

# PADI Basic Freediving Course

## Start Freediving—Who should take this course?

The PADI Basic Freediver a pool/confined water based certification course teaching you the techniques and protocols required for the PADI Freediver course. It's a great first step for developing solid freediving skills. If you have always wanted to enter the underwater world quietly, on your own terms, staying as long as your breath allows then freediving is for you.

You will learn basic freediving principles and focus on practicing breathing and breathhold techniques in a pool or confined water site.

To enrol in a PADI Basic Freediver course you must be 12 years old or older. You need adequate swimming skills and need to be in good physical health.

The PADI Basic Freediver course consists of two main phases:

Knowledge development through independent study with the PADI *Freediver Touch*™ (or your instructor may conduct class sessions).

Confined water session to learn breathhold techniques as well as static and dynamic apnea, plus proper buddy procedures. Goal – static apnea of 90 seconds and dynamic apnea of 25 metres/80 feet.

## Course price and PADI course materials

Contact us at [idiveteam](http://idiveteam.com) to purchase your PADI Freediver Touch £60.00 and get the PADI Freediver Touch tablet app. The Touch is an interactive study tool that gives you the background information you need to freedive safely and allows you to study at your own pace. We teach in a private indoor heated pool Allow a minimum of 3 hours for this course with course fees starting from £149.00 Please note; The PADI *Freediver Touch* also includes all study materials for the [PADI Freediver](#), [Advanced Freediver](#) and [Master Freediver courses](#).

If you wish to join this course, please fill out the attached booking and medical form and return by email or mail to the address below.



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