

An underwater photograph showing several divers in a blue ocean. A prominent rope or line runs diagonally across the frame. One diver is in the foreground, looking towards the camera. Other divers are visible in the background, some appearing to be in a line or formation.

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, the risks of increasing and decreasing pressure and how to minimize these risks. You will further your freediving progression in Constant Weight and be introduced to Constant Weight No-Fins technique.

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.

FREEDIVER COURSE : WAVE 2

- 5 theory sessions
- 5 open water sessions
- 3 dry equalisation sessions
- 2 stretching sessions
- 1 swimming pool 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 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@marianngillespie.com

DAY 1

- 10:00 WELCOME MEETING
- 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
- 14:00 REEF FREDIVING SESSION
Practice constant weight (technical aspects & depth adaptation) and open water buddy safety system
- 16:00 DEBRIEF

DAY 2

- 9:00 STRETCHING & EQUALISATION
Stretching (lungs, chest & diaphragm) and dry equalisation practice
- 10:00 OPEN WATER SESSION
Practice free immersion (equalisation & neutral buoyancy), 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

DAY 3

- 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), rescue procedures and constant weight no-fins technique
- 16:00 DEBRIEF

DAY 4

- 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), rescue procedures and constant weight no-fins technique
- 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