

The Aida Calendar keeps track of all the competitions, record attempts, and freediving related education courses around the world. Aida competitions have been held since 1982.

There are three types of official Aida competitions. These are world championships, international competitions, and national competitions. World championships are held bi-annually in individual and a team format. There are separate individual world championships for pool and depth disciplines and the team competition combines both pool and depth.

Record attempts are sanctioned by Aida in the various freediving categories. An athlete may arrange a record attempt by sending a request to the Aida International Executive board for approval and requirements. Aida offers approved freediving courses taught by certified Aida instructors around the world. Courses range from beginner level to competition specialities and instructor training.

Please feel free to check our events and courses or announce a new one:

- [Competitions](#)
- [Record attempts](#)
- [Instructor courses](#)
- [Judge courses](#)
- [Announce a new Aida event](#)