

TENERIFE · LANZAROTE

apnea
canarias
Freediving Center



DISCOVER FREEDIVING

“ WE ARE THE FIRST FREEDIVING CENTER IN SPAIN RUNNING ALL LEVEL COURSES OF MAJOR FREEDIVING ORGANIZATIONS WORLDWIDE (MOLCHANOV'S, AIDA, SSI, CMAS AND APNEA ACADEMY). WE ARE ALSO AN INSTRUCTOR TRAINING CENTER ”

FOR THOSE WHO HAVE NEVER DONE ANY UNDERWATER ACTIVITY BEFORE AND WOULD LIKE TO EXPERIENCE FREEDIVING, WE HIGHLY RECOMMEND YOU THE “DISCOVER FREEDIVING” OPTION.

Course duration: 1 morning (about 4-5 hours)

Requirements:

- Be at least 18 years (or 12 with parental consent).
- Know how to swim.

Includes: freediving equipment and insurance during the course.

Price:

- 1 person: 85€
- 2 people: 70€
- 3 people: 65€
- 4 or more people: 60€/pp



SCHEDULE

9.00h

THEORY

- Freediving as a sport
- Physiology, physics and the human breathing system
- Depth and pressure

12.00h

BREATHING AND RELAXATION TECHNIQUES

13.00h

OPEN WATER SESSION

MATERIAL:

ALL STUDENTS SHOULD BRING:

- Swimming trunks
- Towel

MEETING POINT AND HOURS:

STUDENTS SHOULD MEET IN THE CENTER AT 9:00H (OR ACCORDING TO PREVIOUS AGREEMENT)

From 9.00 to 13:00 approx.

*CANCELLATION POLICY:

Any cancellation made by the client less than 48 hours before the start of the activity will not be eligible for a refund of the deposit.

BOOKING DETAILS:

ALL STUDENTS MUST MAKE COMPLETE PAYMENT OF THE COURSE AS PRE-REGISTRATION. *

The rest of the payment must be paid just before the course starts.*

BANK NAME: Arquia Caja de Arquitectos Tenerife

HOLDER: ApneaCanarias

Caja de Arquitectos
Rambla de Santa Cruz, 138,
38001 Santa Cruz de Tenerife
(España)

IBAN:

ES07 3183 3800 3210 1083 1228

BIC: CASDESBB

CONCEPT:

Freediving Course – “Name of student, course name and date”

PAY PAL:

pagos@apneacanarias.com

(+ 5% of course fee)

*In case the course is cancelled, the initial payment will be refunded.

INFORMATION:

FOR FURTHER INFORMATION PLEASE CONTACT

tenerife@apneacanarias.com

+34 671 845 553

FREEDIVING is a sport with a very strong PSYCHOLOGICAL ingredient, based on a diaphragmatic BREATHING -inducing physical and mental RELAXATION. Getting appropriate freediving knowledge on PHYSIOLOGY, SAFETY and RESCUE, students will gain confidence to improve in a SAFE environment.