

Now that you have gained so much knowledge and skills on your Freediving journey, you might want to take things one step further and start helping others do the same.

The AIDA Freediving Instructor Course is a very intensive course and is usually run over a 9 to 14 day period and involves nearly 40 hours of instruction! You will have to prove your endurance and be able to comfortably dive to 40 meters and hold your breath for over 4 minutes.

However the rewards are great – you could ultimately make a living from something you have come to love