

An underwater photograph showing several divers suspended from a line in clear blue water. The divers are wearing wetsuits and fins. The scene is captured from a low angle, looking up towards the surface where the line is attached.

LEARN TO FREEDIVE

WITH WORLD CHAMPION FREEDIVER
MARIANNA GILLESPIE

FAST TRACK TO ADVANCED IN 7 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 concepts, the risks of increasing and decreasing pressure and how to minimize these risks.

By the end of the course you will be able to dive comfortably between 24 and 30 meters depth and achieve a Constant Weight No-Fins dive to 15 meters.

COMBO COURSE : WAVE 1 & 2

- 10 theory sessions
- 10 open water sessions
- 10 dry sessions (breathing, stretching & equalisation)
- 1 swimming pool session
- 1 static apnea sessions
- 1 reef freediving session

INCLUDES:

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

DURATION: 7 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

- 9:00 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 (equalisation & techniques) & constant weight (techniques & free-fall) and rescue procedures
- 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 & neutral buoyancy) & constant weight (techniques & safety aspects)
- 16:00 DEBRIEF

DAY 4

- 10:15 THEORY SESSION
Physiological preparation for freediving (state of mind & de-concentration of attention)
- 11:00 THEORY & PRACTICE
Frenzel equalisation theory & dry equalisation practice
- 12:00 LUNCH BREAK
- 13:00 THEORY EXAM
WAVE 1 Freediver exam & reviewal
- 14:00 **REEF FREDIVING SESSION**
Practice constant weight (technical aspects) and open water buddy safety system
- 16:00 DEBRIEF

DAY 5

- 9:00 STRETCHING & EQUALISATION
Stretching (lungs, chest & diaphragm) and dry equalisation practice
- 10:00 OPEN WATER SESSION
Practice free immersion (equalisation), constant weight (techniques, skills and free fall)
- 12:00 LUNCH BREAK
- 13:00 THEORY SESSION
Advanced freediving knowledge (barotrauma and rescue procedures)
- 14:00 OPEN WATER SESSION
Practice free immersion (equalisation), constant weight (techniques, skills & free fall) and rescue procedures
- 16:00 DEBRIEF

COURSE INFORMATION

- 10 Theory sessions
- 10 Open water sessions
- 10 Dry sessions (breathing exercises, stretching & equalisation practice)
- 1 Swimming pool session
- 1 Static apnea sessions
- 1 Reef freediving session

DURATION: 7 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 6

- 9:00 THEORY SESSION
Dynamic no-fins breaststroke & kicking technique
- 10:00 CONFINED WATER SESSION
Practice dynamic no-fins technique
- 11:30 LUNCH BREAK
- 12:30 THEORY SESSION
Safety in freediving (hypoxia, blackout & rescue procedures) & code of conduct
- 14:00 OPEN WATER SESSION
Practice free immersion (equalisation), constant weight (free fall), constant weight no-fins (technique & skills) and rescue procedures
- 16:00 DEBRIEF

DAY 7

- 9:00 STRETCHING & EQUALISATION
Stretching (lungs, chest & diaphragm) and dry equalisation practice
- 10:00 OPEN WATER SESSION
Practice free immersion (equalisation), constant weight (free fall), constant weight no-fins (technique & skills) and rescue procedures
- 12:00 LUNCH BREAK
- 13:00 THEORY EXAM
WAVE 2 Freediver exam
- 14:00 OPEN WATER SESSION
Practice free immersion & constant weight (perform an efficient cwt dive to a depth of at least 24 meters) and constant weight no-fins dive to 15 meters
- 16:00 COURSE DEBRIEF
Course completion paperwork & debrief