

to watch the fishes

Lee said those wishing to be scuba divers should be prepared to undergo a systematic training programme.

First, he or she has to dive in confined water. There are theory and practical lessons. But the biggest test comes when he or she has to scuba dive in the open sea. It is a must for them to dive at least four times before they complete the course," said Lee.

Lee said many youngsters were showing keen interest in scuba diving.

"Many of the scuba divers were swimmers before. After hearing the interesting stories that many scuba divers had to tell, they, too, wanted to venture into scuba diving. And the feedback from them is certainly encouraging. They find scuba diving relaxing and fun," said Lee.

Dolphin Sports will be conducting a scuba-diving demonstration during an in-house swimming championships at the Panasonic Sports Centre on Dec 17.

The hour-long demonstration will be from 4pm. However, due to a shortage of instructors, only the first 10 to register will be accepted for the programme.

Lee said the one-day championships were for the swimmers to gauge their progress.

"They have been training throughout the year and now the time has come for them to show their progress. Our aim is to groom swimmers for the state," said Lee.

The swimming centre is open from 9am to 10pm daily. For more information on Dolphin Sports programmes, call 03-5541 6936.



Lee (far right) in a discussion with the scuba divers.



ONE FOR THE ALBUM ...

(Standing, from left) Eastin Hotel assistant concierge manager Ivan Gunasinghe, executive chef Chew Teik Chye and marketing communications manager Jade Tan posing for a photo with Fespac participants and officials recently. One of the official hotels for the recent Fespac Games held in Kuala Lumpur, Eastin hotel hosted the contingents from Vietnam and Hong Kong, comprising more than 190 people, during the 10-day Games.

"We are geared to welcome them with true Malaysian hospitality, complemented by sumptuous cuisine and a wide range recreation facilities for their leisure after the day's challenges," said Tan.

Leung Mei Yee, who represented Hong Kong in Boccia, said they were happy with the services provided by the hotel.

Karen Kwok Hoi Ying, who won the gold medal in Boccia, added that Malaysians were very warm and friendly, and she hoped to visit Malaysia again.

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