

Hart House Underwater Club – NAUI SCUBA Diver Course

The Hart House Underwater Club Scuba Diver 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 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.

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 St. Bring a knapsack, towel, swimsuit, swimming goggles, lock and writing materials for first evening of the course.

When are the NAUI Scuba Diver 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. Youths from 15 to 17 years of age may take the course with a guardian and the approval of the instructor.

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. 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, and the HHUC

also runs a “Fitness to Dive” program on Sunday evenings, focused on the development of snorkeling skills and underwater fitness. These programs will certainly help to improve your in-water skills and comfort level.

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. 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. Historically we have gone to Tobermory – the capital of shipwreck diving in Ontario. Another option is a weekend of diving at Gullivers 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 in the \$200 - \$400 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 2018. 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 Fall of 2017.
- UNIVERSAL REFERRAL. This option allows you to obtain your certification with an instructor outside of the Club. The student to arranges 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 are the courses?

The courses run on Tuesday nights from 7 p.m. - 11 p.m. Two different sessions will be offered.

Fall: Sept. 19 – Oct. 31, 2017 and two evenings in March (March 20, and 27), 2018.

Winter: Jan. 16 – Apr. 10, 2018

Question 2: Why are the two sessions different lengths of time?

We are exploring the use different teaching styles and techniques, including NAUI e-learning, in our SCUBA diver program, and consequently the schedules and syllabus of the individual sessions will vary. The content and SCUBA skills covered remain the same.

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 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 and request to be added to the e-mail notification list for the Winter course.

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 HHUC SCUBA diver course runs over a longer timeline (8 or 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, located on the corner of Spadina Avenue and Harbord Street. The classroom lectures are held nearby, either 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 SCUBA diver course is less expensive.

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 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 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 any further questions, please consult our website or email us at hhuc.training@gmail.com.