



PADI SEAL TEAM

Why take this course?

The PADI Seal Team is for young divers who are looking for action-packed fun in a pool by doing exciting scuba "AquaMissions." Have you ever wondered what it's like to breath underwater or float effortlessly like an Astronaut? By completing the Aquamissions you do all this as well as learn important skills to help you dive safely. Here's your chance to do some cool stuff in the pool, meet friends and share in the adventure of the underwater world.

Who can take this course?

It's available for girls and boys aged 8 and above.

How long does it take?

Each Aquamission takes approximately 30 – 60mins to complete. All 5 Aquamissions must be completed to apply for the PADI Seal Team rating.

How much does it cost?

The PADI Seal Team course costs £100. This includes your PADI Seal Team manual and logbook, Seal Team DVD, all equipment, pool time, and PADI Instructor supervision. All of our staff are Disclosure Scotland vetted.

How can I book the PADI Seal Team course?

Simply call Beth or Simon at Deep Blue Scuba on 0845 838 7785 or email us at info@deepbluescuba.co.uk.

You can also visit our website at www.deepbluescuba.co.uk and check the KIDS section.



Seal Team Aquamissions

AquaMission 1

In your first AquaMission, you learn the basics of diving. You get to breathe underwater, learn about your air gauge and practice hand signals with your instructor and PADI Seal Team friends. It all starts here - have a great time!



AquaMission 2

In AquaMission #2, you build on your scuba skills by practicing regulator skills. By learning good regulator recovery methods, you become a more confident diver and great PADI Seal Team buddy (more on that later).



AquaMission 3

In the third AquaMission, you learn mask clearing, octopus breathing and hand signal skills. After this AquaMission, you're more than halfway to becoming an official PADI Seal Team member!

AquaMission 4

In this AquaMission, you learn what it's like to be weightless - just like an Astronaut in space! Controlling your buoyancy - being able to "hover" underwater - is one of the most important skills for a PADI Seal.



AquaMission 5

This is your last AquaMission for the PADI Seal Team rating. After this you'll be an official PADI SealTeam member! Get ready to show off what you've learned!