


PADI Night Diver



underwateracademy.eu



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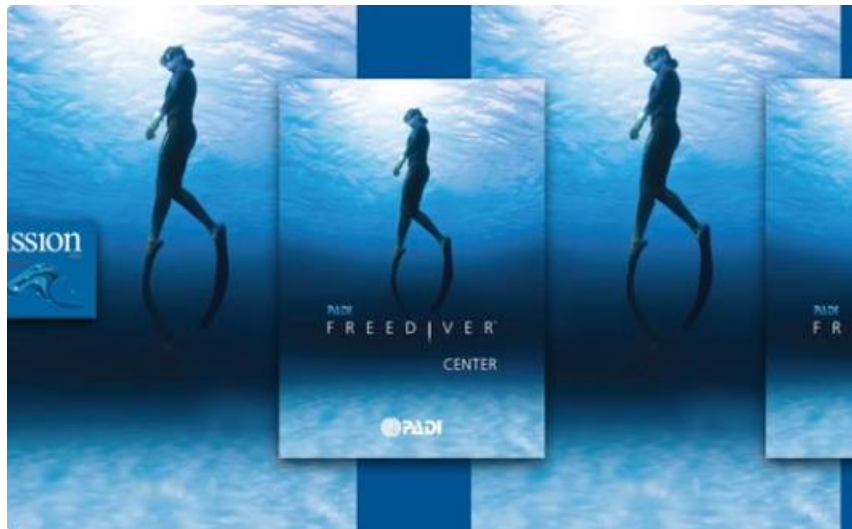
PADI®



PADI Freediving Courses

Underwater Academy offers PADI apnea courses for all levels, from Basic Freediver to Advanced Freediver. As the first authorised PADI Freediver centre, we offer a comprehensive programme to discover the world of apnea in a safe and enjoyable way.

PADI Freediver



Freediving

A freediver explores the depths of the sea in total freedom.



Pool Training

Training and freediving techniques in a controlled environment.



Marine Exploration

Discovering underwater life during a freediving immersion.

Introduction to Freediving

Freediving is a discipline that will help you unlock your inner resources, balance your breathing, manage your mind, and rediscover yourself. A path suitable for everyone, which also brings benefits to everyday life, promoting a state of relaxation and well-being.

If you love the sea and want to dive a little deeper, get closer to underwater life forms, the PADI Freediver courses will prepare you for the magnificent underwater world, allowing you to have fun in a safe way.



Our Freediving Courses

OUR FREEDIVING COURSES, START YOUR ADVENTURE NOW!



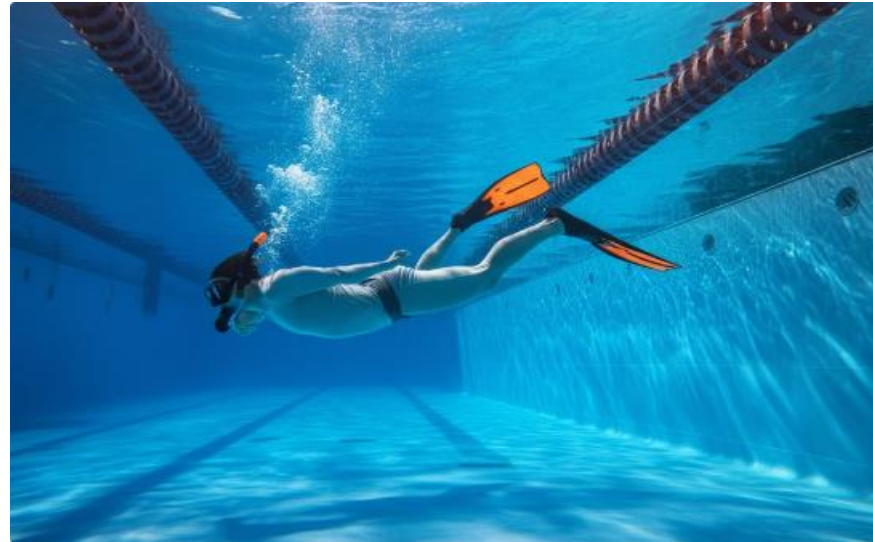
PADI Basic Freediver Course

PADI Basic Freediver Course



Basic Principles

The PADI Basic Freediver is the first step to learning the basics of freediving. In this course, you will learn the basic techniques for holding your breath and staying underwater for longer.



Freediving Techniques

The course focuses on practising these techniques in a pool or confined open water site, learning the breathing and relaxation techniques necessary for a safe and effective freediving experience.



Course Objectives

The course objectives are to learn to hold your breath for 90 seconds in static apnea and to cover 25 metres in dynamic apnea. This course will provide you with the basic skills to safely explore the underwater world.

Equipment for the Basic Freediver Course



Requirements for the Basic Freediver Course



Minimum Age

To enrol in a PADI Basic Freediver course, you must be 12 years old or older.

No previous experience with snorkelling, scuba diving or freediving is required.



Swimming Ability

Have adequate swimming skills.



Medical Certificate

Be in good physical health, with a medical certificate of fitness for sports

PADI Freediver Course

Freediving course 1st level

Freediving is about inner strength, discipline and control. If you have always wanted to silently enter the underwater world, at your own pace, and stay there as long as your breath allows, then freediving is for you. Enrolling in the PADI Freediver course is your first step towards discovering why freediving is becoming a popular way to explore the underwater world.



Requirements for the PADI Freediver Course



Minimum Age

To enrol in a PADI Freediver course, you must be at least 15 years old.



Swimming Ability

You must have adequate swimming skills and be in good health.



Previous Experience

No prior experience in snorkelling, skin diving or freediving is required.

Structure of the PADI Freediver Course

The PADI Freediver course consists of three main phases:



PADI Advanced Freediver Course

2nd level freediving course

In apnea, reaching a new time limit or a new depth is an incredible feeling. It satisfies every personal desire to give your best and be proud of what you achieve. The PADI Advanced Freediver course has been designed to meet your personal need to refine and improve your apnea skills, allowing you to progress slowly as you learn how your body behaves during apnea.



Requirements for the PADI Advanced Freediver Course



PADI Freediver Certification

To enrol in the PADI Advanced Freediver course, you must be at least 15 years old and have a PADI Freediver certification (or an equivalent certification from another training organisation).



Emergency First Response Course

Additionally, you must have completed an Emergency First Response Primary and Secondary Care (CPR and First Aid) course within the previous 24 months. You can complete this training during the Rescue Diver course.

Structure of the PADI Advanced Freediver Course

The PADI Advanced Freediver course consists of three main phases:

Advanced Theoretical Development

Theoretical development on advanced apnoea techniques and equipment. You will study independently with the PADI Freediver eLearning, or with one of our instructors who will conduct classroom sessions.

1

2

Advanced Confined Water Session

A confined water session to learn stretching and relaxation techniques, as well as refine static and dynamic apnoea. The objective is to perform a 2 minute and 30 second static apnoea (2 minutes for divers under 18 years of age) and a 50 metre dynamic apnoea (40 metres for divers under 18 years of age).

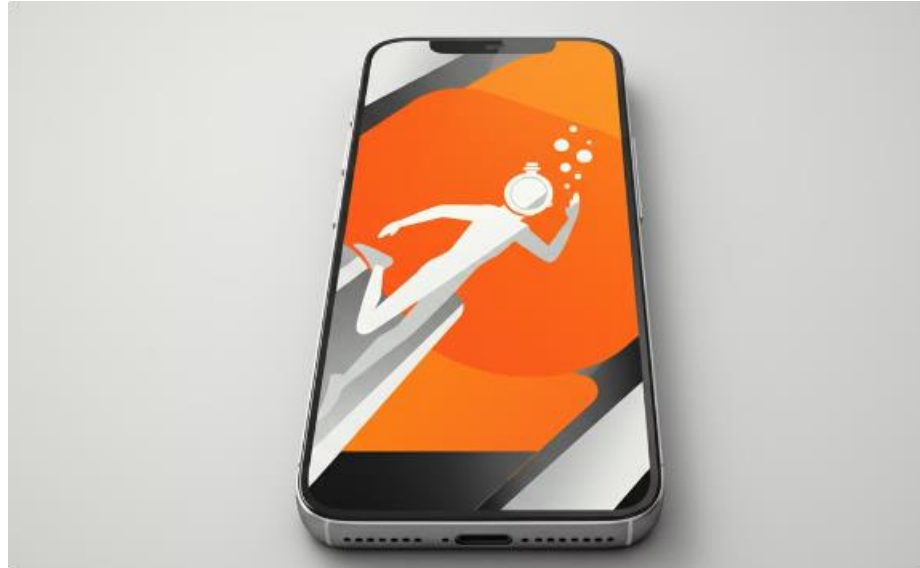
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Advanced Open Water Sessions

Open water sessions to practise deeper free dives and constant weight, along with other buddy procedures and rescue techniques. The objective is to perform a constant weight apnoea dive to a depth of 20 metres (15 metres for divers under 18 years of age).

PADI Freediving

Would you like to start this adventure today?



PADI Freediver Online Course

Directly obtain your eLearning product on your devices!



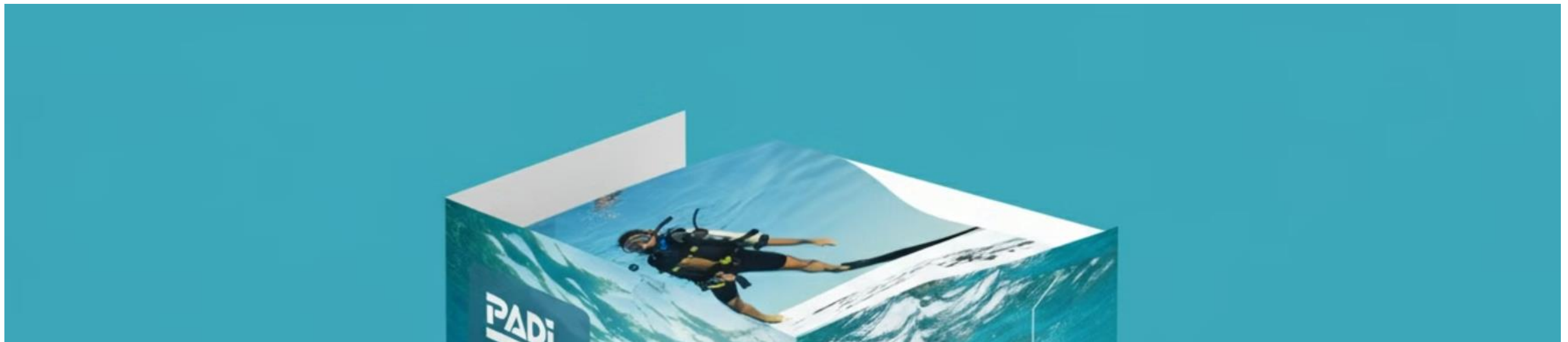
Interactive E-Learning

With the PADI Freediver online course, you will use an interactive study tool that will provide you with the basic information on freediving and allow you to study at your own pace.



Request Information

Contact us for more information on the courses and sign up!




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