

This is probably the most challenging and rewarding AIDA course. For those who are already confident in the open water this course is your starting point. The course builds a foundation of good technique and safety so that you can buddy with other AIDA 2 star freedivers. This course consists of two theory sessions, a pool session and three open water dives.

To successfully complete the AIDA 2 star freediver course you will have to perform a 2 minute breathhold, swim 40 m underwater with fins and dive to 16m in the open water.