

FREEDIVING COURSES

DISCOVERY FREEDIVER COURSE (AIDA1)

PRICE: USD 125

DURATION: 5 hours

The course includes:

- Classroom Theory Session
- Breathing & Breath-hold Session
- Open Water Session (2 hour)
- AIDA 1 International Certification

You will learn:

- Basic breathing and relaxation techniques
- Basic equalization
- Basic diving techniques and disciplines
- Safety & Rescue

Prerequisites:

- Able to swim
- 18 years of age (16 with guardian's consent)

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BEGINNER FREEDIVER COURSE (AIDA2 / WAVE1)

PRICE: USD 250

DURATION: 2-2.5 Days

The course includes:

- 2 Classroom Theory Sessions
- Breathing & Breath-hold Session
- Confined water sessions
- 3 Open Water Sessions
- Final Written Exam.
- *AIDA 2 International Certification

You will learn:

- Science of freediving
- Breathing and Relaxation techniques
- Equalization skills
- Diving techniques and depth training
- Safety & Rescue

Prerequisites:

- 18 years of age (16 with guardian's consent)

AIDA2 Certification: Specific requirements for certification



**ADVANCED FREEDIVER COURSE
(AIDA3 / WAVE2)**

PRICE: USD 375
DURATION: 3 Days

The course includes:

- 3 Classroom Theory Sessions
- Mobility/Yoga for frSession
- Confined water sessions
- 4 Open Water Sessions
- Final written exam.
- AIDA 3 International Certification

You will learn:

- Advanced physiology and science of freediving
- Advanced equalization
- Advanced diving techniques
- Mobility and yoga for freediving
- Advanced Safety & Rescue

Prerequisites:

- AIDA2 Certification or crossover from other agency

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MASTER FREEDIVER COURSE (AIDA4 / WAVE3)

PRICE: USD 500
DURATION: 4 Days

The course includes:

- 3 Classroom Theory Sessions
- Specific Mobility/Yoga Session
- Confined Water Sessions
- 4 Open Water Sessions
- Final written exam.
- AIDA 4 International Certification

You will learn:

- Physics – Dalton’s Law, Boyle’s Law, Henry’s law, Decompression Sickness, Nitrogen Narcosis
- Failure depth and how to increase VC and decrease RV
- FRC Diving - how and when to use it, benefits and risks
- Mouth-fill - how and when to use it, benefits and risks
- Packing - how and when to use it, benefits and risks
- Fitness and Training for Freediving - aerobic and anaerobic training, stretching
- Nutrition & Diet for Freediving



