


Peak Performance Buoyancy

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 us about equipment and packages for this course. You can find most everything here at NOVA Dive Center.

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 us any time.

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.

