

SCUBA OPEN WATER CERTIFICATION



- NO CHARGE -

- **SINGLE WARRIORS**
 - **WARRIORS and SPOUSES**
- Instructor is a Special Forces Soldier**

SCUBA Warriors® is a therapeutic program designed to teach resilience and help with reintegration to social settings while earning your SCUBA certification.

Through a fun, goal-based education course you will be developing ways to:

- *Conquer anxiety and overcome isolation*
- *Decrease depression & frustration*
- *Decrease body and head pain*

While learning to:

- *Become an international certified SCUBA diver*
- *Improve communication skills*
- *Trust and rely on your SCUBA buddy and/or spouse*
- *HAVE FUN!*

SCUBA Warriors® is teaching:

- *Open water certification*



Please contact Janice Buckley for Scuba Warrior Intake Packet you will need to fill out and have a medical person sign off on. All intake packets must be sent in to Janice as soon as possible so the Instructor can contact you and provide info on picking up your rental gear (paid for). This is first come first served and course is limited to 6.

*Classroom/Pool Time**

- *29 Oct – 1 Nov: Warriors, Warriors/Spouses will need to come to the shop in Puyallup for orientation, gear fitting, and to pick up rental equipment that is paid for*
- *4 Nov: Classroom in Puyallup at the shop 1800-2030*
- *6 Nov: Meet at the shop, receive equipment donning and buddy check class. From there take gear and go to Puyallup High School Pool at 1130 for pool training from 1200-1500. Afterwards back to the shop to refill tanks in prep for open water the next day.*
- *7 Nov: Meet at Sunnyside Beach Park in Steilacoom. Dive brief at 0800-1400 (Gear must be put together and arrive in wetsuits) Warriors can return to the shop that day to refill tanks for next dive or come in on 12 Friday to fill.*
- *13 Nov: Meet at Sunnyside Beach Park in Steilacoom. Dive brief at 0800-1400 (Gear must be put together and arrive in wetsuits)*
- *14 Nov 0800-1400: Redondo Beach Dr. Des Moines final dives. Instructor will finish signing dive logs which are included in the Warrior bag to keep with fins, mask, snorkel. Certificate presentation. Warriors will take their diving equipment home, clean it and return it to the shop the following week.*

**Bring a towel, something to swim in, and pen/pencil. All equipment is provided.*

Please contact:

*Janice Buckley, Founder/President
425-931-1047*

janice@heartbeatforwarriors.org

*It would be an honor to serve you,
courageous Warriors/Spouses.*



www.heartbeatforwarriors.org