

Exploring Beyond the Surface

SSI Continuing Education LEVEL 1 FREEDIVER



Experience new adventures and explore undiscovered worlds!

Have you ever dreamed of swimming like a dolphin or wondered what it feels like to glide through the ocean just holding your breath? Then, you owe to yourself to find out more about freediving.

Freediving is an exciting activity that everyone, regardless of age, can enjoy with the proper equipment and the appropriate training. No matter where you live, freediving is an exhilarating, year round activity. Whether it's exploring a beautiful ocean reef, or a local lake or river, there is a freediving experience close by.

The Level 1 SSI Freediver course is designed to provide you with the proper skills and knowledge to partake in the recreational sport of Freediving (breath hold diving) in a safe and enjoyable manner.

During your program you'll learn about the equipment, diving science, the environment, problem management and the local area. In addition, you'll practice techniques of breath hold Freediving, entering the water, checking your buoyancy, surface swimming, and finning techniques. It will build your confidence in your Freediving abilities and help you to explore the mysteries of the aquatic realm.

This course is a must for anyone who wishes to spearfish as it will increase both the depth and duration of your dives.

COURSE STRUCTURE:

Theory: Home study with training manual and online sessions + 1 in class theory lesson, putting the theory knowledge into an actual Freediving context (1 evening session)

Pool: A skills development session focussing on breathing, finning, equalising techniques performing dynamic and static breathholds (Allow a full day)

Open Water: Over 2 days of training building from shallow training off a beach or pier through to the second day performing breathholds from 2 boat dives

PRE-REQUISITES:

For anyone in good health from 16 years or more.

All participants are required to have their own long blade fins, Marseillaise belt, low volume mask, soft snorkel and a suitable wetsuit.

Participants must complete a medical declaration and may be require to undertake a medical.

- Be medically fit
- Marseillaise belt
- Low volume mask (85cm³ or smaller)
- Freediving fins

INCLUSIONS:

- Pool admission fee
- Online Training material
- Digital Certification
- 2 boat dives
- Breathing and stretching sessions

EXCLUSIONS:

- Wetsuit & weights (\$30 per day for the wetsuit & \$15 per day for the weights)
- Log book

COST: \$495 (+\$30 per day for the wetsuit & \$15 per day for the weights if applicable)

DEPOSIT: \$100.00 upon booking and completing a course booking form

Theory sessions at SCUBA CULTURE

Pool training at Boroondara recreation Ctr. Balwyn

Instructor: Chris Simmonds

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