

Flagstaff Athletic Club  
Open Water Certification Class Syllabus

Time: 6 pm—9 pm  
Location: Flagstaff Athletic Club East  
3200 N Country Club Dr  
Flagstaff, AZ 86004  
(928) 526-8652

Week 1:

Classroom Session: 6 pm—9 pm

*Note: Students are expected to have completed Section Study Guide Questions 1-3 for turn-in prior to class.*

- Fill out Student Folders
- Fill out Medical History Form
- View Risk Awareness Video Part 1 & 2
- Sign Waiver and Release of Liability Assumption of Risk and Indemnity Agreement
- Review and Discussion Section 1: Your Diving Equipment
- Review and Discussion Section 2: Using Your Diving Equipment
- Review and Discussion Section 3: Your Body and the Underwater World

Week 2:

Pool Session: 6 pm—9 pm

Students will learn the following skills:

- Diving System Assembly & Disassembly
- Equipment Inspection
- SSEABAG (Pre-Dive Checklist)
- Entries & Exits
- Controlled Descents & Ascents
- Proper Weighting
- Buoyancy Control
- Regulator Clear– Blast

- Regulator– Purge
- Regulator Recovery– Sweep
- Regulator Recovery– Reach
- Mask Removal & Replacement

### Week 3:

Classroom Session: 6 pm—9 pm

*Note: Students are expected to have completed Section Study Guide Questions 4-6 for turn-in prior to class.*

- Review Section 4: Planning and Executing Your Dive
- Review Section 5: Your Underwater World
- Review Section 6: Your Scuba Diving Experiences and Beyond
- Final Exam

### Week 4:

Pool Session: 6 pm—9 pm

- 200 Yard Swim (any stroke) or 300 Yard Swim with mask, snorkel, fins & boots
- 10 Minute Survival Swim/Float with no air

Students will review the following skills:

- Diving System Assembly & Disassembly
- Equipment Inspection
- SSEABAG (Pre-Dive Checklist)
- Entries & Exits
- Controlled Descents & Ascents
- Proper Weighting
- Buoyancy Control
- Regulator Clear– Blast
- Regulator Clear– Purge
- Regulator Recovery– Sweep
- Regulator Recovery– Reach
- Mask Removal & Replacement

Students will learn the following skills:

- Tired Diver Tow– Gear/Arm (Surface)
- Tired Diver Tow– Wheel Barrel (Surface)
- Removal & Replacement of BC– Sit On Top (Surface)
- Removal & Replacement of BC– Dive Under (Surface)
- Removal & Replacement of Weights (Surface)
- Removal & Replacement of Weights (Submerged)
- Removal & Replacement of BC (Submerged)
- Share Air– Donor & Receiver
- Emergency Swimming Ascent
- Emergency Buoyant Ascent

Week 5:

Classroom: 6 pm—9 pm

- Course review
- Final Exam
- After the exam, additional pool time will be made available to those who desire it

*Note: All pool skills will be tested in open water.*