

An underwater photograph showing several divers in a clear blue ocean. One diver is in the foreground, swimming towards the right. In the background, other divers are visible, some holding onto a rope. To the right, a dark, rocky reef structure is partially visible. The lighting is bright, creating a sense of depth and clarity.

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 and Constant Weight freediving.

By the end of the course you will be able to hold your breath for at least 1 minute, 30 seconds and dive comfortably between 12 and 20 meters depth.

BEGINNER COURSE : WAVE 1

- 5 theory sessions
- 5 open water sessions
- 3 breathing & stretching sessions
- 2 dry equalisation sessions
- 1 static apnea session
- 1 reef freediving session

INCLUDES:

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

DURATION: 4 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

- 9:00 WELCOME MEETING
- 9:15 BREATHING PRACTICE
Freediving fundamentals explained (breathing & relaxation, breath-hold & urge to breathe, recovery breathing)
- 10:00 **CONFINED WATER SESSION**
Static apnea practice (breath-hold, urge to breathe, recovery breathing) & rescue procedures
- 12:00 LUNCH BREAK
- 13:00 THEORY SESSION
Diving physics, equalisation & barotrauma
- 14:00 **OPEN WATER SESSION**
Practice free-immersion (equalisation & techniques) & constant weight (technical aspects)
- 16:00 DEBRIEF

DAY 3

- 9:00 THEORY SESSION
Lungs at depth, buoyancy & free fall
- 9:30 STRETCHING & EQUALISATION
Stretching (lungs, chest & diaphragm) and dry equalisation practice
- 10:00 **OPEN WATER SESSION**
Practice free immersion (equalisation & techniques) & constant weight (techniques & free-fall) and rescue procedures
- 12:00 LUNCH BREAK
- 13:00 THEORY SESSION
Planning, organisation of open water session
- 14:00 **OPEN WATER SESSION**
Practice free immersion & constant weight (perform an efficient cwt dive to a depth of at least 12 meters)
- 16:00 DEBRIEF

DAY 2

- 8:30 THEORY SESSION
Mammalian dive reflex
- 9:30 STRETCHING & EQUALISATION
Stretching (lungs, chest & diaphragm) and dry equalisation practice
- 10:00 **OPEN WATER SESSION**
Practice free immersion (equalisation & techniques) & constant weight (techniques & safety aspects)
- 12:00 LUNCH BREAK
- 13:00 THEORY SESSION
Safety in freediving (knowledge development & rescue procedures)
- 14:00 **OPEN WATER SESSION**
Practice free immersion (equalisation & techniques) & constant weight (techniques & safety aspects)
- 16:00 DEBRIEF

DAY 4

- 13:00 THEORY EXAM
WAVE 1 Freediver exam; course completion paperwork & debrief
- 14:00 **REEF FREEDIVING SESSION**
Practice constant weight and buddy safety system in open water

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INFO@MARIANNAGILLESPIE.COM