



red sail sports
Diving Grand Cayman for over 25 Years!



REFRESHER COURSE

The Red Sail Sports refresher is perfect if you would like to refresh your skills or haven't been diving for over two years.

As Scuba Diving is a technical sport with ever changing procedures and equipment, it can be easy to forget basic SCUBA skills. This course will reacquaint you with diving so that you're back to feeling comfortable in the underwater world in less than a day, re-familiarizing you with safe dive practices, dive planning, equipment and computer use.

The morning will start with a basic dive theory session to review safety procedures, buoyancy control and emergency situations.

We will then get you up to date with the dive equipment you will be using before jumping into the pool to practice skills such as mask clearing & out of air procedures.

You'll then join the afternoon boat to complete a shallow dive. You will be accompanied by an instructor who will ease you back into diving and guide you around a beautiful shallow reef.

Divers are required to take a refresher class if they have not been diving in over 2 years.

We also recommend a Refresher course if you completed your Open Water course more than a year ago and have not dived since.

Upon successful completion of your Refresher Course you are more than welcome to join us on any of our other dives. If you are looking to dive for multiple days during your Cayman vacation, have a look at our great value dive packages.

The Red Sail Dive Team

Quick Facts

- **Minimum Age:** 10 years old
- **Maximum Depth:** 60 feet*
- **Course Duration:** 1 day
- **Number of Dives:** 1
- **Pre-requisites:** SCUBA diver certification or above
- **Required** for divers who have not dived for over 2 years
- PADI medical statement required

Costs

- **Course Cost** - US\$165.00 (payable to Red Sail Sports)

*Dependent on certification level & age

All under the instruction of our professional PADI Instructors.

What's involved

- Reviewing the basics of SCUBA including breathing under, ear clearing techniques, mask clearing & out of air procedures
- Shallow dive on one of Grand Caymans beautiful reefs from our custom built dive boats

Sample Schedule

- **10.30am - noon** - morning theory & pool session
- **2pm** - Shallow dive with an instructor

US\$ 165.00



The Way the World Learns to Dive™



**OPEN YOUR EYES.
OPEN YOUR MIND.**

Want enlightenment? Scuba diving will take you to places you have never been before. Turn your life around - get diving with PADI



**REFRESHER
COURSE**

red sail sports

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