



Discover Freediving Course Itinerary

Freediving is about inward power, discipline and control. If you've always wanted to enter the underwater world quietly, on your own terms, staying as long as your breath allows, then freediving is for you. The Discover Freediving course is your first step toward experiencing why freediving is becoming a popular way to explore beneath the waves.

Cost: \$225

\$100 discount on further courses with Freedive Tasmania

Total Hours : ~6



Prior Theory Session

1.5-hour online theory session- covering the essential safety, pressure adaptation (equalising the inner ear), relaxation and breathing components of freediving. We will learn how to prepare our mask, breathe up, how to buddy effectively, how to rescue a blackout victim, and the different disciplines of freediving.

8.30-11:00am Morning Pool Session

2.5-hour pool session. We will complete the swim test then start practising what we have learned in the theory session, diving down to 5m, relaxing to hold our breath longer and more comfortably.

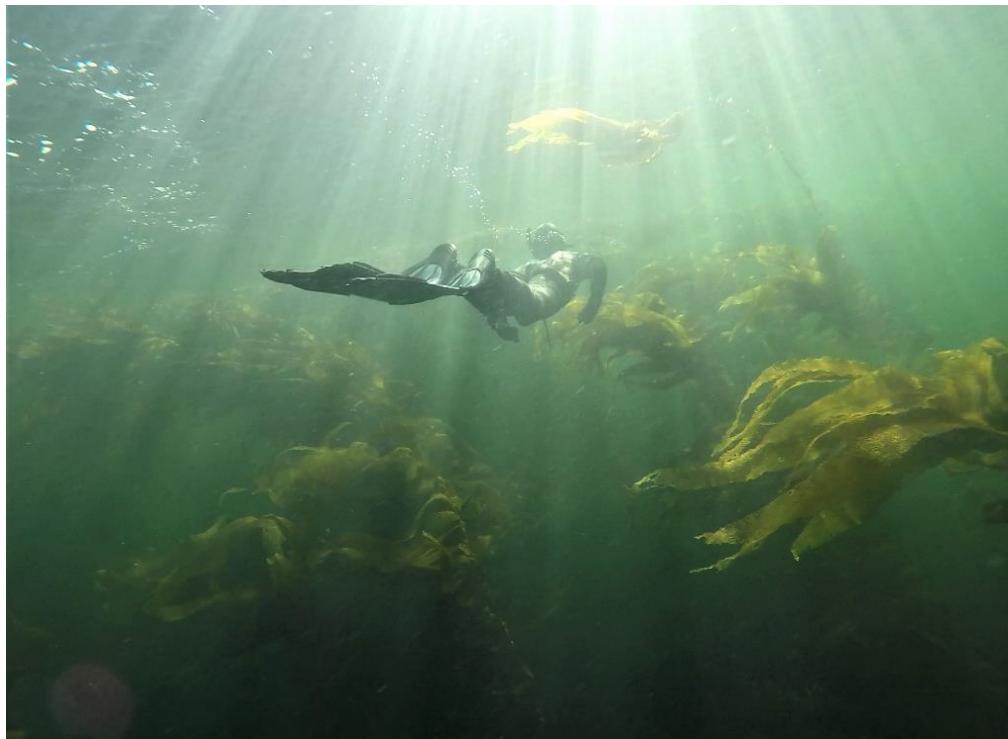
Please arrive a little early so we can just jump straight in the pool at 8am.

12:30pm-3:00pm Afternoon Ocean Dive

2.5-hour Open Water session. Location will depend on the weather.

We'll have a look for crayfish and other marine life and practise our freediving on the float and line.

By the end of the Discover Freediving course, students will have learned and had experience in safe freediving protocol, and the freediving disciplines of free immersion, constant weight, static apnea, dynamic apnea, and kelp forest diving.





IMPORTANT NOTE

Wetsuits and a full range of gear are available for a \$40 hire fee. Any gear you purchase with Freedive Tasmania will have the hire fee deducted from the cost- so feel free to have a look at our store.

You must be at least 15 years old to complete this course within Australia.

You will be required to complete a medical statement which may result in you needing to complete a medical with a doctor.

You will be required to complete a swim test of 200 meters and tread water for 5 minutes unassisted.

Please make sure you arrive 10 minutes early for the pool and dive sessions.

Courses are only partially refundable for cancellations less than two weeks away from the entry date (see online for full policy). A \$100 non-refundable deposit is required, alternatively you can pay the \$225 in full.

Students who complete the Discover Freediving course are invited to continue their journey with a \$100 discount on the Freediver course with Freedive Tasmania.

Please note that this course does not provide a freediving qualification- if you're just looking for a qualification, then take the PADI Freediver (the next level up).

The times, locations and venues are subject to be changed.

For any questions, please contact the instructor Kaeo.

Email instructorkaeo@freedivetasmnia.com

Mobile 0459712384

or Facebook Kaeo Landon Lane

ABOUT YOUR INSTRUCTOR:

Kaeo is a Master Freediver and Freediver Instructor who has been holding his breath since before he was born. He has trained and dived in hundreds of sites around the world. His depth record is 36m and his static apnea record is 7 minutes and 3 seconds. He is currently training to have the Australian static apnea record.

