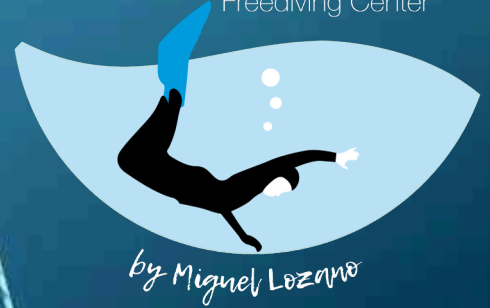


TENERIFE · LANZAROTE

**apnea**  
**canarias**  
Freediving Center



# LEVEL 1 FREEDIVING COURSE

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

”

## LEVEL 1

STUDENTS WILL GAIN ENOUGH TECHNICAL KNOWLEDGE FOR DIVING DOWN TO 20 METERS DEPTH. THE COURSE INCLUDES THEORY CLASSES, BREATHING AND RELAXATION, POOL AND OPEN WATER SESSIONS.

Course length: 3 days

Requirements:

- Be at least 18 years old (or 12 with parent or guardian consent)
- Be able to swim at least 400m non stop

Precio: 375€

Includes: Freediving Insurance for the course, Student's kit, Freediving equipment and Level 1 certification once the student has completed all course requirements.

# Día 1

**9:00 - 10:00 :**  
THEORY

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

**10:00 - 10:30 :**  
BREATHING  
AND RELAXATION TECHNIQUES

**10:30 - 11:00 :**  
EQUIPMENT PREPARATION

**11:00 - 13:30 :**  
OPEN WATER SESSION  
[FREE IMMERSION + CONSTANT WEIGHT]  
[DEPTH RANGE 0-20M]

Breathing, Visualizing, Duck dive  
Fining techniques, Equalizing  
techniques, Weighting for  
freediving

**13:30 - 14:00:**  
BREAK

**14:00 - 14:30 :**  
EQUALIZATION EXERCISE  
AND VIDEO ANALYSIS

# Día 2

**9:00 - 11:30 :**  
POOL SESSION  
STATIC AND DYNAMIC

Recovering breathing  
Fining techniques and body  
position  
Safety and rescue

**11:30 - 12:00:**  
BREAK

**12:00 - 14:00 :**  
OPEN WATER SESSION  
[FREE IMMERSION + CONSTANT WEIGHT]  
[DEPTH RANGE 0-20M]

Breathing, Visualizing, Duck dive  
Fining techniques, Equalizing  
techniques, Weighting for  
freediving

**14:00 - 14:30 :**  
EQUALIZATION EXERCISE  
AND VIDEO ANALYSIS

# Día 3

**9:00 - 10:00 :**  
THEORY

Freediving risks, safety  
and rescue, Scuba diving and  
Freediving Environment

**10:00 - 12:00 :**  
OPEN WATER SESSION  
[FREE IMMERSION + CONSTANT WEIGHT]  
[DEPTH RANGE 0-20M]

Safety and Rescue

**12:00 - 13:00 :**  
LEVEL 1 EXAM

## **MATERIAL:** ALL STUDENTS SHOULD BRING:

- Swimming trunks
- Towel

## **MEETING POINT & HOURS:**

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

Day 1: from 9:00 to 15:00 aprox  
Day 2: from 9:00 to 15:00 aprox  
Day 3: from 9:00 to 14:00 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

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.