

Program Sign - Up / Registration dates & location:

**June 10th & June 17th
8:00am - 10:00am**

Belvedere Aquatic Center
5035 East 1st Street
Los Angeles, CA 90022

Candidate Testing Date: June 25, 2023

Belvedere Aquatic Center
5035 East 1st Street
Los Angeles, CA 90022

Eligibility Required for Participation:

- At least 18 years old at time of enrollment.
- Basic SCUBA certification from a recognized agency.
- Completed signed medical form (physician clearance & signature required)
- Must pass swim & watermanship tests.

Swimming & Watermanship Tests:

- 300-yd. swim (no swim aids)
- 50-ft. underwater swim (no swim aids)
- 50-yd. buddy tow (no swim aids)
- 10-minute survival float
- 400-yards swim on SCUBA in the pool with a fully inflated BC on the surface

Course cost \$895.00
Includes books, boat dives, patch and certificates.



Underwater Unit
32132 Castaic Lake Dr.
Castaic, California 91384
(213) 444 - 3342
lacountydiving@gmail.com
Lacscuba.com



County of Los Angeles
Department of Parks and Recreation

Advanced Diver Program



2023

**MOST PRESTIGIOUS
CERTIFICATION**

SINCE 1954

June 25 thru September 16, 2023

ADP 2023 Schedule

June 25th Testing & Orientation
July 9th - September 16th

Classes meet Sundays most weekends
8:00 am to 5:00pm and selected Saturdays

Program Highlights

Shore Based Diving Techniques

2 Boat Dives

Altitude Dive

Lake Dive

Free Diving

Forecasting & Evaluating Dive Site
Conditions Using NOAA & CDIP Tools

Physical Conditioning &
Watermanship Skills Training



About ADP:

Recognizing the need to provide a comprehensive continuing education and training program for the recreational SCUBA diver in the Southern California area, the Los Angeles County Underwater Unit Department of Parks and Recreation, established the Advanced Diver Program in 1964.

The program objective is to provide participants with an opportunity to receive rigorous training specifically tailored to the Southern California dive environment. Previous graduates have found ADP to be a transformative training experience in developing a high level of confidence and proficiency in diving skills and knowledge.

Combining lectures with pool and ocean labs, participants are provided with rigorous training in a comprehensive learning environment. Training is focused to increase candidates' safety, education and fitness in our local ocean environment..

The ADP program is conducted annually from the end of June to September with participants receiving over 100 hours of training including a minimum of 12 open water dives.

ADP is a rigorous course. Candidates must be in good physical condition.



Over 100 hours of quality training

Lectures may include:

- Oceanography & Forecasting
- Ideal Diving Conditions
- Navigation
- Rescue
- Physics
- Physiology
- Physical Fitness & Nutrition
- Diving Equipment Inspection & Maintenance
- Medical aspects of Diving
- Marine Life ID
- Dive Planning
- Dive Tables & Computers
- Introduction to Decompression Theory & Basic Concepts
- Free Diving
- Altitude Diving
- Freshwater Diving
- Night Diving
- Search & Recovery
- Shore & Boat Based Diving

