

### PADI Freediving Course

Freediving is about inward power, discipline and control. If you've always wanted to enter the underwater world quietly, on your own terms, staying as long as your breath allows, then freediving is for you. Taking the PADI Freediver course is your first step to discovering the beauty beneath the sea on a single breath.

To enroll in a PADI Freediver course, you must be 15 years old. You need adequate swimming skills and need to be in good physical health. No prior experience with snorkeling, skin diving or freediving is required.

If you are younger than 15 years old, no problem. 12 years old and above can enroll in the PADI Basic Freediver course and if you are 8 years old, you can enroll in the PADI Skin Diver course. The whole family can join in the fun!

PADI Freediver courses:

consists of three main phases:

Knowledge development - independent study where you learn about the principles of freediving

(elearning)

Confined water session to learn breathhold techniques as well as static and dynamic apnea. The goal - static apnea of 90 seconds and dynamic apnea of 25meters/80ft

Open water sessions to practise free immersion and constant weight freedives, plus proper buddy procedures. Goal - constant weight freedive of 10meter/30ft.

### Equipment

You will need a mask, snorkel and fins and wetsuit and weight belt. This can be purchased with the Freediving Course in the Silver and Gold Package.

Lets get started! Enroll today through our dive center or online by sending us an email to get access to the online elearning portion.