

STAGE A FREEDIVING

...experience
pure
Freedom!...

STAGE A Apnea Australia freediving courses

Ever watched other divers glide effortlessly far below you; reach the bottom and just hang there suspended for what seems like an eternity? - perfectly balanced and totally at one with their surroundings?

Here's your chance to dramatically improve your Freediving and Spearfishing skills the right way - all in complete safety and under the guidance of our DiversWorld, Apnea Australia accredited instructors.

An Apnea accredited, DiversWorld Freediving course will take you through all the skills and techniques required to safely improve your bottom time and totally transform your underwater experience.



At just \$400 pp incl course manual, the two-day course also covers:

- Freediving explained;
- Safety for Freediving. Rules of behaviour for Freediving;
- The buddy system and the role of the buddy and diver in training & Training session planning;
- The difference between a Depth session and a Spearfishing session;
- Equipment for Freediving. Which mask, snorkel, fins and suit to choose;
- Physiology for Freediving;
- Correct breathing techniques for Freediving;
- Preventing pressure injuries (barotraumas) whilst Freediving.
- Relaxation techniques for static training;
- Equalisation techniques;
- Freedive emergencies; and
- Avoiding and reacting to blackout and "surface samba" (loss of motor control).



Training sessions also include Static Breathhold tables and Deep Water sessions.



**For more info or Booking,
contact Quinn on:
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