



CIR CENTRE D'IMMERSIÓ ROSES **CENTRE DE PLONGÉE DIVING CENTER**

ROSES COSTA BRAVA PARC NATURAL DE CAP DE CREUS



DISCOVER SCUBA DIVING

Do you want to discover a new way of knowing the world? Want to know what's under the sea surface? The Discover Scuba dive program is right for you.

We call "Sea baptism" the first time a person scuba dives. The person will be equipped with the complete diving equipment and will be submerged in the water for the first time. For safety reasons, you will be always accompanied by an instructor.

We will go out on our boat CORAL UN to do the dive in a quiet and shallow area (between 3 and 6 meters deep), on the coast of the Cap de Creus Natural Park. You will learn the basics of this activity and the instructor will be constantly monitoring you to tell you what to do and how to do it. The first skill you will try is to breathe with a regulator, with your face underwater.

You will enjoy your first dive for approximately 20 minutes.

One of the best parts of scuba diving is the feeling of weightlessness. There is a whole new and wonderful world down there!

Summary: The baptism of the sea consists of a theoretical part to explain the basics of the equipment and diving and a dive in the sea for about 20 minutes, at a depth of 3 to 6 meters, always accompanied by an instructor.

- Total duration: 2,5 – 3h
- Swimming suit and towel needed
- Price: 70 €
- Bookings: CIR Centre d'Immersion Roses, Gran Via 12, Roses
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10 years old and older. If you're underage, a parental authorization is needed
If you're older than 45, you need a medical certification.

