



## Mermaid

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The SSI Mermaid program is designed to give students all the basic tools needed to safely practice swimming in a monofin and a decorative fishtail. You will also learn how to properly equalize, dive with no mask, ascend and descend from a resting position on the surface, proper breathing techniques for breath hold diving, and fun mermaid tricks and skills. The Mermaid class also gives students an opportunity for one day of diving in a nearby spring.

**Minimum Age:** 12 years old

**Depth Range for training:** 5 meters/15 feet

**Time Commitment:** Two 3-hour training sessions. One day of diving in a nearby spring.

**Required Gear Checklist:** Students must either own or rent the following:

- monofin
- fishtail (tail cover for monofin)
- mask or swim goggles

**Recommended Gear:** Students may rent a wetsuit (water temperature in nearby springs is a constant ~72°F). Noseclips, reef safe sunscreen, weights (if wearing a wetsuit), towel, warm clothes are also recommended.

**Price:** \$220

Call (727) 498-8702 to book, or sign up online through our website at:  
[www.divegulfport.com](http://www.divegulfport.com)