



AIDA 2 Star – Freediver

Dive World hosts Freedive Downunder to run the AIDA 2 Star – Freediver Course.

ABOUT FREEDIVE DOWNUNDER

Freedive Downunder teach courses accredited by AIDA International, the world governing body for freediving. AIDA certification courses are developed by a panel of expert freedivers, reviewed regularly and taught around the world. Courses include classroom theory, practical exercises and all emphasize safety in the water.

Freedive Downunder courses are taught by Ben Noble, Australia's deepest freediver. Ben has many years experience freediving and holds 3 Australian records. He has dived with, trained and coached the world's best freedivers, and has worked with top researchers around the world in studies in freedive physiology. He is an AIDA International Judge and the only Australian AIDA Instructor.

Ben Noble also has these achievements:

- Has 2 Australian Records - Variable Weight 100m and No Limits 105m
- Winner, Australian Freediving Championships 2010
- 6 time Australian Record holder
- First Australian AIDA Instructor
- President, Australian Freediving Association
- Treasurer, AIDA International

COURSE OVERVIEW

The AIDA 2 star course is designed to be an introduction to freediving for students who are already comfortable in the water. You do not have to have any freediving experience - the 2 star course is great for the complete beginner as well as those who have a bit of experience already. The AIDA 2 star course will help students develop the skills and knowledge to freedive safely.

COURSE INCLUDES

- All course material
- Confined water training
- Open Water diving to a max of 20 metres
- AIDA 2 Star Certification
- Ben Noble as your Instructor

PREREQUISITES

- Minimum 16 years old
- Be comfortable in the water and able to swim

TOPICS INCLUDE

- Equipment, breathing, depth & pressure, safety and the various disciplines in freediving
- Static apnea (holding your breath)
- Dynamic apnea (swimming horizontally)
- Static and dynamic rescue scenarios
- Duck diving, buoyancy, equalisation, vertical swimming and buddy supervision
- Safety and rescue procedures
- After learning these skills you'll have all the tools available to you to be diving safely and comfortably to around 15-20m.

COURSE DELIVERY

The course is delivered over two days and one evening.

Day 1 – Theory (classroom) in the evening

Day 2 - Pool Sessions

Day 3 – Open Water Sessions

Start and finish times will vary dependant on students, open water conditions and the boat.

COURSE COSTS

\$600 including GST

WHAT YOU WILL NEED TO BRING

- Personal items such as sun screen, swimming garments and towel
- Diving equipment

CONTACT US TO GET STARTED

Contact a Dive World Diving Professional today to get started!

Phone: 07 3391 1009

Email: info@diveworld.com.au

Book online: www.diveworld.com.au

Visit us: 318 Ipswich Road, Annerley, 4103

For more information on Freedive Downunder, visit <http://www.freedivedownunder.com/courses.html>.

STUDENT DISCOUNT ON EQUIPMENT

Dive World offers the lowest prices on diving equipment across Australia all day, every day. But as a student at Dive World, we give you even more! Speak with one of our Dive Professionals today about the gear that would be best suited for you, and remember to ask for your **Dive World Student Discount!**

CANCELLATION AND POSTPONEMENTS

- 7-day's notice required by student to cancel or postpone secured course dates – including for medical reasons
- Failure to provide 7-day's notice will result in a cancellation fee of up to 100%, depending on Dive World's ability to fill the place and any other reasonable costs associated with the cancellation/postponement.