



3R'S – Rocks, Rips & Reefs 2010 Schedule

DATE	TIME	LOCATION
May 8, 2010	8:00 AM – 12:00 PM	Veteran's Park 309 Esplanade, Redondo Beach, CA 90277
June 5, 2010	8:00 AM – 12:00 PM	Leo Carrillo South 35000 Pacific Coast Hwy., Malibu, CA 90265
July 10, 2010	8:00 AM – 12:00 PM	Malaga Cove Paseo Del Mar & Via Arroyo, Palos Verdes, CA 90274
August 14, 2010	8:00 AM – 12:00 PM	Point Dume 7103 Westward Rd., Malibu, CA 90265
September 11, 2010	8:00 AM – 12:00 PM	White Point Westward Ave. & Palos Verdes, San Pedro, CA 90732
October 9, 2010	8:00 AM – 12:00 PM	Nicholas Canyon 33850 Pacific Coast Hwy., Malibu, CA 90265

CANCELED

WHAT TO BRING

Full Skin Gear (FSG) is required for the 3R's. Full Skin Gear consists of a full wetsuit, mask, fins, and a snorkel. We highly recommend sturdy booties with open heel fins to provide foot protection. A hood and gloves are also recommended for comfort and safety.

If you desire to wear a weight belt for practicing skin diving, you need to wear a snorkeling vest of buoyancy compensator and wear only half the weight you would normally wear for scuba diving. Don't forget to bring sunscreen and other exposure protection (depending on the day) as well as drinking water to maintain hydration. It is recommended that you also bring something to sit on like a folding beach chair during the "downtime" periods of the program.

You do not need to be scuba certified to take this course. It is useful for the entire family, friends, and anyone going into the water. At special times, we often get the opportunity for the lifeguards to come out and do a talk on the surf conditions and the type of beach. After completing the in-water practice, we finish the session with a noon time Bar-B-Q, so bring along a picnic lunch and plan on socializing afterwards!

FOR MORE INFORMATION CALL: (323) 726-2155 or EMAIL: apply@lacountyscuba.com