

**JOIN THE
TEAM**



**SERVING WOUNDED
WARRIORS**

Have you been injured or wounded in combat?

Have you sustained an injury during a training exercise?

Were you diagnosed with Cancer or MS while in the military?

Were or are you SOF with at least 2 tours?

THEN YOU QUALIFY!

Open to Active Duty or Veteran

Open to Wounded/Injured From Vietnam to Present

No Purple Heart necessary

Open to all ranks and branches of Service

Not based off financial need

CARING FOR THE CARE GIVER

*If you are a spouse or care giver to a Wounded
Warrior you are qualified to become a*

SCUBA Warrior®

**THIS PROGRAM IS PAID FOR BY
HEARTBEAT SERVING WOUNDED
WARRIORS®
AND IS FREE
TO QUALIFIED WOUNDED WARRIORS.**

**ALL GEAR, AND CLASSROOM
MATERIALS
ARE PROVIDED.**

**THANKS TO ALL WHO HAVE DONATED
TO SUPPORT HEARTBEAT,
SCUBA WARRIORS®**

***Janice Buckley
Founder/President
Heartbeat Serving Wounded Warriors®***

Certification through Scuba Diving International (SDI)



A 501c3 Non-Profit Organization



LET THE HEALING BEGIN ... ®

*Providing a goal directed opportunity to
become a certified SCUBA diver while
also focusing on increasing self-esteem,
communication skills and overcoming
pain and anxiety.*

*We provide a fun supportive, therapeutic
environment.*

*We surround the students with a qualified
team of professionals while teaching dive
safety through education.*

*"At Heartbeat, we provide emergency assistance,
morale building, and innovative therapeutic
services for wounded warriors and their families"*

www.heartbeatforwarriors.org



A 501c3 Non-Profit Organization

A THERAPEUTIC PROGRAM TEACHING RESILIENCE AND REINTEGRATION.



SCUBA Warriors® is a therapeutic program designed to teach resilience and help with reintegration to social settings while earning your **SCUBA** certification.

Through a fun, goal based education course you will be developing ways to :

- Conquer anxiety and overcome isolation with group instruction
- Decrease depression & frustration
- Decrease body and head pain

While learning to :

- Become an international certified **SCUBA** diver
- Improve communication skills
- Trust and rely on your **SCUBA** buddy
- HAVE FUN!

SCUBA Warriors® is teaching:

Open water certification
Advanced certification
Stress and rescue
Dive control course

IS THIS THE RIGHT TIME FOR ME?

YOU SHOULD BE:

Free of appointments on class days — Wednesdays

Interested in learning about **SCUBA**

HAVE A WILLINGNESS TO :

Have fun! Be attentive, try new things, and be trainable.

HOW TO ENROLL:

1. Email Janice Buckley for an Intake Packet janice@heartbeatforwarriors.org
2. Complete ALL sections of the Intake Packet and sign
3. Have your Doctor or PCM or NCM review and sign
4. Scan and email the completed Intake Packet with a copy of your DD214 IF you are NOT active duty, to janice@heartbeatforwarriors.org

For questions please contact:

Janice Buckley Founder/President
Heartbeat Serving Wounded Warriors®
PO Box 610
Onalaska WA 98570
janice@heartbeatforwarriors.org
(425) 931-1047

CLASS SCHEDULE

ALL TRAINING IS CONDUCTED ON WEDNESDAYS IN THE OLYMPIA AREA

OPEN WATER CERTIFICATION:

CLASSROOM: 0930 – 1130hrs
Lunch is provided

POOL: 1300 – 1530hrs

OPENWATER: 0800 – 1100hrs
Wednesday AND Thursday usually at Redondo Beach in Federal Way

ADVANCED OPEN WATER CERTIFICATION:
ADVANCED COURSE: NAVIGATION / NIGHT DIVING / DEEP DIVING / CURRENT DIVING

CLASSROOM: 0900 – 1100hrs
1100 – 1200hrs LUNCH BREAK
1200 – 1400hrs

OPENWATER DIVES: 0800 – 1100hrs

NIGHT DIVE WILL BE SCHEDULED FOR DARK
***NIGHT DIVE AND CURRENT DIVE SCHEDULE MAY CHANGE DUE TO TIDE.**

STRESS AND RESCUE:

STRESS & RESCUE:
CLASSROOM: 0900 – 1200hrs
OPENWATER DIVES: 0900-1300hrs