

# SINK AND SWIM WITH ENFIELD BSAC

Scuba diving... what images spring to mind? Adventure? Exploration? Awe-inspiring nature? You don't have to travel to the other side of the world to learn to Scuba dive. In fact, you can get qualified right on your doorstep, at Grundy Park Leisure Centre with the Enfield branch of BSAC (British Sub-Aqua Club) - 'the best diving club in the world.'

Enfield BSAC offer a wide range of training courses. For beginners, you can start with an entry level 'Ocean Diver' qualification with which you can dive up to 20m. All you need to do is complete seven one-hour theory lessons, five one-hour 'sheltered water' (swimming pool) lessons and five open water lessons. Beyond this you can progress to much higher levels of diving [i.e. deeper] with the continued support of the club and you can even train to become an instructor. Training is carried out by Nationally Qualified Instructors and at your pace; there is no rush to complete courses in a set time.

Participating in a 'try dive' with



the club, is a great way to try out your water wings and find your taste for scuba diving. The member's infectious enthusiasm for the underwater world is understandable when you first experience the freedom of breathing underwater. If that's not enough to get you hooked the social club atmosphere is another draw. This sport is very much a group activity where communication both above and under the water is essential. The buddy system ensures you will never dive alone and provides you with that extra safety factor.

Their diving calendar is packed with local social events and expeditions to diving hotspots all over the British Isles as well



as abroad. The club has its own boat to take you out on these adventures - you even have the opportunity to gain qualifications in driving and maintaining it! As well as other skills including using charts, tide tables and weather for dive planning and much more.

So if you want to enjoy some great diving in great company then join Enfield BSAC!

For more information visit [www.enfieldbsac1105.co.uk](http://www.enfieldbsac1105.co.uk)

or contact the club to book your try dive today!

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