

# Rocks, Rips and Reefs

3Rs is an in-water education and site orientation program for divers, snorkelers and swimmers. Participants are briefed on the interaction of surf, swell, and tides on underwater rocks and reefs, and then they enter the water and tour popular sites with experienced instructors.

3Rs is a great way for newer swimmers to learn more about the ocean and to explore new swim sites. Each session lasts about 90 minutes.

Participants learn how to:

1. Identify underwater rocks and reefs by observing water movement and surf
2. Take advantage of the ocean's natural wave motion
3. Spot safe places to enter and exit
4. Avoid places hazardous to divers, snorkelers, and swimmers
5. Encounter rip and long shore currents
6. Use tides to plan water entry

## Who can attend?

The 3Rs is free and open to the public. Donations are gladly accepted and are only used to keep this program operating. Swimmers and snorkelers are welcome. Participants must sign a liability waiver as part of registration. Participants aged 17 or less must have the waiver signed by a parent or legal guardian.

## What to bring

Bring a mask, fins, and snorkel. A full wetsuit and gloves are strongly recommended for warmth and protection from scrapes. Spring suits are OK.

## 3Rs Schedule

Registration will be at **8 AM**. Mandatory safety briefing starts at **8:15**, and you will enter the water at **8:30**.

**Boomer/La Jolla Cove** Saturday, June 15, 2013

Meet at 1150 Coast Blvd. (La Jolla Cove steps)

Session Host: **La Jolla Cove Swim Club** and Snorkel Swim Club of San Diego

North Bird Rock Saturday, June 29, 2013

Meet at 6000 Camino de la Costa, La Jolla

Session Host: San Diego Council of Divers

**Goldfish Point (La Jolla Caves)** Saturday July 13, 2013

Meet at 1325 Coast Blvd. (Old Shell Shop)

Session Host: Dive Animals

Marine Street Saturday July 27, 2013

Meet at 244 Marine Street

Session Host: Total Immersion Divers

**Shell Beach** (just south of La Jolla Cove) Saturday Aug 10, 2013

Meet at 1000 Coast Blvd. (nearest cross street - Ocean St.) Top of the stairs

Session Host: San Diego Freedivers

Hospital Point Saturday Aug 24, 2013

Meet at 400 Coast Blvd (south of Cuvier)

Session Host: San Diego Sea Dogs

Sunset Cliffs Saturday Sept 7, 2013

Meet at - Parking Lot 1200 Block Sunset Cliffs Blvd (cross street Osprey)

Session Host: San Diego Rainbow Dive Club

**Children's Pool & South Casa** Saturday Sept 28, 2013

Meet at Life Guard Tower 850 Coast Boulevard

Session Host: San Diego Dive Club