

Opening Times

We are open daily from 9:00 AM until 6:00 PM

Certified Divers

The marine life around Six Senses Laamu is unique, with some of the most beautiful, untouched hard coral gardens in the Maldives. Tourism in the area is in its infancy with very few divers in the region. There is a large variety of fish life with encounters of grey reef sharks, white-tip reef sharks, barracudas, stingrays, big napoleon wrasses and of course turtles.

We take you diving on typical local boats also called Dhonis, which are specially fitted for diving. With maximum 6 divers to a guide we keep the groups small. This makes the diving very safe and guarantees you a personal service and unforgettable dive experiences.

Morning and Afternoon Dive - Daily we take you to one of our many dive sites in the area for a single dive. The reefs are 15 minutes to one-hour boat ride away.

2 Tank Dive – Regularly you can join our 2 tank dives where we take you to two different sites with a one-hour surface interval between the dives. We are back before lunch and you have the opportunity to join the afternoon boat.

Full Day Dive Excursion - Enjoy a beautiful day on our comfortable dive boat, we will take you to some of our dive sites a bit further afield. Depending on demand we will do 2 to 3 dives. We will have lunch and refreshments on board.

House Reef Diving - Dive our house reef independently or with a guide during the day or early evening. You have easy access directly from the dive centre jetty.

Night Dive - Life on the reef changes at night, some fish are actually sleeping and others come out to hunt. Don't miss out on this exciting experience and join us for our weekly night dive either on the house reef or on the boat.

Early Morning Dive - For the early bird who is curious about what happens on the reef at sunrise and who would like to know which fish is the first to wake up. We offer early morning dives on a regular basis. We leave before the sun comes up and can be back in time for breakfast.

Private Dive Excursions – It is possible to tailor a dive trip just for you and your family.

NITROX diving is at no additional charge!

Dive Equipment Collection

We can arrange for your dive equipment to be collected and brought to the dive centre where it will be well taken care of and remain stored in our equipment room for the duration of your stay.

Contact Us

The Ocean Dimensions Dive Centre is located at the Over Water and our team looks forward to seeing you there to arrange your diving. It is also possible to contact us on extension 6464 during our regular opening times or via your GEM.

Dive Insurance

It is recommended not essential to have dive insurance.

The Dive Centre can assist you with arranging a short term policy with DAN Europe.

Discover Scuba Diving

With our international team who speak English, German, French, Italian, Spanish, Dutch and Japanese we conduct PADI and Pro-NRC courses from the first step into the water up to the first professional level.

PADI Bubblemaker - These dives are for our young guests between 8 – 10 years of age. We have special equipment to take you diving in the shallow water of our lagoon as many times as you like.

Resort Dive - This is for you if you don't want to take a course but still would like to do some diving. 12 meters is the depth limit and there is already plenty to see.

PADI Scuba Diver - A short course which takes 3 days and includes 3 theory lessons, 3 lagoon sessions and 2 dives to 12 meters. You receive an international certification, which allows you to dive to 12 meters with an instructor.

PADI Open Water Diver - This course takes 5 days and includes 5 theory lessons, 5 lagoon sessions, 2 dives to 12 meters and 2 dives to 18 meters. You receive an international certification, which allows you to dive independently.

For Certified Divers

Dive	Tank & Weights / US \$
1 – 4 per dive	66,-
5 – 9 per dive	63,-
10 – 14 per dive	60,-
15 - and more, per dive	57,-

Nitrox at no additional cost!

Boat Trips

Single boat trip	20,-
2 Tank boat trip (refreshments included)	35,-
Full day boat trip (lunch and refreshments included)	65,-

Rental Equipment

BCD	7,-	Set - BCD, Regulator, Wetsuit & Computer	24,-
Regulator	7,-	Lamp	10,-
Wetsuit	7,-	U/W camera ½ day	50,-
Computer	7,-	Go Pro Hero 3 - ½ day	55,-

Mask, fins & snorkel are free of charge!

PADI Diving Courses

Bubble Maker	80,-	Open Water Diver Course	830,-
Resort Dive (1 dive)	130,-	OWD Referral Course	410,-
Resort Dive (3 dives)	335,-	Upgrade SD to OWD	410,-
Scuba Diver Course	545,-	First Aid Course	190,-

For above activities and courses all equipment, books, logbooks, certification fees are included.

Advanced OWD Course	550,-	Rescue Course	660,-
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Books and certification fees are included. Equipment is not included.

Specialty Courses

Nitrox Course	200,-	Digital U/W Photography	295,-
Sea Turtle Diver	145,-	Shark & Ray Diver	145,-

Other specialty certifications like: Naturalist, Navigator, Peak Performance Buoyancy, Search & Recovery, Equipment, Multilevel, Drift, Deep and Night Diver are available on request.

All prices are subject to a 10% service charge plus 12% TGST.

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The Maldives – due to its abundant marine life is a famous destination for snorkeling. Especially the southern Atolls are well known for their largely untouched and beautiful coral reefs. If you wish to learn more about what there is to see, would rather not go snorkeling on your own or just not sure where to go? Don't miss out and come snorkeling with us every day! We will take you snorkelling on a daily basis either on a guided tour along our beautiful house reef or on a boat excursion.

Snorkeling Equipment

During our regular opening times you can visit the dive centre to collect your snorkeling equipment. Our staff will be more than happy to help you with the equipment, and inform you of the best snorkeling areas and the marine life that can be observed. Other equipment, such as underwater cameras and snorkel vests are also available.

Activities

Guided tour along our House Reef - We meet at the dive centre and after a briefing by our experienced snorkel guide about the interesting marine life you will encounter, we take you on a 45 – 60 minutes snorkel tour getting in and out of the water conveniently right at the dive school jetty. Many different kind of colourful reef fish like snappers, surgeon fish, schools of jackfish and maybe even a turtle or an eagle ray are out there waiting for you.

Snorkel Trip by Boat ½ Day - There are more sites to discover apart from our beautiful house reef. By local Dhoni we take you to different spots for a change of scenery. A knowledgeable guide will accompany and assist you and make your snorkelling trip unforgettable. The marine life is plentiful and count on discovering napoleon wrasses, anemones with the two different kinds clown fish we only encounter here in the Maldives and of course the big tunas that are ever present.

Night Snorkeling - Once a week we offer you the opportunity to experience something different and special. Did you know that at night parrotfish wrap them selves in a cocoon of mucus to avoid detection by predators? Puffer fish find a cosy sleeping spot usually right on top of a piece of coral. Lobsters, crabs, moray eels and lion fish come out to hunt at night. You will discover all this equipped with a torch when you join our night snorkelling experience!

Snorkel Course - For guests new to snorkeling we offer this course, where we explain how to prepare and use the equipment and start practicing snorkeling skills in the sheltered water of the lagoon proceeding with a guided tour along the house reef.

Please register a day in advance for any of the snorkel programmes above.

Excursions	US \$
Guided tour along our House Reef	30
Snorkelling trip by boat 1/2 day (Refreshments included)	50
Snorkelling trip by boat full day (Lunch and mineral water included)	135
Night snorkelling by boat (Includes under water torch)	55
Night snorkelling on the house reef (Includes under water torch)	39
Private guide 1/2 day / Full day	135 / 270
 Private Excursions	
Private Dhoni 1/2 Day / Full day	365 /380
Speed boat rental per hour	185
Private guide 1/2 day / Full day	135 / 270
 Equipment Rental	
Mask, Fins and Snorkel	Complimentary
Snorkel Vest 1/2 day	7
Wetsuit 1/2 day	7
Under Water Camera 1/2 day	45
GoPro Camera 1/2 day	50
 Snorkel Course	
Snorkel Lesson (1.5 hour)	50

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As one of the most southern water sports centres in the Maldives we offer a wide range of activities to suit every interest and level of experience. Whether you have never tried or you are already proficient at the sport come and have some fun and thrills with us!

With the perfect location on the beach, first class instructors and equipment Ocean Dimensions will make your stay unforgettable.

Activities

Stand up Paddle Boarding or SUP - It has become a very popular sport - number one reason being that it is fun, quick and easy to learn. We have flat water paddle boards, which are ideal for calm waters in our lagoon. Our staff will set you up on the board, give you some hints and tips and in no time you are off exploring the island. And here is some good news for all the ladies – in general woman are better stand up paddle boarders than men as they are shorter which gives them better balance.

Kite Surfing – Is an exhilarating activity, that lets you experience the power of the wind. Depending on the conditions we kite right in front of the center or off a beautiful sandbank near by. Best time is when the monsoon changes April/May and November /December. We stock Naish Kites and Shinn boards.

Wake Boarding, Knee Boarding, Wake Skate and Water Skiing - If you are looking for power and speed why not try wakeboarding or waterskiing! We explain the first steps to you on the beach and off we go - it is really easy and fun.

Windsurfing - Our crystal blue lagoon looks inviting and provides the perfect environment for windsurfing, suiting both the beginner and intermediate. If you are a windsurfer already the equipment is free of charge. Lessons are available for any one wanting to learn.

Catamaran Sailing - For those in search of a more relaxing activity our catamarans provide a refreshing change. Our captain will take you on ½ day excursions to a local island, snorkelling, looking for dolphins or towards the sunset. If you are a sailor already you can take the catamaran out on your own after we have checked your sailing license and skills.

Canoes - Slowly paddle around the lagoon or island - this is a more leisurely way to enjoy a day in paradise.

Ocean Dimensions – Water Sports



Tubing/Blast Rides - Are you looking for an adrenaline rush but do not want to learn a new sport? We have a variety of inflatable rings and tubes available for great blast rides that will make you scream for more. Come and try the Six Senses Sofa!

Speed Boat Excursions - Another alternative to relaxing on the beach are private excursions by speedboat. Ocean Dimensions offer private surfing, snorkeling, dolphin watching, local village visits and island joy rides. Tell us what you would like to do and we will tailor an excursion for you.

Contact Us

The Ocean Dimensions Water Sports Centre is located on the beach on the South Western side of the island next to the Leaf restaurant and we look forward to seeing there to arrange your water sports activities. It is also possible to contact us on extension 6466 during our regular opening times or via your GEM.

Equipment Rental and Activities		US \$
Canoe		Complimentary
Windsurfing (experienced only)		Complimentary
Catamaran (experienced only)		Complimentary
Stand up paddle board		Complimentary
Kite Equipment 1 hour rental (experienced only)		60,-
Water Ski (15 minutes)		60,-
Wake or Knee Board (15 minutes)		60,-
Blast Rides per person (10 minutes)		42,-
 Water Sports Lessons <i>(prices are per person)</i>		
Water Ski (20 minutes)		75,-
Wake Board (20 minutes)		75,-
Catamaran	Private lesson (1 hour)	75,-
	Refresher course (3 hours)	210,-
	Short course (5 hours)	270,-
	Basic course including certification (10 hours)	425,-
Windsurfing	Private lesson (1 hour)	65,-
	Fun course (3 hours)	180,-
	Short course (5 hours)	225,-
	Basic course including certification (10 hours)	400,-
Swimming	Lagoon lesson with certified Instructor (45 minutes)	50,-
 Excursions		
Night SUP	Guided SUP or canoeing tour with Nocqua lights - price per person (1 hour)	48,-
Canoe Safari	Guided canoeing tour - price per person (1 hour)	48,-
Catamaran	Sailing Safari with captain - maximum 2 persons (1 hour)	75,-
	Sailing Safari with captain - maximum 2 persons (2 hours)	145,-
	Sailing Safari with captain - maximum 2 persons (3 hours)	210,-
Kite Surfing	Guide with rescue boat (1 hour)	60,-
Speed Boat	Snorkelling, or a atoll tour (maximum 4 persons)	
	Charter (1 hour)	195,-
	Charter (3 hours)	470,-
	Charter (6 hours)	820,-

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Activities

Surfing - Only a few surf safari boats come all the way down south to surf the breaks of the Laamu Atoll. Being the only resort in this Atoll our surfers have the break to themselves most of the time. The best time for the wave is from April to October when wind and swell are at their optimum. Already from the resort you can see the impressive white spray of the most famous break in the Atoll the Yin Yang which breaks on the outer reef of the local island Hithadhoo.

The resort has six breaks in the vicinity.

The Corner - Beginner / Left

Petrol Head – Intermediate / Left

Jetty C – Intermediate / Left

Gaadhoo – Experienced / Left

Maamendhoo – Intermediate / Left

Yin Yang – Experienced / Right

There are five other breaks in the Laamu Atoll, which are further away and can be reached by speedboat or a full day Dhoni excursion.

Machines – Experienced / Right

Bedhuge – Experienced / Right

Refugees – Experienced / Right

Refugees – Experienced / Left

Isdhoo Bank – Experienced / Right

Maava – Beginner – Intermediate / Left

Swell and wind condition forecasts are available at the Water Sports Centre.

Close by Breaks – The Corner and Jetty C are an easy paddle from the resort to the house reef where they break. Both work best on a SW swell and a NE wind. A drop off service can be arranged from the Water Sports Centre.

The “Yin Yang” and “Gaadhoo” are accessible by boat due to isolation, location and currents. These work at all stages of the tide. Low water creates a fast hollow inside section, whilst the outside breaks in the deeper water offering a mellow wave. With the right conditions the outside and inside can link up producing up to a 200m wave.

Schedule – During the surf season the Ocean Dimensions Rib or Dhoni will take you there. We offer three excursions daily departing at 7:00 AM, 10:00 AM and 15:00 PM.

Please Note: you are required to book in advance to secure your place and guest are requested to meet at the Water Sports Centre 10 minutes prior to departure.

Ocean Dimensions – Surfing



Lessons – There is an internationally qualified surfing professional on site offering:

Beginner Lessons - 1 to 2 hours, conducted in the lagoon in relatively safe deeper water.

Intermediate Lessons - taught on any of the three house reef breaks as the conditions dictate.

Advanced and Performance Analysis – conducted on the Yin Yang.

We have rental boards available plus we carry spares for your surfing needs such as: Leashes, Reef Booties, Water Proof Bags, Surf Hats, Wax, Solar Cure Resin, Surf Sun Glasses and Rash Guards.

Contact Us

The Ocean Dimensions Water Sports Centre is located on the beach on the South Western side of the island next to the Leaf restaurant and we look forward to seeing you there to arrange your surfing activities. It is also possible to contact us on extension 6466 during our regular opening times or via your GEM.

Surfing Season is from April - October

Equipment Rental	US \$
Board (2 hours / 1 day / 6 days)	25,- / 45,- / 250,-
Lessons <i>(prices are per person)</i>	
Surf Basics - Introduction, theory, dry practical, lagoon practical (1 hour)	80,-
Surf Beginner / Intermediate - Theory, dry practical & lagoon plus on the wave (2 hours)	145,-
Three day starter package - Theory, dry practical & lagoon plus on the wave (6 hours)	400,-
Intermediate Lesson - On the green wave practical (1 hour)	80,-
Turning Lesson - Wake surfing behind the boat (20 minutes)	90,-
Introduction Group Lesson - Minimum 4 persons description as per surf beginner (2 hours)	120,-
Excursions	
Surf Drop off (Jetty C only)	25,-
Single morning or afternoon pass (close by breaks e.g. Yin Yang)	69,-
One day pass (close by breaks e.g. Yin Yang)	125,-
Full day excursion 8 hours (East/West Atoll breaks e.g. Machines) min. 3 persons	165,-
Six day pass	655,-
None Surfer - Sightseeing boat ride to close by breaks (space dependent)	20,-
Speed Boat Charter	
3 hours - includes one \$69 single am/pm pass, safety guide, water and towels	470,-
6 hours - includes one \$125 one day pass, safety guide, water and towels	820,-

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