

An underwater photograph showing several divers in a blue ocean. A prominent rope or line runs diagonally across the frame from the top left towards the bottom right. One diver is in the foreground, suspended from the rope, while others are visible in the background. The lighting is bright from the surface, creating a shimmering effect on the water.

LEARN TO FREEFALL

WITH WORLD CHAMPION FREEDIVER
MARIANNA GILLESPIE

BRING YOUR FREEDIVING TO THE NEXT LEVEL

LEARN THE TECHNIQUES BEHIND
DEEPER DIVING, FRENZEL EQUALIZA-
TION AND HOW TO USE YOUR CHANGE
IN BUOYANCY DURING A DIVE IN ORDER
TO FREEFALL

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 develop new skills and a higher knowledge of safety procedures and techniques for freediving such as free falling, Frenzel equalizing, training tables, the risks of increasing and decreasing pressure and how to minimize these risks. You will train these skills in the most common disciplines of freediving; Static Apnea, Dynamic Apnea and Constant Weight.

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.

FREEDIVER COURSE : WAVE 2

- 4 theory sessions
- 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 2 course you must be at least 16 years old and have an WAVE 1 certification (or qualifying certification from another freediving organisation). **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
Advanced freediving knowledge (physiology, equalisation & frenzal technique, barotrauma)
- 10:45 OPEN WATER SESSION
Practice free immersion (equalisation, neutral buoyancy) & constant weight (techniques & skills)
- 12:45 LUNCH BREAK
- 13:45 THEORY SESSION
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

COURSE INFORMATION

COURSE OUTLINE

- 4 Theory sessions
- 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 (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 3

- 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