



**SUB AQUATICS**  
*Scuba Diving Australia*

# Freediving Course

***Ever dreamed of swimming like a dolphin or wondered what it feels like to fly underwater?  
...that's what Freediving is all about!***

Learn breathing techniques including how to familiarise yourself with diaphragm breathing and take a deep breath like you never have before!

With the **SSI Level 1 Freediver Course** you will acquire the appropriate skills and knowledge to partake in Freediving to depths of 20m using carefully mastered safety techniques. You will develop skills necessary to train your body to be more efficient with oxygen, gain better respiration and muscle flexibility as well as learn new skills designed to take your Freediving to the next level.

All over the world, there is a growing movement for the purity, the eco-bonding, and the intensity of Freediving. Floating on the surface with no scuba or diving equipment, taking slow deep breaths, staring at the water beneath you... as you become aware and in tune with your body, your heart rate begins to slow down...

100... 90... 80... 70... 60... 50 beats per minute....



**Jervis Bay** is situated approx 3hrs drive South of Sydney and is by far the most popular diving region on the NSW Coast being visited by thousands of divers each year. With Point Perpendicular to the North and Bowen Island to the South, Jervis Bay stretches out from the mainland some 10km, intercepting blue ocean currents drawing placid fish and an abundance of fascinating marine life.

The Bay is surrounded by beautiful white sandy beaches which are in contrast to the rugged, weather beaten sandstone cliffs that form the stunning seaward coastline. Towering ramparts create impressive seawalls and at the base of these cliffs lies a submerged underwater terrain with huge boulders, caves, tunnels, arches and drop-offs

## **Level 1 Freediver Course \$360.00 (\$310.00 Sydney Uni Sport & Fitness Members)**

Course includes transport, 2 night's share accommodation with meals, boat dives, Freedive Instruction, Freediver Manual, Freediver Log Book, Freediver Certification Card and Freediving equipment hire.

### **Any Questions? Contact Sub Aquatics...**

**Sub Aquatics Dive Centre:** 484 King Georges Road. Beverly Hills. NSW 2209

**Tue - Fri** 10am-6pm **Sat** 9am-5pm **P:** 02 9570 4222

**E:** [thediveshop@subaquatics.com.au](mailto:thediveshop@subaquatics.com.au) **W:** [www.subaquatics.com.au](http://www.subaquatics.com.au)

**Facebook Group:** "SUBAQUATICS Sydney"

at **SUB AQUATICS...** we don't just dive... **WE LOVE TO DIVE!**