

FREEDIVING COURSE LEVEL 3

TENERIFE · LANZAROTE
apnea
canarias
Freediving Center



“WE ARE THE FIRST FREEDIVING CENTER IN SPAIN TO RUN CERTIFIED COURSES OF THE MAJOR FREEDIVING ORGANIZATIONS WORLDWIDE (MOLCHANOV'S, AIDA, SSI, APNEA ACADEMY AND CMAS) AT ALL LEVELS, AND INSTRUCTOR TRAINER COURSES”

LEVEL 3

THIS IS A SPECIFIC COURSE FOR GAINING DEPTH. WE RECOMMEND YOU TO HAVE A GOOD GRIP ON THE TECHNIQUES LEARNED IN THE PREVIOUS LEVELS. DEPTH RANGE WILL BE BETWEEN 30 AND 40 METERS.

Course length: 4 days

Requirements:

- Be able to swim at least 400m non-stop without fins
- Be at least 18 years old (or 16 with parent or guardian consent)
- **TO PROCEED TO LEVEL 3 YOU NEED TO HAVE COMPLETED THE LEVEL 2 REQUIREMENTS.**

Price: 470€

Includes: Freediving insurance for the course, students manual, freediving equipment and LEVEL 3 certification (once the student has passed the course).



Day 1

9.00h.

THEORY 1 INTRODUCTON

Course programme
Freediving equipment
Physiology (Level 1&2 review)

11.00h

OPEN WATER SESSION 1 (FREE IMMERSION + CONSTANT WEIGHT) (DEPTH RANGE 0-30M)

Level 1&2 review (fining, duck
dive, recovering breathing,
buoyancy, etc.)

Buddy system

13.00h

POOL/CONFINED WATER SESSION 1

Relaxation and warm up
techniques
Buddy system (safety signs)
Recovering breathing
CO2 table for static training
Maximum
Rescue

Day 2

9.00h.

THEORY 2

Pressure and lung barotrauma
Mouth-fill equalization tech-
nique
Functional residual capacity
(FRC)
Streamlining

11.00h

OPEN WATER SESSION 2 (FREE IMMERSION + CONSTANT WEIGHT) (DEPTH RANGE 0-30M)

Streamlining and fining
efficiency
Functional residual capacity
(FRC)
Mouth-fill equalization tech-
nique on action

13.00h

POOL/CONFINED WA- TER SESSION 2

Proper buoyancy for dynamic
Turning techniques
Maximum performance
Dynamic no fins techniques
Rescue

Day 3

9.00h.

THEORY 3

Thoracic stretching
Physiology for deep dives
Mental training for freediving

11.00h

WORKSHOP

Thoracic stretching session

13.00h

OPEN WATER SESSION 3 (FREE IMMERSION + CONSTANT WEIGHT) (DEPTH RANGE 0-40M)

Free-falling
Mouth-fill equalization
technique
Turning technique
One to one safety system

Day 4

9.00h.

THEORY 4

“RRR” Rescue /Response
/Revive
Henry’s Law
Narcosis
Environment

11.00h

WORKSHOP

Stretching session

13.00h

OPEN WATER SESSION 4 (FREE IMMERSION + CONSTANT WEIGHT) (DEPTH RANGE 0-40M)

Warm up for maximum
Free Immersion Maximum
Constant Weight Maximum
One to one safety system
Rescue @ -20mts

14.30h

EXAM

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)

Day 1: from 9:00 to 13:30 aprox
Day 2: from 9:00 to 16:00 aprox
Day 3: from 9:00 to 15:30 aprox

*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 A DEPOSIT
OF 100€ 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 – “Your name”

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

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FREEDIVING is a sport with
a very strong PSYCHOLOG-
ICAL ingredient, based on
a diaphragmatic BREATH-
ING -inducing physical and
mental RELAXATION. Get-
ting appropriate freediving
knowledge on PHYSIOL-
OGY, SAFETY and RESCUE,
students will gain confi-
dence to improve in a SAFE
environment.