

## Lough Derg Sub Aqua Club Lecture / Training Schedule 2009

week	Date	Lect 1	Level	Lect 2	Level	Instructor	Venue
1	Wed 07-Jan-09	Introduction to course & Cmas	*	Hand Signals	*	BD	Abbey Court Hotel
2	Wed 14-Jan-09	Intro To Dive Physics	*	Effects of Pressure	*	MH	Abbey Court Hotel
3	Wed 21-Jan-09	Diving Equipment	*			BD	Abbey Court Hotel
4	Wed 28-Jan-09	Decompression	*	Buoyancy	*	MH	Abbey Court Hotel
5	Wed 04-Feb-09	Out of Air	*	Club Monthly Meeting		BD	Abbey Court Hotel
6	Wed 11-Feb-09	Dive Tables	*			MH	Abbey Court Hotel
7	Wed 18-Feb-09	Cardiopulmonary Resuscitation	*			BD	Abbey Court Hotel
8	Wed 25-Feb-09	Gas Laws	**	Dry Suit	**	MH	Abbey Court Hotel
	<b>Sat 28-Feb-09</b>	<b>Lecture Catch up Day</b>				BD	tba
9	Wed 04-Mar-09	Ears & Sinuses	**	Club Monthly Meeting		BD	Abbey Court Hotel
	Sun 08-Mar-09	Snorkeling Day 1					Youghal Quay
10	Wed 11-Mar-09	Respiration & Circulation	**	Dive Computers	**	MH	Abbey Court Hotel
	Sun 15-Mar-09	Snorkeling Day 2					Youghal Quay
	Tue 17-Mar-09	Snorkeling Day / St. Patricks Day					Kilkee
11	Wed 18-Mar-09	Burst Lung	**	Hypothermia	**	BD	Templemore ***
	Sun 22-Mar-09	Snorkeling Day 3					Youghal Quay
12	Wed 25-Mar-09	Hypoxia, Anoxia & Drowning	**	Regulators & Cylinders	**	MH	Templemore ***
	<b>Sat 28-Mar-09</b>	<b>Lecture Catch up Day</b>				BD	tba
	Sun 29-Mar-09	Snorkeling Day 4					Youghal Quay
13	Wed 01-Apr-09	The Sea	**	Club Monthly Meeting		MH	Templemore ***
	Sun 05-Apr-09	Snorkeling Day5					Youghal Quay
14	Wed 08-Apr-09	Dive Planning	**	Small Boat Diving	**	BD	Templemore ***
	Sat 11-Apr-09	Possible Dive Day/Weekend					TBA
	Sat 18-Apr-09	Possible Dive Day/Weekend					TBA

Note: The Possible Dive Day/Weekend dates are subject to weather conditions

Level \* are compulsory for new trainees in order to dive

Level \*\* lectures are to be completed on order to complete the Club Diver

Catch Up Day will be arranged possibly with support of other clubs in reigon

Contact: Brian Donnelly 087-2696724

\*\*\* training will move to Templemore approx March '08