



Freediving Level 1

The SSI Freediving Level 1 program is designed to give students all the basic tools needed to freedive safely and explore depth limitations in a controlled environment. 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. The Freediving Level 1 class also gives students an opportunity to explore their comfortability diving to depths of up to 66 feet in open water.

Minimum Age: 12 years old

Depth Range for training: 10-20 meters/33-66 feet

Time Commitment: Three 3-hour training sessions. One day of diving in either a nearby spring, lake, or the Gulf of Mexico depending on weather and sea conditions.

Required Gear Checklist:

Students must own the following:

- low-volume mask
- snorkel
- freediving fins and socks
- Marseille weight belt with appropriate weights.

Students may rent a wetsuit

Price: \$350

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