

An underwater photograph showing several divers in black wetsuits and fins suspended from a vertical line in clear blue water. The divers are at various depths, with two in the foreground being more prominent. The background shows more divers further up the line, creating a sense of depth and activity.

LEARN TO FREEDIVE

WITH WORLD CHAMPION FREEDIVER
MARIANNA GILLESPIE

FAST TRACK TO ADVANCED IN 5 DAYS

THE COMBO COMBINES THE BEGINNER & FREEDIVER COURSE, PROVIDING THE PERFECT OPPORTUNITY FOR STUDENTS WHO WANT TO IMMEDIATELY PROGRESS TO DEPTH

The course is designed to develop the skills and knowledge necessary for you to be able to independently plan and participate in freediving activities.

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 learn advanced skills for freediving such as free-falling, Frenzel equalizing and knowledge such as training tables, the risks of increasing and decreasing pressure and how to minimize these risks.

By the end of the course you will be able to perform a 2 minute 45 seconds breath-hold, swim 55 m underwater with fins and dive comfortably between 24 and 30 meters depth.

COMBO COURSE : WAVE 1 & 2

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

INCLUDES:

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

DURATION: 5 days

MAX STUDENT TO INSTRUCTOR 4:1

COURSE REQUIREMENTS:

To enrol on a Combo 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

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

DURATION: 5 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

- 9:45 THEORY SESSION
Advanced freediving knowledge (physiology, equalisation & frenzal technique, barotrauma)
- 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
Mammalian dive reflex, lungs at depth, buoyancy & free fall
- 14:30 **OPEN WATER SESSION**
Practice free immersion (equalisation), constant weight (neutral buoyancy & free fall) & rescue procedures
- 16:30 DEBRIEF

DAY 4

- 9:30 THEORY SESSION
Safety in freediving (hypoxia, blackout & rescue procedures) & training concepts
- 10:30 **CONFINED WATER SESSION**
Static apnea practice (breath-hold 2'45"), buddying & rescue procedures
- 12:30 LUNCH BREAK
- 13:30 THEORY EXAM
WAVE 2 Freediver exam
- 14:30 **OPEN WATER SESSION**
Practice free immersion (equalisation), constant weight (free fall) & rescue procedures
- 16:30 DEBRIEF

DAY 5

- 10:30 **CONFINED WATER SESSION**
Dynamic apnea practice (distance 55m), buddying & rescue procedures, CO2 training table
- 12:30 LUNCH BREAK
- 13:30 THEORY SESSION
WAVE 2 Freediver exam reviewal
- 14:00 **OPEN WATER SESSION**
Practice free immersion & constant weight (perform an efficient cwt dive to a depth of at least 24 meters)
- 16:00 COURSE DEBRIEF
Course completion paperwork & debrief

