



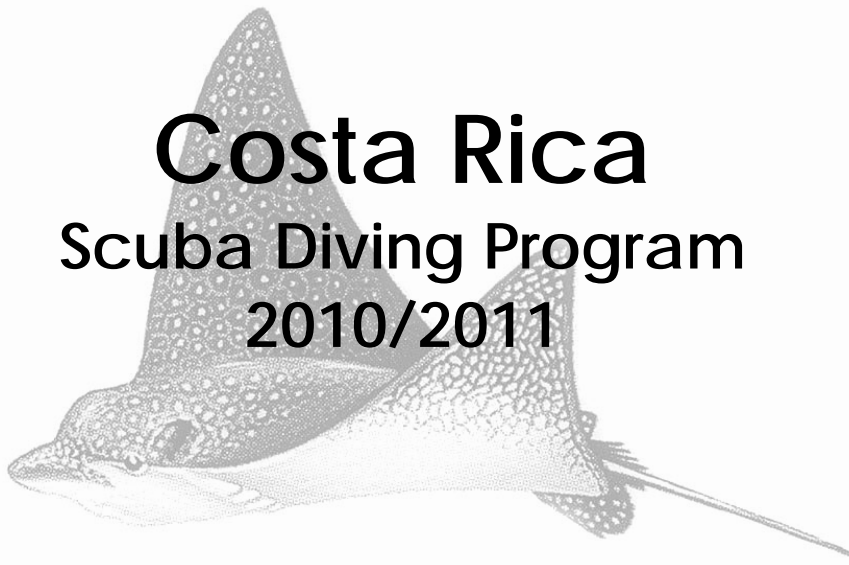
WINDSTAR[®]
C R U I S E S

180° FROM ORDINARY[®]

Costa Rica

Scuba Diving Program

2010/2011



Diving in Costa Rica is a unique experience and the surrounding waters are abundant with marine life.

Not only are the dives themselves true adventures, our guests often encounter amazing species during the trip to the dive site!

Please sign up as early as possible to avoid disappointment; space is often limited!

Scuba Diving Program

Craig and April are highly experienced Scuba Instructors and are here to offer an excellent and unique diving experience. An informal divers' meeting is held on Saturday evening at 6:45pm, in the Lounge, to discuss your diving options this week.

Beginners can complete the intermediate **PADI SCUBA Diver certification course** or the **PADI Discover Scuba Diving (DSD) Program**. Both courses are an introduction to scuba diving where you will learn the basics required to make one or more scuba dives this week.

Certified divers who have their Certification Cards can join us on any of our dives after participating in the compulsory pool check out session held on Sunday at 10:00am (our day at sea).



For **certified divers** we also offer the highly regarded, worldwide qualification of **PADI Adventure Diver** as well as a number of **PADI Specialty Dives**. We are able to accept divers from most diving certification organizations as well as PADI. Please ask Christopher or Maria for more information on these courses.

Please sign up for your dives after your pool check-out or throughout the week (sign-up/notice board is located at the aft of deck #2). All charges for dives are placed against your ship account. **Please note the sign up/cancellation deadline is 10:00am the day prior to the dive.**

Why dive with us?

- Convenience: Your dive leaves right from your ship.
- You're on vacation: we'll take care of loading and rinsing all the gear!
- You can store any personal gear you've brought on the sports deck.
- No gear? No problem: Complimentary equipment is available.
- Dives are conveniently charged to your shipboard account.
- Small group ratios: Only six divers per instructor.



What's next?

- Tonight, attend the Divers Meeting at 6:45pm in the Lounge
- Sunday, attend the compulsory pool check-out session at 10:00 am (with swim suits on meet by the pool on Deck #4)
- Sign up for the dives you wish to do this week
- DIVE!!!



Craig & April

Msy Wind Star Sports Coordinators



PADI SCUBA DIVER COURSE

Life time qualification in only 2 days!

Your underwater adventure starts here!

The **SCUBA Diver certification** gives the beginner a chance to experience the thrill of diving while under the close supervision of trained PADI SCUBA Instructors.

It is FUN and EASY!

The Course consists of two main sessions and 2 open water dives.

SESSION 1: CLASSROOM – we will go over important information that you will need to know before getting wet.

SESSION 2: POOL SESSION – Some skills are learned in the pool to master the principals and techniques to become a safe diver and explore the wonders that lie beneath the ocean.

SESSION 3: 2 OPEN WATER DIVES - your first dives with your Instructor by your side, you can easily complete your certification in two days

Ask Craig or April for more information

Please note: The cost of the certification is only \$435 including equipment!
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To sign up for the course please talk to your sports coordinators on board
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Cancellations must be made by 10.00am the day prior to the dives.
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...Welcome to the underwater world...

Discover Scuba Diving

Join your Wind Star Dive Instructors Craig & April for an underwater adventure designed especially for you.

The PADI Discover Scuba diving program gives you the opportunity to experience the thrill of diving while under the close supervision of trained PADI Scuba Instructors.



It's FUN, EASY AND SAFE!



The Discover Scuba Diving Program is divided into three sessions:

Session One: Theory During this session you will be introduced to the basics of scuba diving as well as important information you will need to know before getting wet. We will meet **Sunday afternoon at 2:00 pm (during our day at sea)**.

Session Two: Confined water practice After the theory session, we meet by the pool for your first breath underwater and to practice a few simple skills.

Session Three: Open Water Dive Your first **REAL** dive in the sea with an Instructor by your side. You can choose from any of the dive locations listed in this guide and of course you can do more than one!

The combined cost for the classroom and pool session is \$90; the cost for your Open Water Dive is per the prices listed in this guide.



This week's dives!

Scuba diving in Costa Rica's waters is adventure diving. While the visibility is generally 20-50 feet there is an incredible abundance of marine life due to the nutrient-rich waters flowing up the west coast. You will encounter schools of fish at every site and the bottom dwellers are abundant and exotic. Moray Eels are prolific with different species such as Jewel, Snowflake, Zebra, Panamic Green and Whitemouth.

The best months of the year to dive Costa Rica are from December – April so our timing is perfect! This is the time of year that you can see schools of Manta Rays with wingspans from 14-20 feet!

Playa del Coco

Tuesday

Puffer Fish Palace

Price per diver including all equipment: \$90 or as part of the SCUBA diver course

Certified divers meeting time: 8:00am (return to the ship at approximately 10:00am)

Beginner divers meeting time: 10:00am (return to the ship approximately 12:00 noon)

Located at the Islas Viradores Sur just a short ride to the north from the ship, this group of islands offers several options for diving.

This popular dive site is ideal as a refresher or beginner dive as we begin in approximate depths of 15-20ft. The start of the dive is quite unusual for Costa Rica as there are extensive hard coral growths in the shallows. These play host to an array of marine life. As the dive progresses we can drop a little deeper down a gentle sloping bank to a maximum depth of approximately 70ft. As we descend we'll see Moorish Idols, Porcupine Puffer Fish, Cortez and King Angel Fish, Bumphead and Bicolor Parrot Fish, schools of Grunts, Gold Lined Snapper and (possibly) Almaco and Big Eye Jacks. The deepest part of the dive is a great spot for the elegant Spotted Eagle Rays as well as larger Sting Rays.

IMPROVE YOUR SCUBA! This dive is an ideal Discover Scuba Dive, Naturalist or any Specialty dive.

Bahia Drake

Thursday

Two Dive Adventure to Caño Island

Price per diver including all equipment: \$215

Certified divers only, meeting time: 8:00am (return to the ship at approximately 1:00pm).

Caño Island has been rated by Skin Diver magazine as one of the "World's newest hot spots for adventure diving" and described to have "Unequaled parades of Pelagic Fish". It is widely regarded as the best diving on the Costa Rican Pacific Coast.

This dive is a must for all certified divers!

Teaming up with a local dive operator the adventure begins with a 30-minute (approximately 20 km) boat ride to the island. Along the way it is common to see playful Dolphins and occasionally Humpback Whales, False Killer Whales, Sail Fish and Turtles. Upon arrival all divers will briefly go ashore to sign in at this highly regarded Biological Reserve.

The marine environment around the island is extremely precious to the region and all diving in the area is a privilege. There are several dive sites on offer depending on the conditions of the day.

The area is abundant with marine life and usual sightings include: White Tip Reef Sharks, Moray Eels, Garden Eels, Huge Schools of Grunt, Snapper and Trevally. Various species of Puffer Fish and (on occasion) Manta Rays are also present.

Curu/Tortuga Island

Friday

Split Rock/Isla Tolinga

Price per diver including all equipment: \$90 or as part of the SCUBA diver course

Certified divers meeting time: 7:30am (return to the ship approximately 9:30am)

Beginner divers meeting time: 9:45am (return to the ship approximately 12:00noon)

Tortuga Island provides dive sites that are ideal for divers that like to take the time to explore the reefs and canyons. The dive sites in Curu/Tortuga are determined on the day of the dive, dependant on the prevailing conditions. Each of the dives is an excellent opportunity for our beginner divers to get comfortable in the water.

The dive sites take us around rock formations that sit as shallow as 30 feet and as deep as 70 feet. Visibility can vary from 20 to 80 feet in the same day. This is due to plankton and marine organisms that thrive in the warm 75 to 85F degree waters. Although this may restrict visibility, it is the reason the North Pacific waters are home to such a variety of pelagic marine life.

As you explore the tunnels and caverns you'll find that they are filled with countless numbers of silvery Baitfish, dozens of Lobster, resting White Tipped Reef Sharks and large numbers of Goatfish, Grunts, Jacks and Groupers. It is possible to see in this area huge Manta Rays as well as Mabula (Lesser Devil Rays), Sting and Spotted Eagle Rays as well as large schools of Big Eye Jacks.

Please remember: The Divers Meeting on Sunday (Embarkation Day) at 6:45pm in the Lounge

General Information

Windstar Cruises or Dive operators may change or cancel any dive and may decline to permit any passenger to take or remain on any dive, without any notice or liability. You are encouraged to make reservations for dives as early as possible, as space on some dives is limited.

In order to ensure your space, reservations must be made no later than 10:00am on the day prior to the dive, unless otherwise advised in your Daily Program. Any cancellations made after 10:00am the day prior to a dive will be charged at full fare.

All charges for diving will be added to your shipboard account for settlement at the conclusion of your cruise.

Dives listed and prices are subject to change, please inquire with your onboard sports coordinators for the most up-to-date information.

Wind Star Diving Price List

PADI Scuba Diver

(Two dives, instruction and certification) \$435

Discover Scuba Diving

(Pool instruction and theory class) \$90

Specialty Courses

(Dives, instruction and certification)

Deep Diver Specialty \$390

Underwater Navigator Specialty \$305

Underwater Naturalist Specialty \$280

Open Water Referral

(Four dives, instruction and certification) \$435

Adventure Diver

(Three dives, instruction and certification) \$445

Advanced Open Water Course

(Five dives, instruction and certification) \$545

Refresher Course

\$90

Msy Wind Star Sports Coordinators
Craig and April

