



Eastcote Sub Aqua Club

Experience the Magic of Diving



- Dive in British waters from the Club's own boats
- Dive abroad as part of a family holiday
- Family oriented Club welcoming couples, singles and families



- Learn to dive with the best – BSAC-trained divers
- Learn at your own pace
- From beginner through to advanced
- Already qualified divers welcomed
- Based at Highgrove Pool, Eastcote Road, Ruislip HA4 8DZ
Tuesdays @ 8.30pm

Visit our web site: www.esac.org.uk

ESAC Blog: <http://whatsbubbling.blogspot.com>

Or contact Nigel Ealand on 0208 582 0991 or 07802 213768



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The Club

Eastcote Sub-Aqua Club is a member of the British Sub Aqua Club (BSAC514). Globally you may have come across other diving organisations such as PADI, NAUI and CMAS etc. They all have their own training schemes. Our training system is that endorsed by the British Sub Aqua Club where you train at your own pace without commercial pressure. At ESAC we pride ourselves in having a Club which is family orientated, with an excellent safety record and a friendly welcoming approach to new members.

Eastcote Sub-Aqua Club (ESAC) has been in existence for more than 30 years, originally being based in Northolt but now moved to Ruislip. We have approximately 60 members, of which half regularly dive during the season. We are a non-profit making Club, run by enthusiasts. Our members give freely of their time and effort to introduce the sport to newcomers, and will assist with training throughout the year.

Activities & Diving Holidays

We meet every Tuesday evening at Highgrove pool, Ruislip. We swim, train and socialise; enjoying a beer after the pool session at a local pub called the "Case is Altered".

Throughout the diving season - March to October – we arrange day, weekend and longer trips in the UK. The Club has its own boats. Holidays abroad are also arranged; in recent years we have visited Malta, Lanzarote, Egypt, U.S.A, Cuba, Belize, Thailand and the Maldives to name just a few.

Social activities are as important to us as diving. The club tries to arrange a full social calendar each year which can range from Ballroom and Ceilidh dancing, ten pin bowling, BBQ's and pot luck suppers and of course the Christmas celebrations.

Training

- *Ocean Diver course.* This is the starting point - this course is a mixture of pool sessions, a bit of theory and then into sheltered open water, diving with an instructor. For the pool sessions, you can hire the kit from the Club. When the time comes, we will advise you on what to buy and the best value for money.
- From Ocean Diver you move onto *Sports Diver*, building your skills and really just going diving.
- The *Dive Leader* qualification offers more skills, planning and responsibilities, and more adventurous diving. Following this stage it is hoped that you will continue to expand your skills with the *Advanced Diver* and *First Class Diver* qualification or become an *Instructor* yourself.
- Apart from diving there is a full range of additional skills in which you can gain qualifications. These include underwater photography or videography, marine conservation, boat handling, search and recovery techniques and marine radio operations. We welcome divers with other qualifications and can normally slot them in to the club with a little crossover training.

In Summary

We are a small but very active Club which enjoys diving and socialising with like-minded people; we hope that this brief introduction has been helpful for you in deciding if diving with Eastcote Sub-Aqua Club is for you.