

Interested in going deeper and improving your technique? This course goes into the theory of Freediving in more depth which will allow you to understand the physiology and techniques behind diving deeper. The course will help you improve your Freediving performance whilst advancing your safety and rescue skills. This course consists of three theory sessions, two pool sessions and four open water dives.

To successfully complete the AIDA 3 star freediver course you will have to perform a 2 minute 45 second breathhold, swim 55 m underwater with fins and dive to 24 meters in the open water.