



DISCOVER FREEDIVING

“ WE ARE THE FIRST FREEDIVING CENTER IN SPAIN RUNNING ALL LEVEL COURSES OF MAJOR FREEDIVING ORGANIZATIONS WORLDWIDE (MOLCHANOV, AIDA, SSI). WE ARE ALSO A INSTRUCTOR TRAINIER 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)

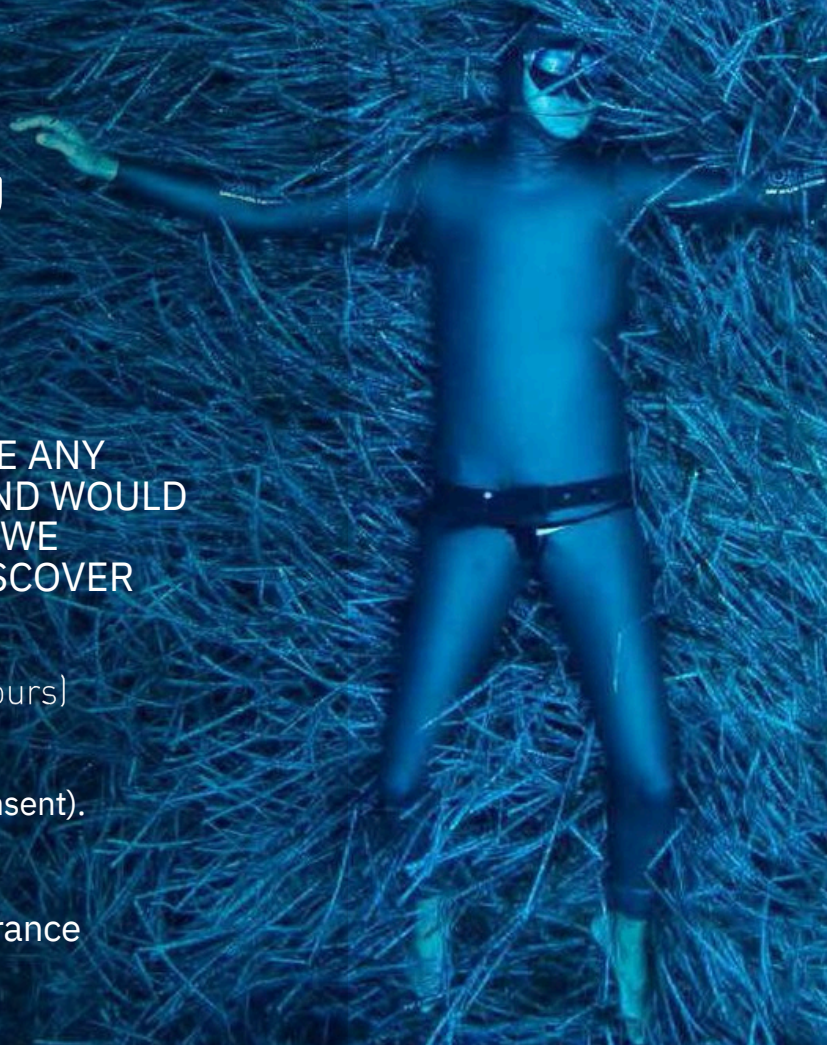
Requirements:

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

Includes: freediving equipment and insurance during the course.

Price:

85€ Per Person



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

(optional: Student may bring their own equipment)
Equipment will be provided during the course

MEETING POINT & 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 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

tenerife@apneacanarias.com

+34 672 58 36 88

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.