P.O. BOX 3602 WINTER PARK, FLORIDA 32790-3602

WWW.SURFACEINTERVALTRAINING.COM

FOR IMMEDIATE RELEASE October 1st 2007

CONTACT:

Kevin B. Green 321.228.4862 Spencer Jackson 407.235.5561

Spencer Jackson recognized for Excellence by PADI

WINTER PARK, FL – Surface Interval Training's Spencer Jackson was recently recognized by PADI's Training and Quality Management department. He received this recognition for quality service and training following a Surface Interval Training Open Water Diver course.

"Your professional efforts and dedication help to keep PADI at the forefront of diver education. We would like to extend our appreciation for the fine job you are doing representing PADI," stated Steven Mortell, PADI's Supervisor of Training and Quality Management. Spencer received a PADI Certificate of Recognition for Excellence as a result of his quality training efforts.

Surface Interval Training employs expert training staff with only the highest level of experience and training. This most recent recognition is another example of the quality that is to be expected from Surface Interval.

Surface Interval Training features training programs from the Professional Association of Diving Instructors (PADI), Emergency First Response, Medic First Aid International, and the American Red Cross. Courses available include Open Water Diver all the way through Divernaster, as well as First Aid, CPR, and Automated External Defibrillator (AED). Classes will be available on a schedule or can be custom scheduled as needed.

In addition to quality training, Surface Interval will offer international and domestic dive travel services in the coming months.

Information on classes, training agencies, and travel are available at: www.surfaceintervaltraining.com . www.surfaceintervaltraining.com . www.surfaceintervaltraining.com .

###