

## **Abyss Dive Centre - Takes diving to Schools.**

In December 2009 our trusted team of Instructors and Dive Masters took a group of young people from Crossacres pupil referral unit (PRU) into the pool at the Manchester Aquatics Centre (MAC), for an introduction to Scuba session.

The session was received well and the general feeling was that, the young people who took part really enjoyed the session and were very receptive to instruction, they took part in two groups with one group snorkelling for a short period and the other using scuba equipment, then they changed, this meant that they experienced both scuba and snorkelling within the time allowed.



The benefits these sessions offer are that the young people taking part have to listen and take instruction, something many find difficult to do, they also have to take part in small teams which encourages social interaction and development, they learn that they have to depend on their "Buddy" and that their buddy is dependent on them this helps them with communication skills and also to trust others.



There are many benefits to scuba but to see the look of amazement on the young peoples faces, when they realize that they are breathing underwater, is truly priceless, it could be that Abyss Dive Centre School develop a programme tailored to individual school needs, who knows what the future holds.



I can tell you this, the young people will carry this experience with them into their future, and the seed that was planted in these sessions could produce the fruits that no one could have expected.

Carmine Grimshaw December 2009