



Are you overworked and exhausted?

Hundreds of thoughts overwhelm you at work and at home?

Are you out of breath?

Would you like to do something extraordinary?

Do you dream of completely escaping everyday reality?

If you answered **YES** to even one of these questions, then **SCUBA DIVING is... just for you!**
Join us to learn safe diving, have a great time, and... feel the invigorating breath of adventure!



OPEN WATER SCUBA DIVER – the beginner diving course teaches you safety, teamwork, fun, relaxation, effective diving procedures, breathing, and a way of looking at the world that will make you fall deeply in love with diving...

A bit scared... but **curious about the underwater world?** OVERCOME your fears and prejudices. Harness the healing power of breathing and connecting with water. Find your ultimate stress relief in diving. Under our expert and caring guidance, you will succeed and discover a whole new quality of life, along with the joy of embracing each new day 😊

Why should you train with NAUI? It is the only diving organization where **you will learn the basics of rescue skills** right from the beginner course. NAUI emphasizes safety, a high standard of education, diving excellence, and proper skills for every graduate.

NAUI - DIVE SAFETY THROUGH EDUCATION...

What will you learn during the course?

In the OPEN WATER SCUBA DIVER course, certified by NAUI — the second largest international scuba diving organization — you will learn the foundations of knowledge and master the essential skills for safe diving. Upon successful completion of the course, you will be qualified to dive with a certified buddy in open water to a depth of 18 meters.

Prerequisites:

- **Age:** minimum 15 years old (Junior: 10 years old)
- **Health:** no medical contraindications for diving
- **Swimming skills:** basic swimming ability (without equipment - freestyle, treading water for 15 minutes)

Course Structure:

- **Lectures:** about 10 hours
- **Pool sessions:** 6 sessions (~1 hour of briefing/surface preparation + 30 minutes in the water; sessions can be combined)
- **Open water dives:** minimum of 4 dives

YOU ARE SAFE with us, because at our School, learning RESCUE SKILLS is mandatory. After all, **safety IS THE FOUNDATION** — and unfortunately, it is rare to gain all the MOST IMPORTANT SKILLS right during the BEGINNER COURSE... See for yourself! 😊

Lectures: here you will find out why a diver doesn't breathe pure oxygen, how long a scuba tank lasts underwater, and what happens to your body when you submerge. You will discover why you can experience weightlessness (just like in space), whether fish are your friends, how to dive safely, and how to protect the environment. You will also learn why diving is so addictive, what games you can play underwater, and... many other fascinating things!!!



Pool Sessions: in a friendly environment, you will learn important and practical skills that will make you feel safe and comfortable underwater. You will learn the basics of scuba diving and rescue techniques. You will get used to being in the underwater world and prepare yourself for open water dives... **CURRENTLY**, our pool sessions are held at the **DeepSpot** diving pool in Mszczonów near Warsaw. **To maximize your skills, we give you a free bonus:** twice as much time in the water as the course minimum—meaning 2 sessions, each including 3 hours of water time plus surface preparation. Thanks to this approach, **you will be perfectly prepared for your open water dives!**

Open Water Dives: you will rediscover the true joy of being underwater. In addition to practicing the skills learned in the pool, you will master safe buddy diving. You will explore the underwater world, try your hand at dive planning, and learn how to handle emergency situations. You will experience the taste of a real adventure!
You can complete the practical part of your course in Poland (lakes, quarries), in pine-scented Croatia (during summer), or in the Red Sea in Egypt, which charms with its vibrant colors (in spring, autumn, or even... all year round)



PRICE: (2,150 PLN) INCLUDES: **training:** instructor fees according to the schedule above; **course materials:** digital student kit; diving tables; logbook; **full scuba equipment rental:** for the open water trip (excluding mask, snorkel, and fins / ABC kit)

PRICE EXCLUDES: NAUI certification fee: ~350 PLN; pool session costs and expenses for the open water trip organized by us. Estimated cost for a weekend trip in Poland is around 950 PLN (includes: dive site entry fees, parking fees, accommodation, tank refills, instructor expenses, on-site safety backup, oxygen kit, and first aid kit)

CURRENT POOL COST (1,178 PLN) includes: pool entry fees (2 sessions); 6 hours of water time (dives); full scuba equipment rental (including the ABC kit: mask, snorkel, and fins); air tanks; 10 hours of pool deck access (for briefings and surface preparation)

Individual training (1-2 people): 3,900 PLN (+ additional costs)

OUR TRIP INFORMATION: xdivers.pl.

NOTE for those who get cold easily: completing the open water course in Poland can be combined with a Dry Suit (or Nitrox) course at a SPECIAL PROMO PRICE of 400 PLN per course. **INSTALLMENT PLANS AVAILABLE** ☺



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