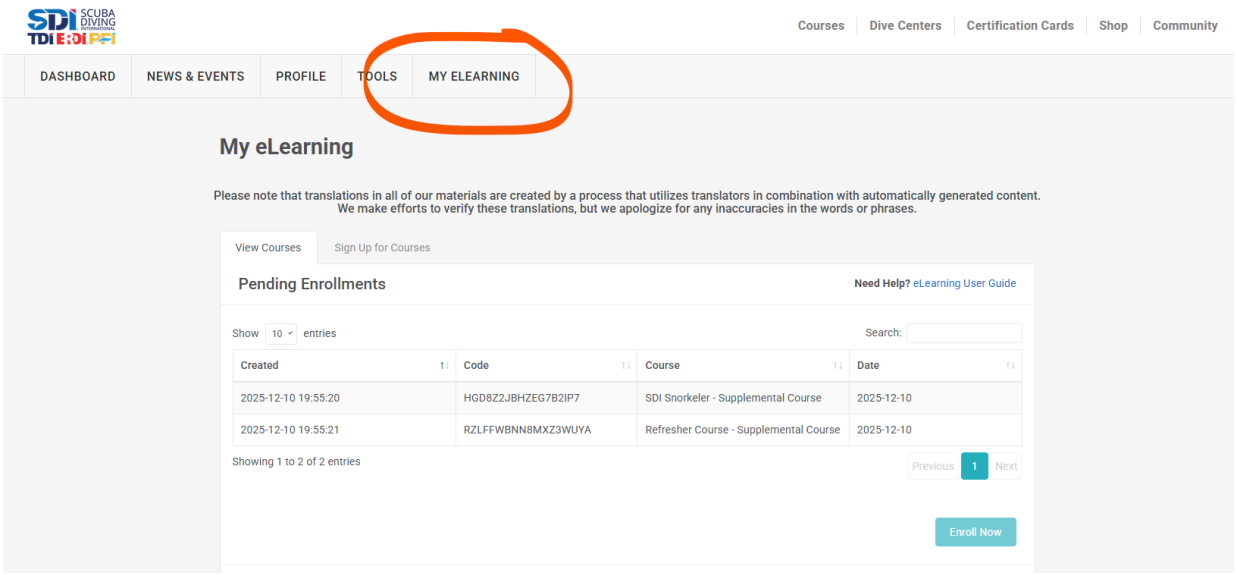
**FOR IMMEDIATE RELEASE**

## SDI Launches Three Free Courses to Kickstart Your Underwater Adventure

STUART, Fla. - Scuba Diving International (SDI), part of the International Training family of dive education organizations, recently unveiled an exciting opportunity for aspiring ocean explorers and returning divers alike: three completely FREE introductory courses designed to begin your journey beneath the waves. Through a new initiative offering Scuba Discovery, Snorkeler, and Inactive Diver/Refresher courses at no cost, SDI is removing barriers for people curious about snorkeling, scuba diving, or brushing up their skills before getting back in the water.

### How to Get Started

To take advantage of the three FREE introductory courses, simply visit www.tdisdi.com and register for an SDI profile at the top of the homepage. Once the account is created, log in to the account and click on My eLearning at the top of the page. It's that simple to start your underwater journey or to shake off the rust from previous adventures! Complete the eLearning courses at your own pace.




### Open the Door to Ocean Exploration

These free courses serve as accessible entry points into underwater adventure, delivering high-quality training and confidence-building skills for both beginners and those returning after

time away. With flexible eLearning and supportive instructor-led experiences, participants can grow their comfort in the water while discovering the joy of aquatic environments.

**Free Snorkeler Course**
The Snorkeler course is tailored for anyone wishing to explore the surface world of oceans, lakes, and tropical reefs with confidence. Participants start with an interactive online experience at no cost that covers snorkel equipment, water movement, and safe surface procedures. Once ready, students can join a local SDI Dive Center for guided in-water sessions to practice breathing with a snorkel, proper body positioning, buoyancy, and safe entries and exits. This foundational course builds comfort and competence in the water, and creates a smooth transition toward deeper underwater training if desired.

**Free Scuba Discovery Program**
For those intrigued by scuba diving but unsure where to begin, the Scuba Discovery program is the ideal choice. This introductory experience lets participants try scuba diving under professional supervision in a confined water setting. You can start from home using a free SDI eLearning access code or dive straight into hands-on sessions at a participating dive center. Scuba Discovery introduces basic scuba concepts and familiarizes students with gear, breathing underwater, and essential safety protocols, all in a fun and supportive environment.

**Free Inactive Diver/Refresher Program**
Certified divers who have taken a break from the sport can benefit from the Inactive Diver/Refresher program. This course reviews core knowledge and skills to rebuild confidence and ensure safety before rejoining open-water diving. It covers essential dive planning, equipment assembly, buoyancy, and controlled underwater movement, tailored to each diver's individual experience level. With an online component available at no charge, this refresher makes returning to the sport both reassuring and empowering.

**A Pathway to Lifelong Diving**
SDI's free course initiative reflects the organization's commitment to making underwater exploration welcoming and safe for everyone. Whether you are just beginning with snorkeling, testing the waters with scuba for the first time, or renewing your skills after a hiatus, these no-cost programs provide a supportive learning pathway that can lead to future certifications and endless aquatic adventures.

**About Scuba Diving International (SDI)**
Scuba Diving International is a world-renowned scuba education organization headquartered in Stuart, Florida, offering recreational dive training worldwide.

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