

PADI Freediver 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.

In the PADI Freediver course, you will learn to hold your breath, relax and dive deep in the ocean over two days.

Consisting of an online theory class, a pool session and two open water dives, the PADI Freediver will prepare you to be a safe, confident freediver. At the end of the course, you will receive PADI Freediver certificate.

Knowledge Development- to be completed before attending the Theory Session

Complete all of your dive theory at your own pace and in a time frame that suits you with PADI's eLearning. Study at home where you will have access to interactive videos and quizzes making learning much more fun and engaging. Options are available for either PC or tablet (touch) versions of eLearning. The best thing about it? All PADI Freediving course content is available. If you're interested in expanding your freediving knowledge, then you can complete the Advanced and Master Freediver sections, coming to class with as many questions as you want answered.

Online Theory Session

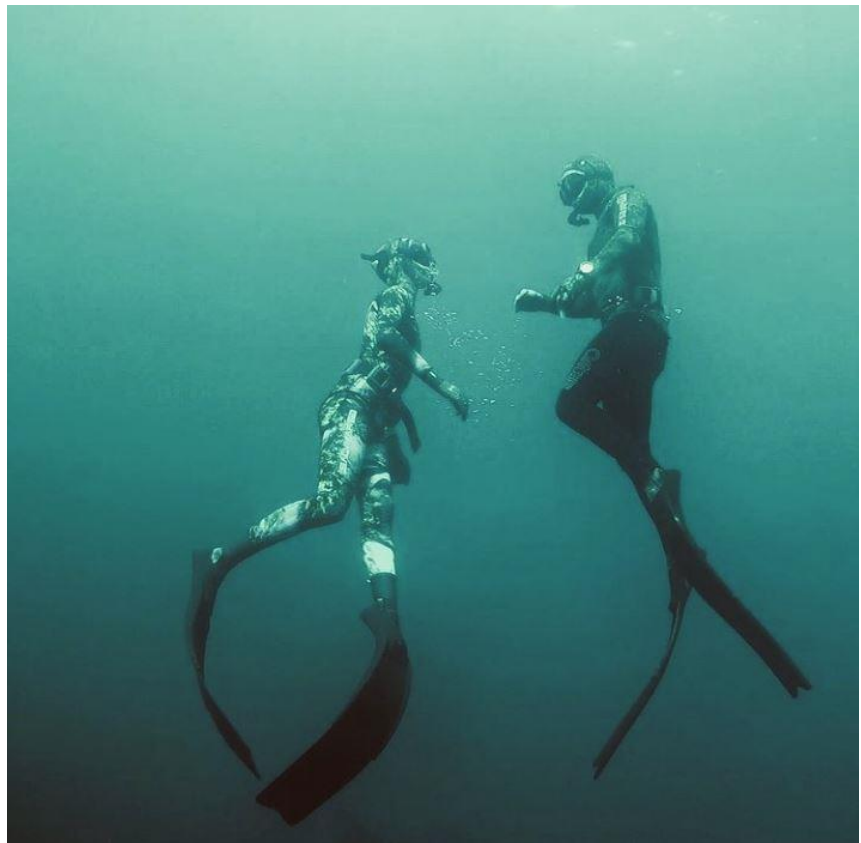
6:00-8:00pm

We'll cover everything we need to know about freediving that we haven't yet covered in the PADI Freediver online course material so we can be ready to jump straight in the water on Saturday morning.

Closed-water Pool Dive

In the pool we will practise freediving in a controlled environment. We begin the session with a 200m swim, followed by practising freediving pool disciplines and equalising.

The closed-water session is subject pool availability and location, contact the instructor for more information.



Open-water Ocean Dives

Locations are dependent on weather, but we will try to dive in the giant kelp forests that find their last refuge in Tasmania, and in the deep clear waters on the east coast of Tasmania. Here we will dive deeper, testing our equalisation, relaxation and breath holding skills, and practising safety procedures with one shore dive and one boat dive. Bring your camera!



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 must be able to swim 300 meters and float for 2 minutes unassisted.

Please arrive 10 minutes early for the pool session.

Courses are only partially refundable. A \$225 deposit is required to start the online knowledge development, alternatively you can pay the \$550 in full.

At the end of this course, you will receive photos and a PADI Freediver qualification.

For any questions, please contact the instructor Kaeo.

Email instructorkaeo@freedivetasmania.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.

