



DISCOVER SCUBA
 OPEN WATER+
 ADVENTURE DIVER+
 ADVANCED OPEN WATER+
 RESCUE DIVER & EFR & DEMP
 SPECIALTIES
 MASTER SCUBA DIVER

DIVEMASTER & EMERGENCY 1ST RESPONSE
 ASSISTANT INSTRUCTOR
 IDC STAFF INSTRUCTOR
 OPEN WATER & SPECIALTY INSTRUCTOR
 MASTER SCUBA DIVER TRAINER
 MASTER INSTRUCTOR
 COURSE DIRECTOR

Malibu Divers
 21231 Pacific Coast Hwy
 Malibu CA 90265
 (310) 456-2396
www.malibudivers.com
info@malibudivers.com

FREEDIVER — LEVEL 1

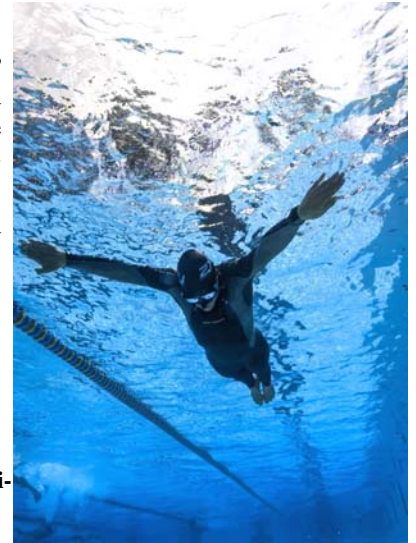
Explore the Underwater World in Silence

Want to observe marine life and experience the ocean in a different way? Discover descending with no scuba gear and no bubbles using breath hold only diving. This beginner program will take you to new depths on a single breath serenely, calmly and safely. It is ideal for photographers, skin divers, snorkelers, surfers, spearos (spear fisherman) and anyone interested.

Let us help you grow your freediving skills with enjoyment, relaxation and acceptance of all marine life.

This course covers the following subjects:

- Intro to Freediving equipment
- Training session planning
- Basic Physics & Physiology
- Equalization techniques
- Confined Water Rescue & Buddy Supervision Techniques
- Safety & Problem Management
- Freediving Technique Development
- Correct breathing for freediving
- Relaxation techniques for training
- Open Water Rescue Skills, Buddy Supervision & Self Evaluation



The training sessions include static breath hold tables and deep water sessions. The emphasis is on energy efficient movement in the water. The main idea is to prolong the dive time and not only the depth. It is important to understand that with proper training and knowledge a freediver will improve the depth as well as the dive time.

ABOUT THIS PROGRAM

The **Level 1** course is aimed to provide basic knowledge of the different freediving categories, the important rules of behavior and the safest way to perform freediving while allowing the fastest improvement. The course greatly improves breath-hold and comfort levels.

Call for Price

Combined with additional open water dive sessions at Catalina or on one of our freediver boat trips; you will get more comfortable and confident “taking your breath away”.

Upgrade

WHAT WE PROVIDE

Academic Training, 1 Pool Session, 1 Ocean Sessions
 Equipment review
 All instructional materials
 (Includes Book & FII International Certification)
 50% off Rental Gear

YOU...

(minimum age 16 with parental consent)

Call, Email or In-Person Sign-up
 Provide Personal Gear & Travel Expenses
 (Mask, Fins, Snorkel, Wetsuit, Weight Belt, & depth/timing device or freediver computer (recommended))

Be willing to challenge yourself!



Our instructor is Vaclav Havlik, an FII Instructor with over (9) years experience teaching and freediving.

FII (Freediving Instructors International) is the world’s fastest-growing freediving education program with certified instructors across the globe. FII is the only freediving education program in the world accepted on a collegiate level. FII’s elite instructors utilize a professional and highly effective, standardized freediving education system that has been carefully developed by FII founder and 13-time World Record Freediver, Martin Stepanek.

ADDITIONAL OPTIONS & UPGRADE

And the fun doesn’t end there! YOU can expand your freediver experience by upgrading and receiving a certification in your choice of any of the following offerings:

- Freediving Boat Workshop
- Spearfishing Workshop
- Freediver Level 2
- PADI Freediver Specialty

PRIVATE INSTRUCTION

Is your schedule too hectic or do you prefer one-on-one instruction? Then private instruction may be best for you. An experienced and sensitive instructor will work around your schedule, come to your home or office and make it easy for you to review and improve your freediving skills. If this sounds right for you, call us for a quote at: (310) 456-2396.