

This course takes you to a whole new level of confidence in your Freediving. Not only will you learn the latest techniques for deeper diving but you will also learn more about conditioning your body for Freediving. This course will push you to the limits of your Freediving abilities. The AIDA 4 star is the highest level a recreational freediver can achieve. The AIDA 4 star can be combined with the Competition Freediver course for those who want to explore the challenge of competitive freediving.

This course consists of three theory sessions, two pool sessions and four open water dives.

To successfully complete the AIDA 4 star freediver course you will have to perform a 3 minute 30 second breathhold, swim 70 m underwater with fins and dive to 32 meters in the open water