

Exploring Beyond the Surface



FREEDIVING BASICS – CONFINED WATER TRAINING

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.

This program provides you with the training and knowledge required to safely freedive with a buddy in pool/confined water environments to a depth of five meters. You will earn the SSI Basic Freediving certification after completing this program. During your program you'll learn about the equipment, diving science, the environment, problem management. 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 build technique and duration of your dives.

COURSE STRUCTURE:

Theory: Home study online session + 1 in class theory lesson, putting the theory knowledge into an actual Freediving context (approximately 1.5 to 2 hours in class in the morning)

Pool: A skills development session focussing on breathing, finning, equalising techniques performing dynamic and static breatholds (4 to 5 hours)

PRE-REQUISITES:

For anyone in good health from 10 years or more.

All participants are required to have their own long blade fins, Marseillaise belt, low volume mask, soft snorkel. Participants must complete a medical declaration and may be required to undertake a medical.

- Be medically fit
- Marseillaise belt
- Low volume mask (85cm³ or smaller)
- Freediving fins (or a heel strap Scuba fin with boot is acceptable for the Freediving Basics only)
- Training with SCUBA CULTURE will qualify you for a 10% discount on your purchases

INCLUSIONS:

- Pool admission fee
- Online training access
- App based certification
- Breathing and stretching sessions

EXCLUSIONS:

- Wetsuit & weights (\$35 per day for the wetsuit & \$15 per day for the weights)
- Log book

COST: \$225

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

Theory sessions at SCUBA CULTURE, Pool training at Ashburton Pool (8 Warner Ave. Ashburton)

Instructor: Chris Simmonds

SCUBA CULTURE PtyLtd, 117 Highbury Rd, Burwood, Vic 3125 PH: 03 98080033

Email: sculture@bigpond.net.au Web: www.scubaculture.com.au