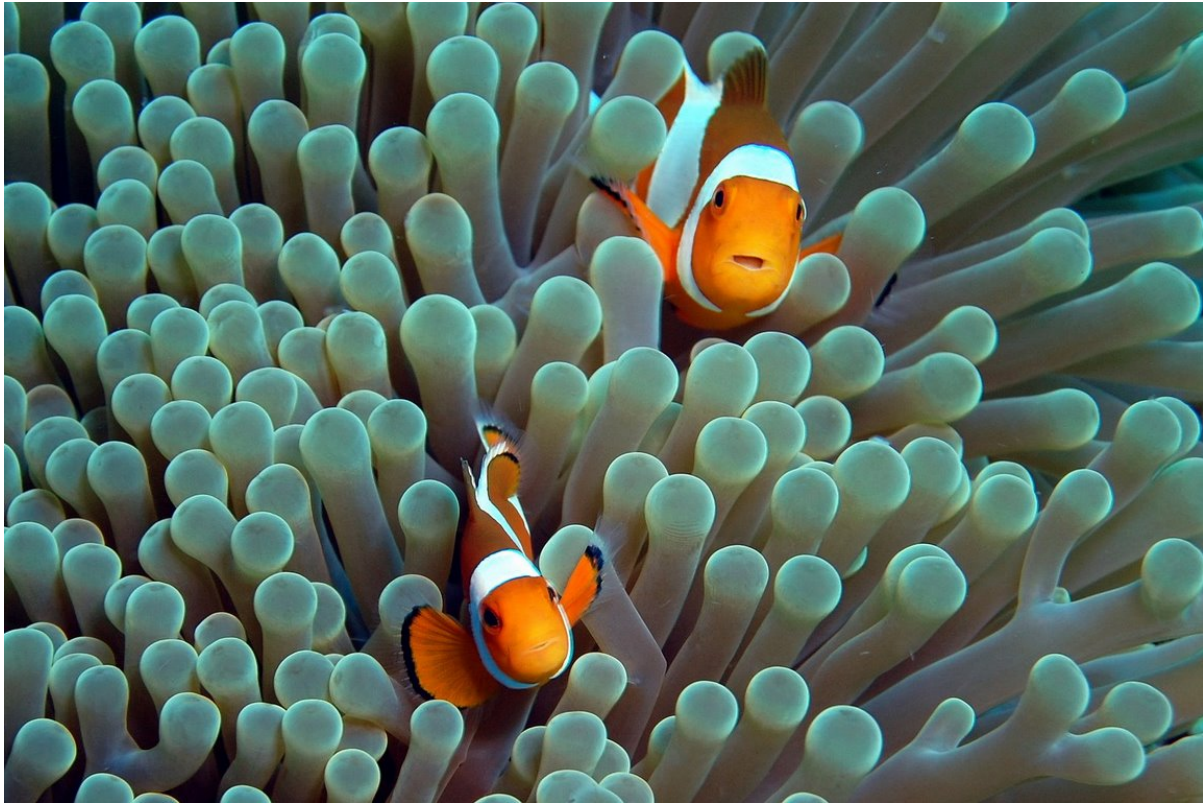


## Learning To Dive With Livingseas



### The PADI Open Water Course: Your First Step to Scuba Diving

Ever wondered about life under the sea? Here's your chance to find out for yourself. The PADI Open Water Course prepares you for your first underwater adventure, arming you with the necessary knowledge and skills you'll need to dive safely and competently. Because you'll want to be at ease when you're immersed in the beauty of the ocean.

Upon your successful completion of the course, you'll be qualified to plan and conduct open water dives with a teammate – up to a maximum depth of 18 metres.

## The course will...

1. Give you a theoretical and practical overview of key diving concepts.
2. Acquaint you with basic diving equipment as well as gear set-up and handling.
3. Equip you with essential open water diving skills such as safe descents and ascents, underwater breathing, movement, buddy communication and more.
4. Prepare you for underwater problem management (such as equipment malfunction or loss) via a series of drills practised during pool sessions.

## Why Livingseas

### We offer more than just a beginner course.

Livingseas is dedicated to ensuring that each student feels comfortable and self-sufficient underwater beyond graduation.

- **Systematic pedagogical approach**  
With Livingseas' PADI Open Water programme, we exceed the standard curriculum by emphasizing buoyancy skills and awareness of the diver's surroundings. Conducted over two classroom tutorials and two pool sessions, classes are structured such that each practical is preceded by a theory lesson so that the understanding of the course essentials may be reinforced with experience.
- **Focused instruction**  
Classes are also conducted in a small-group setting, with a maximum student to instructor ratio of 4 to 1. Besides covering textbook material, our instructors also facilitate discussions to allow students to develop a thorough grounding in diving concepts. Students are encouraged to learn at a comfortable personal pace.
- **Customized coaching**  
We believe it is important that our students truly understand the material, so we make sure that instructors see each class through from start to finish. Our instructors plan lessons to suit the learning speed of each student. Class schedules are also arranged at our students' convenience.
- **Wide-ranging expertise**  
Livingseas instructors are all active [Global Underwater Explorers](#) (an organization dedicated to more serious and challenging diving) with a passion for the sport. We teach what we know, and how we dive, so our students can look forward to tapping into our experience and know-how beyond recreational diving.

## Course structure

A typical course, consisting of 2 theory sessions, 2 pool sessions, 1 exam session and 1 weekend trip, will normally span two weeks. Each class session averages three hours.

	What you will learn/do:
<b>Theory One</b>	Physics of diving, Buoyancy control, Breathing, Scuba diving gear, Weighting, Underwater communication
<b>Pool One</b>	Gearing up, Entry and exit, Descent and ascent, Breathing underwater, Equipment handling, Basic drills
<b>Theory Two</b>	Water and environmental conditions, Diving problems, Emergency procedures, Health complications, Dive planning and safety stops
<b>Pool Two</b>	Confidence building, Equipment familiarization, Emergency procedures, Final preparation for open water dives, Simulation drills
<b>Open Water Trip</b>	At least 4 open water dives, Certification exam (50 multiple choice questions)

Alternative schedules are also available; please check with your instructor to find a schedule that suits everybody.

## Pricing & Logistics

### PADI Open Water Diver Course

From \$999 with a 4 day trip to Bali (not including airfare)

For other locations, refer to your instructor for trip pricing. Course price is pegged at \$399.

#### \*Includes:

- All classes, pool sessions, manuals, certification and gear rental
- Accommodation (Twin Share)
- All land and sea transfers
- Meals at resort
- 6 day dives

#### \* Excludes:

- Other purchase of beverages
- Other items not mentioned above
- Meals not provided by the dive resort

The pricing shown above is representative and classes will be conducted at appropriate dive locations. Please contact your instructor to arrange a schedule and a location that suits all participants.

## Frequently Asked Questions

Find the answers to commonly posed queries below. Have more questions? Email [info@livingseas.com.sg](mailto:info@livingseas.com.sg).

- **Do I need to be a good swimmer?**  
The course requires you to complete a 200-metre swim at your own pace. You do not have to be a strong swimmer but it would be ideal if you feel comfortable in water.
- **Is the 200-metre swimming test compulsory?**  
Yes, the 200-metre swim is necessary to assess how confident a student is in water. There are no restrictions on the swimming strokes used or time taken.
- **Do I still have to attend both theory classes if I've already completed PADI eLearning?**  
Our usual schedule is planned such that our students get maximum knowledge and experience through two classroom lessons and two pool sessions before the actual trip.

To reinforce your understanding of the e-learning materials, you should still attend at least one classroom lesson. What we emphasise during this session is critical to our curriculum, which places great importance on buoyancy and control skills, safety measures as well as inculcate greater awareness.

- **Should I look through the manual or do the eLearning prior to starting the course?**  
During our classroom lessons, our instructors will guide you through the syllabus. While there's no need to master the material prior to the course, it would be beneficial to read the manual ahead of class, so that the instructor can help answer any queries that you may have after reading.
- **What do I need to bring with me to the theory lessons, pool sessions or open water dives?**  
For the theory lessons, you'll only need to bring the PADI manual and slates that are provided for the course. You'll also need to bring a passport sized photo for your certification card. For the pool session, you'll only need your swimming attire, a towel and toiletries to shower afterwards. For the open water dives, you'll need your Recreational Dive Planner, your swimming attire and personal items for a weekend away.
- **How do I sign up for the course?**  
If you've decided upon taking this first step with Livingseas, send us an email at [info@livingseas.asia](mailto:info@livingseas.asia) to find out about course schedules and details.
- **Why do Livingseas' courses cost more than others?**  
At Livingseas, we invest in our students' safety, and deliver a comprehensive and customized learning experience. Classes are not only small, but are also conducted in an interactive, instructor-led format instead of video instruction. Furthermore, there are no hidden costs involved. Our fees include all certification, materials and rental gear needed for the course. We spare no expense in keeping all equipment well maintained and regularly serviced, and work with only the most trustworthy dive companies in the region.
- **How do I make payment for the course?**  
Payment can be made via Internet Bank Transfer, credit cards via Paypal, cash, or cheque. Credit card and Paypal payments are subject to prevailing service fees. Details can be found in the invoice that you'll receive once the course dates are confirmed.

- **I did the PADI Open Water course more than two years ago, and haven't dived since. Do I need to retake the exam?**  
There's no need to retake the exam. If you're not confident of being in the water again, a short refresher course is recommended. We can conduct this either in the pool before the trip, or on the trip before the dives.
- **Do I need to find my own buddy or can I take up the course alone?**  
Taking the course alone is possible, although you may have more fun if you've a friend with you.
- **We have a group of 5 (or more). Are we able to take up the course together?**  
For groups larger than 4, we'll get another instructor to assist with the class. You can do the course together, but for certain in-water skills, you'll be split into smaller groups so that you get the benefit of increased attention and safety.
- **If I have sinus problems, can I still dive?**  
It is recommended that you consult a medical specialist for a review – and seek his clearance. Depending on your physical condition, he will advise on the necessary precautions you should take, and may prescribe medication and other diving aids if needed.
- **What medical checks would I need, and do I have to visit a specialist?**  
Getting a physical examination done (before the course) is highly recommended to establish a baseline and to ascertain if you're fit for diving. Most GPs will be able to perform this test. A doctor who specialises in diving medicine would be most appropriate.

## About Livingseas

Established in 1999, Livingseas is the only dive education centre in Singapore that offers the full range of PADI courses along with [GUE](#) Recreational and Technical classes.

Apart from course-based curricula, we also offer workshops to introduce divers to various types of diving including scooter, double tank and dry suit diving.

At Livingseas, safety is our priority so we continually upgrade our equipment knowledge, and are well attuned to developments in the international diving arena.

Our love for diving goes beyond the sport – we also support conservation efforts and have established links with marine research groups and various organizations that spearhead environmental protection projects.