

Peak Performance Buoyancy Diver



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To take advantage of PADI's Peak Performance Buoyancy (PPB) program, you'll need to be a PADI Open Water Diver, Junior Open Water Diver or equivalent and be at least 12 years old.

Forward Diving's Peak Performance Buoyancy program is the perfect opportunity to hone your buoyancy skills. Perfect your buoyancy and you'll conserve air, energy and our precious environment. Your program will include two open water dives, which may be conducted in one day.



Some of the topics covered in your PPB program are as follows:

- Peak Performance Buoyancy fundamentals:
 - Buoyancy check
 - Fine-tuning buoyancy underwater
 - Weight position and distribution
 - Streamlining
 - Visualization
- Use of PADI's Basic Weighting Guidelines
- An opportunity to polish buoyancy control beyond the Open Water Diver level:
 - Positioning and distributing weight for comfort and desired body position (trim in the water)
 - Visualization techniques prior to dives
 - Buoyancy checks
 - Establishing neutral buoyancy during all segments of a dive
 - Fine-tuning neutral buoyancy underwater
 - Hovering

The elective Peak Performance Buoyancy Dive conducted during the Adventure Diver program may be counted toward this specialty at the instructor's discretion.

To master your buoyancy, drop by Forward diving Services and sign up for the PADI Peak Performance Buoyancy program.

Forward Diving

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