



RATHER BE DIVING

We hope to bring you information about dive sites, critters and our coming events, activities and specials. We are open to adding your insights to dives in as well as your pictures. Please feel free to send them to adssales@charter.net.

Working out and Diving

Keeping fit and diving is important, but there are risks with exercise and diving. Studies show that strenuous or intense exercise and diving can lead to a greater chance of decompression sickness. The rule of thumb has been no intense exercise and diving within 24 hours. So how do we stay fit? Timing and types of exercise is important consideration. Here is an article to better explain the issues from the Diver's Alert Network (DAN) to help shed some light on this issue. <http://www.diversalertnetwork.org/medical/faq/>
[Timing exercise and diving](#). There are several more when doing searches on the topic. Learn and be safe.

Critter Corner



Cowfish

Cowfish also known as the long horned box fish. These guys like most box fish or the trunk fish secrete a toxin on their skins to protect themselves. They are omnivorous eating algae and micro organisms. They can blow jets of water into the sand to find invertebrates to eat. When seen swimming they appear to be hovering. They have no pelvic fins adding to this unique way of swimming.

Palau July 7-14 and/or July 14-21 2018

Our trip for 2018 is to Palau to dive the World War II wrecks. **Starting at \$1835 per person double occupancy**

7 nights 8 days (option for 2 weeks)

Breakfast, lunch on dive days (dinners not included)

13 boat dives Chandler Cave, Blue Corner *optional black water dive

Free basic gear rental

Optional: Golf, Tennis, Gym, Spa (addition fees)

Swimming Pool, private beach

Free Nitrox, Free Wifi

Additional Marine Park fee \$100 (not included)

Airport fees and taxes a \$500 deposit per week holds your spot



[Click here for more details](#)

Aquatic Discount Scuba

1410 California St (Highway 120) Escalon CA

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This Month's Special SMART SNORKEL Full Face Masks Snorkel System

List Price \$99.99 our price \$59.99

Smart Snorkel Features:

- Easy Breathability (two way snorkel 1 way in 1 way out)
- Submersible dry top prevents water from entering
- Smart Fit (easy adjustable straps)
- Smart lock (fold down snorkel for travel)
- Fog-Free
- 180 degree view
- Quick release buckles
- Mesh bag for storage and travel
- Low volume
- 3 sizes

(arriving this late month, reserve yours today)



NEW ITEM

Tovatec FUSION 530 RECHARGEABLE Flashlight

List Price \$114.99 our price \$99.99

- Waterproof up to 400 feet with double O-ring seal. Great for diving
- 500 Lumen adjustable angle beam from concentrated to wide via sliding zoom head
- LED lifetime: 100,000 hours
- Rechargeable Battery (included) or 3AAA batteries
- Variable beam angle: 10 Degree to 100 Degree



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