



## Basic Freediving

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The SSI Basic Freediving program is designed to give students all the basic tools needed to begin their journey into breath-hold diving. You will learn the latent physiology that humans share with our marine mammal counterparts which allows us to freedive. You will also learn how to properly equalize, ascend and descend on a line, proper breathing techniques for freediving, and essential rescue and emergency skills.

**Minimum Age:** 10 years old

**Depth Limitations for Training:** 5 meters/15 feet

**Time Commitment:** One three hour class/pool session. One day of diving in either a nearby spring or lake.

**Required Gear Checklist:** Students must own or rent the following:

- wetsuit
- low-volume mask
- snorkel
- freediving fins and socks
- lace through marseille weight belt with appropriate weights.

**Price:** \$250

Call (727) 498-8702 to book, or sign up online through our website at:  
[www.divegulfport.com](http://www.divegulfport.com)