

What is SISAC?



St Ives Sub Aqua Club (SISAC) is a Cambridgeshire based branch of the internationally recognised British Sub Aqua Club (BSAC). SISAC has been training and organising trips for local divers for over 35 years. We have members of all ages, dive grades/abilities, and varying interests in the underwater world.

SISAC is a very welcoming and open club, and both already-qualified and novice divers are invited to come along and see what we can offer. Whether it's like-minded people for those already qualified to enjoy an exciting sport with; or somewhere you can safely learn new skills to take your first jump into the underwater realms, SISAC will give you a range of opportunities to extend your training and partake in a whole host of events and dive trips all year long.

SISAC is one of the most active and respected clubs in the region. We pride ourselves on our excellent standards of training and our safety record. More importantly, we enjoy what we do – quite simply, we have fun going diving.



The club meets every week on Sunday evenings at the One Leisure St Ives swimming pool, Cambs, from 8pm.

www.sisac.co.uk



If you're completely new to diving and would like to give it a go, we offer try-dive sessions on Sunday evenings at One Leisure St Ives. £10 pp includes an hour in the pool with personal supervision from a qualified instructor, full kit hire, and a try-dive certificate. Please contact our Training Officer (trainingofficer@sisac.co.uk) to arrange a try-dive.



Dive with SISAC



Training

With more than 20 nationally qualified open water and advanced instructors in the club, SISAC is able to fully train new divers, and also advance already-qualified divers to the highest levels of sport diving.



You pay a low-level subscription fee on an annual basis to BSAC and to SISAC, and this covers all your training with nationally qualified instructors.

There are five BSAC dive grades. Training for four of these grades can be undertaken within the club environment, at a pace suited to each individual that guarantees the time, experience, and attention needed to become practised and proficient at each level.

BSAC qualifications are recognised throughout the world, with BSAC widely considered to be one of the safest and most thorough diver training organisations there is.

Ocean Diver

This is your basic dive grade. The course will provide you with the knowledge and skills needed to prepare for open water diving, and to use your equipment properly and safely.

Sport Diver

This level builds on the skills learned during Ocean Diver, to enable you to become a more proficient and self-confident diver.

Dive Leader

The dive leader grade allows divers to take on more responsibility, and a wider range of experience and adventure in their diving.

Advanced Diver

This is the most advanced award that can be gained within the club, and extends on previous awards so that divers can further the limits and experiences of their own diving.

Already Qualified?

If you are already qualified as a diver then you are invited to come along to the club and see what we have to offer you – you don't need to have trained with SISAC to dive with us. Whether you gained your qualifications through BSAC or PADI or CMAS (or any other organisation), your skills will be valued and you will be able to enjoy all the benefits and activities that our current members do. We can provide full cross-over and updating training within the club if necessary, so that even if you have trained outside of BSAC or are out of practice and slightly rusty on your skills, you will be enjoying your diving in no time at all safe in the knowledge that you are fully up-to-date with the latest BSAC diving practices.



There's a full calendar every year with trips to suit all levels of ability and all interests, so there's bound to be something that appeals to every diver. If you wish to advance your diving or learn new specialist skills, then the opportunity is available to all members – various special development courses are run during the year, and full support is offered to those who wish to train and/or develop as an instructor.



In all, SISAC is a very active club, with a bunch of very warm, friendly, and welcoming divers – so if you're already qualified and are simply looking for ways in which to enjoy your diving, SISAC is the perfect club to join. Simply come

along to club nights on Sunday evenings at One Leisure, St Ives, to meet us, or contact our Secretary (secretary@sisac.co.uk) for further details.

What else?

A full calendar of events sees something going on most weeks throughout the year to suit all abilities and interests of SISAC members, so there is always plenty of diving to be enjoyed.



SISAC dive trips have recently included forays into Normandy, Scapa Flow, Pembrokeshire, Mary Doune, and Lochaline; as well as shorter (week-end) trips to Plymouth, Brighton, and Lyme Regis. Planned trips for the next year include return visits to Scapa Flow, Pembrokeshire, Brighton, and Plymouth, as well as weekends in Swanage and Eastbourne, and longer trips to Malta and Ibiza. There are also regularly arranged club meets at the local inland sites of Gildenburgh Water (Whittlesey) and Stoney Cove (Leics).

Aside from diving, we also include a number of social events in our calendar so that partners, family, and friends can also join in the club's activities. An annual Christmas dinner and disco features, as well as a summer BBQ, punting evening along the Cam, and curry and bowling evenings.



Throughout the year, we also invite speakers to present a talk at club nights: recently we have enjoyed talks from Jack Ingle (renowned technical diver), Bear Crosbie (Archaeological Divers Association), and Paul Hardy on the subject of kit care (Parwin Scuba).

Please visit our online calendar (<http://www.sisac.co.uk/calendar/>) for up-to-date details of our diving trips and events.