



FREE DIVING



TRY APNEA / BASIC DIVER / FREE DIVING LEVEL 1

Day 1

8:30 -12:00

Try Apnea
Basic Diver
Level 1 FD

Introduction to the course program

Theory lesson:

Breathing techniques & Hyper Ventilation
Diving Physics and Equipment

Briefing:

Skill explanation

Pool /Confined Water training Module 1

Buoyancy trimming, Duck Dive,
Finning Techniques (Flutter Kick)
Dynamic Apnea (DYN) 30m
Dynamic without Fins (DNF) techniques

Debriefing

Filling out the Logbook and Record card Try Apnea Diploma

13:30 - 17:00

Basic Diver
Level 1 FD

Theory lesson:

Breathing techniques & Hyper Ventilation
Mammalian Diving Reflex

Briefing:

Skill explanation

Pool /Confined Water training Module 2

Finning Techniques (Dolphin Kick)
Dynamic Apnea (DYN) 30 meter
Equalization, Rescue Skills (Cramp removal & Towing)
Blackout (BO) & Lost of Motor Control (LMC)
Rescue Techniques, Rescue – Response – Revive (RRR)

Debriefing

Filling out the Logbook and Record card
Certification Basic Diver

Rental Equipment

Apnoe Fins and Rubber Weight Belt is during the course included

Try Apnea Program Basic Free Diver

½ Day including Rental Equipment 45 Euro
1 full day program inclusive Rental Equipment
SSI Basic Diver Certification 140 Euro



FREE DIVING



FREE DIVING LEVEL 1

Day 2

8:30 -12:00

Level 1 FD

Relaxing & Stretching, Breathing Techniques

Briefing:

Skill explanation

Open Water training Module 3

Buoyancy trimming, Equalization, Duck Dive,
Finning Techniques (Flutter Kick), Streamlining,
Orientation to the Rope, Surfacing,
Constant Weight (CWT) 10 meter training,
Ascent from 10 meter using Arms-Only Technique,

Debriefing

Filling out the Logbook and Record card

Theory lesson:

Final Exam

13:30 - 17:00

Level 1 FD

Relaxing & Stretching, Breathing Techniques

Briefing:

Skill explanation

Open Water training Module 4

Finning Techniques (Dolphin Kick), Streamlining,
Constant Weight (CWT) 10 meter training,
Ascent from 10 meter without Mask
Rescue Skills (Cramp removal & Tired Diver Tow)
Blackout (BO) & Lost of Motor Control (LMC)
Rescue Techniques, Rescue – Response – Revive (RRR)

Debriefing

Filling out the Logbook and Record card
Certification Level 1 Free Diver

FRTRG

Rental Equipment

Apnoe Fins and Rubber Weight Belt is during the course included

Level 1 Free Diver

2 full day program inclusive FD Manual, FD Logbook,
Rental Equipment, SSI Level 1 FD Certification 200 Euro
½ Day including Rental Equipment 40 Euro gg