



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.

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

Price: 375€

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

Day 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, Equalization
techniques, Weighting for
freediving

13:30 - 14:00:
BREAK

14:00 - 14:30 :
EQUALIZATION EXERCISE

Day 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, Equalization
techniques, Weighting for
freediving

14:00 - 14:30 :
VIDEO ANALYSIS

Day 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 CORRECTION

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]

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.