

An underwater photograph showing several divers in a clear blue ocean. One diver is in the foreground, swimming horizontally. Other divers are visible in the background, some appearing to be in a vertical position. The lighting is bright, creating a shimmering effect on the water's surface.

LEARN TO FREEDIVE

WITH WORLD CHAMPION FREEDIVER
MARIANNA GILLESPIE

TAKE YOUR SNORKELLING TO NEW DEPTHS

**BUILD A FOUNDATION OF GOOD
TECHNIQUE & SAFETY SKILLS
TO ENJOY FREEDIVING SAFELY**

The WAVE 1 is the foundation freediving course covering the necessary skills and knowledge needed to be able to safely freedive with or without a guideline. It is designed to be a freediving beginner's course for students who are already confident in the water.

The purpose of the course is to familiarise you with the skills, knowledge, planning, organisation, safety procedures, techniques, problems, hazards and enjoyment of breath hold freediving. You will be introduced to the basic disciplines of freediving; Static Apnea, Dynamic Apnea and Constant Weight freediving.

By the end of the course you will be able to hold your breath for at least 2 minutes, swim 40 meters in dynamic apnea and dive comfortably between 16 and 20 meters depth.

BEGINNER COURSE : WAVE 1

- 4 theory sessions
- 1 breathing & relaxation session
- 1 static apnea session
- 1 dynamic apnea session
- 4 open water sessions

INCLUDES:

- Course materials
- Course certification
- Diving insurance
- Transport to/from dive sites

DURATION: 3 days

MAX STUDENT TO INSTRUCTOR 4:1

COURSE REQUIREMENTS:

To enrol on the WAVE 1 course you must be at least 16 years old. You need adequate swimming skills and need to be in good physical health. No prior experience is required. **Medical Certificate required.**

- Equipment required (3/5mm Suit + Mask, Snorkel, Fins & Weightbelt)
- If you need to rent any Freediving Equipment, Contact Us

RESERVATION & INFORMATION:

info@mariannagillespie.com

DAY 1

- 9:30 WELCOME MEETING
- 9:45 THEORY SESSION
Freediving fundamentals explained (breathing & relaxation, breath-hold & urge to breathe, recovery breathing)
- 10:45 **CONFINED WATER SESSION**
Static apnea practice (breath-hold, urge to breathe, recovery breathing) & rescue procedures
- 12:30 LUNCH BREAK
- 13:30 THEORY SESSION
Diving physics, equalisation & barotrauma
- 14:30 **OPEN WATER SESSION**
Practice free-immersion (equalisation & techniques) & constant weight (technical aspects)
- 16:30 DEBRIEF

COURSE INFORMATION

COURSE OUTLINE

- 4 Theory sessions
- 1 Breathing & relaxation session
- 1 Static apnea session
- 1 Dynamic apnea session
- 4 Open water sessions

DURATION: 3 Days

MAX STUDENT TO INSTRUCTOR 4:1

INCLUDES

- Course materials
- Diving insurance
- Course certification

REQUIREMENTS

- Medical Certificate
- Freediving Equipment

RESERVATION & INFORMATION

INFO@MARIANNAGILLESPIE.COM

DAY 2

- 9:30 THEORY SESSION
Safety in freediving (knowledge development & rescue procedures)
- 10:30 **CONFINED WATER SESSION**
Dynamic apnea practice (entry, bi-finning technique, turn) & rescue procedures
- 12:30 LUNCH BREAK
- 13:30 THEORY EXAM
WAVE 1 Freediver exam
- 14:30 **OPEN WATER SESSION**
Practice free immersion (equalisation & techniques) & constant weight (techniques & safety aspects)
- 16:30 DEBRIEF

DAY 3

- 10:45 **OPEN WATER SESSION**
Practice free immersion (equalisation & techniques) & constant weight (techniques) & rescue procedures
- 12:45 LUNCH BREAK
- 13:30 THEORY SESSION
WAVE 1 Freediver exam reviewal
- 14:30 **OPEN WATER SESSION**
Practice free immersion & constant weight (perform an efficient cwt dive to a depth of at least 16 meters)
- 16:30 COURSE DEBRIEF
Course completion paperwork & debrief