

AIDA Competition Freediver is a course for anyone who plans on entering an AIDA Competition for the first time and/or wants to know more about how competitive freediving works.

Students will develop their knowledge and skills of the main competitive categories of freediving including Static Apnea, Dynamic Apnea and Constant Weight freediving.

The instructor will cover all the competition rules and procedures in the classroom before re-creating a competition environment out in the pool and/or open water to give the student a real sense of how it can be in a competition situation.