

# Hart House Underwater Club – Learn to SCUBA

The Hart House Underwater Club Learn to SCUBA dive course is designed to promote safe diving practices and prepare you for a lifetime of recreational diving! After completing the academic and pool confined-water training portion of the course, students will be required to perform open-water dives in an actual lake or ocean in order to attain a Scuba Diver certification issued by the National Association of Underwater Instructors (NAUI). Your certification will permit you to scuba dive within the limits of your training and at recreational dive limits anywhere in the world. More information is provided below. For additional questions, feel free to contact our Training Director at [hhuc.training@gmail.com](mailto:hhuc.training@gmail.com).

The classroom sessions will be held at the University of Toronto, St. George Campus (location to be communicated by your instructor upon registration) and the pool sessions will be held at the University of Toronto Athletic Centre on Harbord Street. Bring a knapsack, towel, swimsuit, swimming goggles, lock and writing materials for first evening of the course.

## When are the Learn to Scuba dive courses offered?

HHUC runs two Learn to Scuba dive courses per year, one in the Fall and one in the Winter. The course runs on Tuesday nights from 7 p.m. until 11 p.m. A typical course night consists of a 60 to 90-minute classroom-based academic session followed by 60 to 90 minutes of practical confined-water training on SCUBA in the pool.



## Can I take the course?

Taking the course will depend on your age, medical conditions, and in-water comfort level. You will be required to complete a confidential medical form on the first night of the course, which you will review with your instructor.

Registration is open to all University of Toronto students, faculty, staff, as well as members of the general public. University of Toronto students aged 15 to 17 years old may take the course with the consent of a guardian and the approval of the instructor. All other participants must be 18 years of age or older.

Your health and medical state will be assessed for contraindications. Certain medical conditions might preclude you from scuba diving, or may require further assessment by a medical professional before continuing with the course. People who are healthy and fit generally have no issues.

A swim test will be conducted on the first night of the course, which includes laps of the deep end, an underwater swim and a treading water exercise. Participants must demonstrate these skills to a level of satisfaction of their SCUBA instructor in order to continue with the course. Attendance is therefore very important.

## How much will it cost?

The price is \$340 for HART HOUSE MEMBERS (U of T Students or Full Fitness Members), and \$390 for everyone else.

The course price includes all NAUI training materials, facility access for course activities, and scuba equipment (tank, air fills, buoyancy compensator, and regulator) during the confined-water portion of the course, and access to our weekly skin diving fitness program until June 2019. Please note that your personal diving equipment (mask, snorkel, fins, weights and belt) and the open-water certification activity are not included in this price. More information is provided below;

## *Open-water certification options (CHOOSE 1; Costs outlined below):*

- LOCAL CERTIFICATION WITH HHUC. This takes place over a weekend in June or July at location in Southern Ontario. We will likely run the certification at Gulliver's Lake near Flamborough. The dates and location will be set two to three months prior to the activities. These activities have an extra fee, usually \$150 - \$200 range depending on the location, which includes core scuba equipment (tank, buoyancy compensator, regulator), staff, and certification materials.
- WARM-WATER CERTIFICATION. Dance among the coral heads, reef fish, and turtles! There is a strong possibility of offering an opportunity to certify in Cuba. The trip would take place in the summer of 2019. The approximate fee is \$1500 for a 1-week all-inclusive trip (transportation, accommodation, meals, and boat transportation to dive sites). Equipment and certification materials are extra. More information will become available in the Winter of 2019.
- UNIVERSAL REFERRAL. This option allows you to obtain your certification with an instructor outside of the Club. The student is to arrange and assume all costs of the certification activity.

## Personal diving equipment

Students are required to provide their own mask, snorkel, fins and weight and belt. Local dive shops will be offering information about their equipment packages at attractive prices on the first night of the course. Pool wetsuits are optional.

# Frequently Asked Questions

*Question 1: When is the course?*

The Fall course runs for 11 weeks on Tuesday nights from 7 p.m. - 11 p.m. The dates of the Winter course are TBD.

Fall: Sept. 18 – Dec. 4, 2018 (no classes during Reading Week)

*Question 2: Do I need to be a strong swimmer to take this course?*

You do not have to be a competitive level swimmer, but you must demonstrate comfort and competency in the water. This is important because some of the SCUBA skills that we will teach you involve swim exertion and endurance, all of which are important for you and your future dive buddies as certified SCUBA divers. On the first night of the course, all students will complete a swim test before continuing with the SCUBA training. Based on the outcome of this assessment, we might recommend that you develop your swimming abilities further before pursuing the Scuba Diver course. Hart House regularly runs introductory swim classes, as does the City of Toronto through [Adult swim programs](#).

*Question 3: Is there any difference between the Fall and Winter Learn to SCUBA Dive courses?*

Although taught by different Club instructors using different methods, successful divers coming out of both of these sessions will have been trained to the same NAUI standards and be able to effectively demonstrate the same scuba diving skills.

*Question 4: How do I sign up for the course?*

You can sign up for the course by visiting or contacting the Hub (Front Desk) at Hart House during business hours. Their phone number is (416) 978-2452. Online registration will be available closer to the start of the course. Early registration is recommended as the course is quite popular.

*Question 5: What if the course I want to take is already full?*

Our courses fill up quickly, so early registration is recommended. If you aren't able to get a spot in your course of choice, we recommend asking the Hub to add your name to the waitlist. Students may withdraw for various reasons, and there is often some movement within the first few weeks. You can

also e-mail [hhuc.training@gmail.com](mailto:hhuc.training@gmail.com) and request to be added to the e-mail notification list for the next course we run.

*Question 6: If I sign up in advance, do I still need to come to the first class?*

Yes – the introductory lecture and swim test take place on the first night.

*Question 7: How much does the course cost?*

The course fee is \$340 for Hart House members, and \$390 for non-members. The fee includes all course materials, use of core scuba diving equipment (tank, buoyancy compensator, and regulator), and access to the facilities for the duration of the course.

*Question 8: Are there any other costs associated with the course?*

Yes, you need to provide your own personal diving equipment (mask, snorkel, fins, weight belt and weights). Discounted packages are available from local dive shops and cost anywhere from \$250 to \$350. Your instructor might require you to obtain additional materials. An additional expense is your open water certification dives (please see “Open-water certification options” section above).

*Question 9: How does your course compare with inexpensive weekend courses I have seen advertised?*

The Learn to SCUBA dive course runs over a longer timeline (10 to 12 weeks), with more staff, more attention to your personal development, and more time to practice skills in the pool. Our goal is to give you the time and support you need to feel comfortable and confident in your new skills.

*Question 10: Where are the courses held?*

Our pool sessions are held at the University of Toronto Athletic Centre Stevens Pool, located on the corner of Spadina Avenue and Harbord Street. The classroom lectures are held nearby, usually at Hart House or Sidney Smith Hall (your instructor will communicate this to you prior to the first night).

*Question 11: Why do you use the Athletic Centre, if you are the Hart House Underwater Club?*

The pool at the Athletic Centre is deeper than the pool at Hart House, and better suited to our needs.

*Question 12: What should I bring to the first class?*

Your knapsack, swimsuit, swim goggles, towel, lock, pen and paper.

*Question 13: Do I need to have my personal diving equipment for the first class?*

No, we ask that you wait to purchase your equipment until after the first class. During the first class, your instructor will let you know what to look for when purchasing your equipment.

*Question 14: Should I change into my swimsuit before class?*

No, after the classroom session, you will have access to the Athletic Centre change rooms before going to the pool. Bring your own padlock for the change room lockers.

*Question 15: How do I get into the Athletic Centre if I am not a member?*

Non-U of T students can access the Spadina change rooms at the Athletic Centre (AC). Enter the main doors of the AC and turn right to enter the gallery to the Steven's Pool. Walk around to the west side of the gallery and enter the doors, following signs to the Spadina change rooms. Opposite the change rooms is the Scuba Equipment Room.

*Question 16: Is there any difference between taking the course as a Hart House member or a non-member?*

Yes, if you are a Hart House member (U of T student or Full Fitness Member), the Learn to Scuba dive course is less expensive. Also, as a U of T student or Full Fitness Member of Hart House, membership in the Hart House Underwater club for the remainder of that membership year is included in your course fee.

*Question 17: Can you recommend a dive shop from which I can get my equipment?*

The Hart House Underwater Club does not promote or endorse any one particular dive shop. The most important criteria to consider is choosing a dive shop that is convenient for you AND where they are willing to give you good service. Experiences vary between shops and even different personnel

within the same shop. For a list of some of the dive shops in the GTA, check out our website [www.hhuc.ca](http://www.hhuc.ca) and click on Resources.

*Question 18: What is the difference between NAUI and PADI?*

There are several diving certification agencies, including NAUI, PADI, ACUC, CMAS, etc. Our Club has been a NAUI affiliated club for over 55 years. From a student's perspective, the concepts and skills taught for the Scuba Diver certification are more or less the same for any well-recognized agency and divers at the same certification level are qualified to do the same dives. Your NAUI Scuba Diver certification is recognized around the world.

*Question 19: How long is the certification good for?*

Your dive certification never expires. It is proof of training as of the date it is issued. We do recommend that you dive regularly and continue higher level training after completing this course. If you have been away from SCUBA for a while for a while, we suggest completing a refresher course. If you have any further questions, please consult our website or email us at [hhuc.training@gmail.com](mailto:hhuc.training@gmail.com).