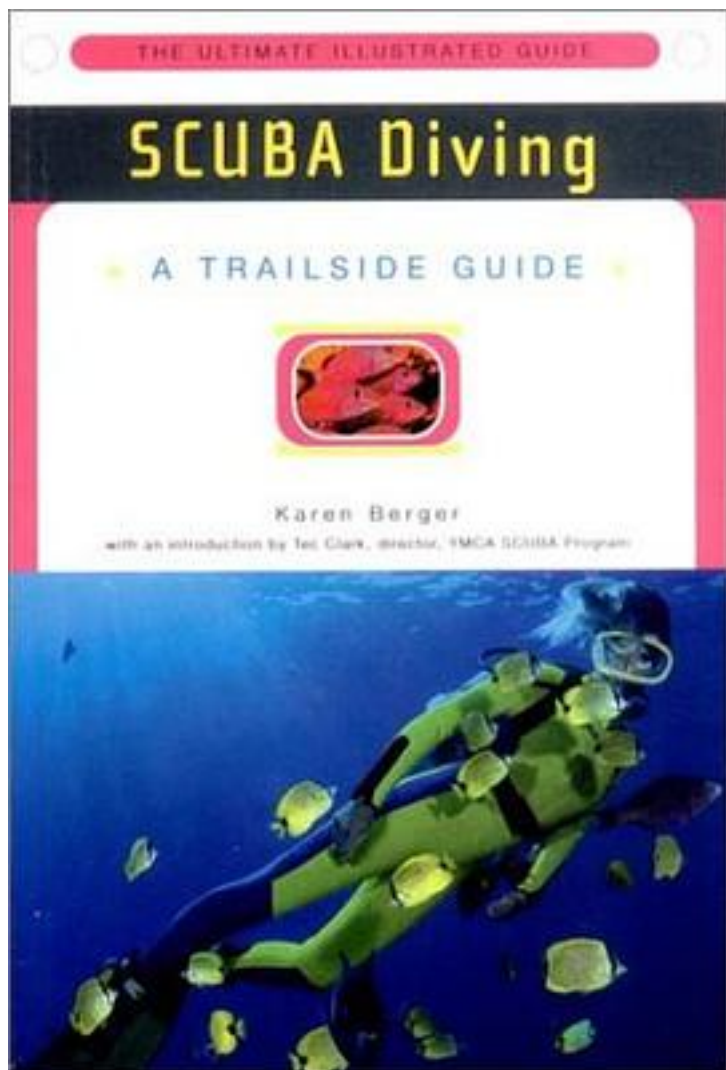


A Trailside Guide



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The only YMCA/Scuba-sanctioned guide to the wonders of the underwater world. Whether it's the balmy waters of a tropical coral reef, a wreck in Lake Michigan, the kelp forests of Monterey Bay, the icy waters of the North Sea, or the caves of a Florida spring, scuba diving is a way to explore the world beneath the surface. Trailside Scuba Diving is a comprehensive diving guide that includes all the information divers need to get started on this exciting sport. It reviews the information standard in all certification courses, with chapters on gear, diving planning, safety and first aid, the science of diving and how it affects the human body, diving techniques, the underwater environment, and using dive tables and computers. It also introduces divers to new opportunities and skills such as underwater photography, navigation, wreck diving, night diving, and cold-water diving. With an emphasis on safety and a respect for the underwater environment, author and diver Karen Berger introduces divers to a magical new world, and gives them the tools to pursue their exploration of "inner space." Consulting with author Karen Berger on this guide is the YMCA/Scuba program. The YMCA was the first agency to organize a nationwide course in scuba diver training and today offers one of the most thorough and comprehensive diver training programs available. Color photographs and drawings throughout

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