

GUE Recreational Diver Level 1

"Never dived before"

Course Overview

The primary purpose of GUE Recreational Diver 1 is to teach non-divers to master the art and science of sport diving through cultivating essential diving techniques and sound diving practices from the very beginning.

All GUE classes place an emphasis on a solid theoretical education combined with a true mastery of skills, all taught in the manner in which they would be used in the real world - i.e whilst neutrally buoyant and not whilst kneeling on the bottom.



What is different about this class?

GUE Rec 1 is significantly different from the majority of entry level diving qualifications and as such should not be considered by everyone. The course is very thorough and rigorous and both the theory and in-water sections of the class will involve far more commitment and work. However, the end result is a far better prepared and far more skilled diver.

The very limited student to instructor ratio ensures there is a lot of time available to truly master all the fundamental skills. You will be shown 6 different kicking techniques, including back-kicks and given guidance on how to master buoyancy and trim. Teamwork, communication, problem solving and environmental awareness are also key aspects of this class.

Your Instructor

Jamie Obern is New Zealand's only GUE instructor and has been teaching GUE classes since 2009. He has been involved with GUE since 2005 and is a passionate advocate for GUE in New Zealand. As well as running GUE classes Jamie is also actively involved in GUE projects, both in New Zealand and overseas.

Course details

- Time commitment: 5 days
- No. of dives: 14 dives - mixture of pool and open water
- Pre-reqs: Minimum 16 years old, non smoker
- Student to Instructor ratio: Max 4:1
- Equipment req'd: Standard GUE equipment configuration. Please contact us for more details. Students to provide own mask, fins, snorkel and exposure suit.
- Qualification limits: 21m, no decompression, EANx32
- Cost: \$1,750 for a 1-on-1 class; \$1,000 per person if more than one student. Plus cert. fees paid directly to GUE.

