

Discover Freediving – Hold your breath - Part 1

This course is for all people who are interested in extending their breath-hold capacity. You will learn to hold your breath longer and to relax at the same time!

If you are a snorkeler and would like to extend snorkeling with breath hold diving to discover the various marine life of the tropical ocean or you are a swimmer and love to dive in a pool or you are a surfer and need to extend your breath holding capability when you are caught by a wave or you are just interested in how to hold your breath longer and more relaxed – in this course you will learn the basic breathing & breath holding techniques.

Try and step into Freediving – also known as Apnea Diving – try your first step into a new world beyond your existing limits and enhance your personal diving limits!

Discover your full lung capacity and relaxation by breathing conscious. You can use these learning also in your daily life. Just 1 minute of conscious breathing can reduce stress tremendously. By training regular you can achieve incredible improvements.

Usually it is possible to double or triple your breath hold capabilities in this ½ day course!

1 Intro Theory session

- How to breathe for Freediving
- How to hold your breath in a relaxed way
- Equipment overview
- Safety rules

2 Practical Training sessions

- Breathing session – on land you will make your first relaxed breath hold experience
- Freediving Session – you will discover the dive reflex and static dive at a calm surface

Prerequisites: Minimum age 18 years (16 years with parent or guardian consent), be able to swim, medically healthy

Course duration: 0,5 days

Equipment: mask or goggles, appropriate exposure protection
optional: Yoga mat, nose clip

Handouts: Online document kit & Participation Certificate

Price 75 EUR

Get started! For booking and further details just contact me: thomas.plum@online.de

You will get to know about the location, your personal schedule as well as your prerequisites or renting options for equipment. Also, I will answer any of your questions you might have.

Discover Freediving - Enhance your snorkeling ability – Part 2

Do you like snorkeling at tropical coral reefs to discover this colorful calm world?
Would you like to enhance your snorkeling abilities and stay longer and secure in the water?

This course is for all freediving interested people especially for snorkelers and swimmers who want to learn how to extend swimming and snorkeling with diving a bit below the surface. You will learn the basics of breathing before and after your dive, on how to hold your breath and overcome the urge to breathe as well as on how to move efficient while swimming, snorkeling and freediving and how to equalize the pressure in your ears while diving down.

You will be introduced to the most natural way of diving through getting to know your breath-holding abilities. Make your first dynamic freediving experience and discover the underwater world just on a single breath!

1 Intro Theory session

- How to breathe while Snorkeling & Freediving
- Equalization
- Equipment overview & Safety rules

1 Practical Freediving session

- Breath-up before diving: you will learn how to prepare for the dive while snorkeling
- Diving down: You will practice how to switch from snorkeling to freediving
- Holding your breath while freediving: You will learn how to extend your breath holding time under water while freediving smooth and relaxed
- Equalization: You will learn how to equalize your ears and gently reach new depths with pleasure
- Safety: You will learn how to ensure safety while extending snorkeling with freediving

Prerequisites: Participation in Discover Freediving – Part 1 or equivalent experiences
Minimum age 18 years (16 years with parent or guardian consent),
be able to swim, medically healthy

Course duration: 0,5 days

Equipment: mask, bi-fins, snorkel, appropriate exposure protection

Handouts: Online document kit & Participation Certificate

Price 75 EUR

Get started! For booking and further details just contact me: thomas.plum@online.de

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AIDA * - Learn to Freedive

No matter what your background in diving is, the AIDA 1star Freediver will open your mind to a whole new underwater experience.

This course is designed to be an introduction to freediving for the complete beginner. It aims to help you to develop basic skills, knowledge and safety procedures necessary to enjoy freediving safely within the limits of your experience. This course is aimed for recreational freediving. The dives can be combinations of horizontal and vertical swimming.

After a quick introduction to the basics of theory, you will learn how to prepare yourself, in particular through relaxation and breathing, for a peaceful, confident and enjoyable breath-hold dive.

1 Theory session:

- breathing & relaxation
- equipment, safety rules & procedures
- equalization techniques

2 Practical Training sessions:

- 1 Static breath-holding session: You will practice breathing, relaxation, breath-holding and safety
- 1 Dynamic Apnea session: You will practice horizontally diving, body positioning efficiently and safety procedures
- 1 optional Vertical diving session: You will practice to duck dive, positioning while vertical diving, equalize your ears and mask, safety and relaxation techniques

At the end of this course, if you decide to try vertical diving, you will be able to freedive comfortably to max. 10m (30ft) and feel confident while diving horizontally and statically, snorkeling, swimming or just being underwater.

Prerequisites: min. age 18 (16 years with parent or guardian consent)
be able to swim at least 100m non-stop
valid Medical Statement

Course duration: 1 day

Equipment: mask, bi-fins, snorkel, appropriate exposure protection, weight belt, waterproof stopwatch, Yoga mat

Handouts: Online document kit & Certificate (Printouts available optional)

Price 150 EUR

Get started! For booking and further details just contact me: thomas.plum@online.de

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AIDA ** - Become a solid Freediver

The AIDA ** freediver course is the foundation freediving course covering the necessary skills and knowledge for a non-competitive recreational freediver to safely freedive with or without a guide line. It is designed to be a freediving beginners course for students who are already confident and happy in the water and have some experience in diving or freediving.

The purpose of the course is to familiarize you with the skills, knowledge, planning, organization, safety procedures, techniques, problems, hazards and enjoyment of breath hold freediving. You will be introduced to the basic disciplines of freediving: Static and Dynamic, Free Immersion and Constant Weight.

The static and dynamic sessions are to be used to teach breathing, relaxation, finning and safety techniques. In the open water sessions you will use the skills you have learned in the pool sessions and will combine these with the basic skills of open water freediving such as equalizing, duck diving, vertical swimming, body positioning.

2 Theory sessions + 1 Training session on land

- Introduction to AIDA as an organization and freediving equipment
- Basics of freediving physics and physiology;
- Depth & Pressure - Equalization
- Breathing for freediving to prepare and to recover
- How to prevent blackouts and how to rescue a freediver in trouble
- Freediving disciplines & equipment

5 Practical Training sessions

- 1 static apnea breath-holding session in pool or confined water: breathing & relaxation techniques, warm up, safety, buddying, protocol
- 1 dynamic apnea session in pool or confined water: horizontal bi-finning style & efficient body position, warm ups, safety, buddying, protocol
- 3 vertical diving sessions in open water: breathing, equalization, warm ups, duck dive, finning, positioning, streamlining, buddying, protocol, safety & rescue procedures

At the end of this course you will be able to freedive comfortably to a depth of min. 16m (48ft) and max 20m (60ft), dive a horizontal diving distance to min 40m and perform a static breath-hold of min 2 min. To get your AIDA** certification you will prove your practical skills in the training sessions and your theoretical knowledge in a final exam.

Prerequisites: min. age 18 (16 years with parent or guardian consent), be able to swim at least non-stop 200m without fins and 300m with mask, fins and snorkel, valid Medical Statement

Course duration: 2 days

Equipment: mask, bi-fins, snorkel, appropriate exposure protection, weight belt, lanyard, waterproof stopwatch, Yoga mat, Dive watch with depth gauge (optional)

Handouts: Online document kit & Certificate (Printouts available optional)

Price 270 EUR

Get started! For booking and further details just contact me: thomas.plum@online.de

You will get to know about the location, your personal schedule as well as your prerequisites or renting options for equipment. Also, I will answer any of your questions you might have.

AIDA *** - Deepen your freediving skills & ability

The AIDA *** is an intermediate course which builds on the skills learnt in the AIDA ** course. It is designed to cover the necessary skills and knowledge for a recreational freediver to be able to safely freedive with or without a guideline. The aim of the course is to develop the skills and knowledge necessary to independently plan and participate in freediving activities with similarly experienced freedive buddies.

The course is also designed to develop new skills and a higher knowledge of safety procedures and techniques for freediving such as free falling, Frenzel equalizing, training tables, the risks of increasing and decreasing pressure and how to minimize these risks.

You will train these skills in the most common disciplines of freediving; Static Apnea, Dynamic Apnea and Constant Weight and achieve greater skills and performance.

3 Theory sessions

- The influence of the underwater surrounding pressure to the body and how the body adapts to this (mammalian dive reflex, buoyancy, the lungs at depth)
- Equalization techniques - performing the Frenzel technique
- Training concepts, design of appropriate O2 & CO2 training tables
- Relaxation-, preparation- and recovery breathing
- Safety: The Buddy system, hypoxia & blackout

6 Practical Training sessions

- 1 static: practicing designed training tables, preparing and executing maximum attempts, safety exercises
- 1 dynamic apnea session: practicing designed training tables, preparing and executing maximum attempts, safety exercises
- 4 vertical diving sessions: refining swimming techniques & streamlining, practicing free falling, performing Frenzel equalization efficiently while freediving, practicing further rescue scenarios at surface and depth

At the end of this course you will be able to freedive comfortably to depths of min 24m (72ft) and max 30m (90ft), extend your horizontal diving distance up to a minimum of 55m (165ft) and your static breath-hold performance up to 2:45 minutes. To get your AIDA*** certification you will prove your practical skills in the training sessions and your theoretical knowledge in a final exam.

Prerequisites: min. age 18 (16 years with parent or guardian consent)
have completed the AIDA ** course or equivalent
valid Medical Statement

Course duration: 3 days

Equipment: mask, bi-fins, snorkel, appropriate exposure protection, weight belt, lanyard, waterproof stopwatch, Yoga mat, Dive watch with depth gauge (optional)

Handouts: Online document kit & Certificate (Printouts available optional)

Price 380 EUR

Get started! For booking and further details just contact me: thomas.plum@online.de

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AIDA Monofin Freediver

The AIDA Monofin Freediver course is designed to be an introduction to horizontal freediving with a monofin. We teach and train you to develop the basic skills, techniques and knowledge necessary to start using the monofin efficiently.

We will focus and train you with an efficient finning style, body position as well as the right speed and rhythm to enable you taking the full advantage of freediving with a monofin.

You will be introduced to different approaches to freediving with a monofin, training exercises designed to work on style and how to design a training program to become an effective monofin freediver.

In video analysis you will analyze your dives together with your instructor and learn to further improve your technique.

1 Theory session

- Efficient Body position while freediving and training with the monofin
- Efficient kicking with the monofin (dolphin kick)
- Equipment specifics for using and training with the monofin and how it differs from other freediving equipment, to include short fins, front snorkel and use of a float

4 Practical Pool Training sessions

- Warm-up and stretching sessions with specific monofin dry training exercises
- 4 sessions of horizontal freediving (dynamics) in a pool: learn, practice, train and improve the correct body position, the dolphin kick and the complete technique of the vertical swimming and diving style with the monofin, specific monofin training exercises, video -Analysis, practical use of middle snorkel and swimming board in training

At the end of this course, you will be able to freedive horizontally with a monofin efficiently and with good technique. To get your AIDA Monofin Freediver certification, you show your practical skills in the training sessions and your theoretical knowledge in a final exam.

Prerequisites: min. age 18 (16 years with parent or guardian consent)
certification AIDA * or AIDA ** (min. pool) or equivalent
valid Medical Statement

Course duration: 2 days

Equipment: mask, monofin, short bi-fins, snorkel, appropriate exposure
protection, weight belt or neck weight, lanyard, floating device,
yoga mat

Handouts: Online document kit & Certificate

Price 300 EUR

Get started! For booking and further details just contact me: thomas.plum@online.de
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Freediving AIDA Certification Cross-over

We can cross your existing certification from any Freediving organization to the respective AIDA certification which you can use as an entry requirement for the next AIDA level course.

You will perform the respective Static (STA), Dynamic (DYN) and Constant Weight (CWT) technique and performance level which is required in the respective AIDA level. You will also demonstrate your buddy and safety skills and learn the specifics of the AIDA course.

After successful demonstration you can take part in the next level AIDA certification course.

1 Theory sessions

- Recap and review of the required theoretical knowledge for the respective AIDA Level you have already gained in a freediving course from another organization
- Teaching of required knowledge which is part of the respective AIDA certification courses to achieve the necessary theoretical knowledge level

3 Practical Training sessions

- 1 static apnea session: demonstrate required performance level and safety exercises for the respective AIDA equivalent
- 1 dynamic apnea session: demonstrate required performance level and safety exercises for the respective AIDA equivalent
- 1 vertical diving sessions: demonstrate required performance level and safety exercises for the respective AIDA equivalent
- In all 3 practical sessions you will get also individual feedback and advice for your further improvement tips as well as information for specific AIDA procedures

At the end of this course you achieve the AIDA qualification equivalent to the certification you have achieved from any other freediving organization. This you can use as the entry qualification for participating in the next level AIDA course.

Prerequisites:	min. age 18 (16 years with parent or guardian consent) have completed a freediving certification course other than AIDA valid Medical Statement
Course duration:	1 day
Equipment:	mask, bi-fins, snorkel, weight belt, appropriate exposure protection, goggles, nose clip, neck weight, yoga mat
Handouts:	Participation Certificate incl. documentation of achieved performance
Price	150 EUR

Get started! For booking and further details just contact me: thomas.plum@online.de

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Freediving Specialties – DNF – Dynamic no fins for beginners

In this course you will learn the basic technique of freediving without fins horizontally.

You will learn an efficient arm and leg stroke technique as well as to dive in an efficient speed and rhythm. In addition you will learn to utilize relaxed glide phases and a streamlined body position during the freedive without fins. You will train also relaxation, preparation and recovery breathing techniques.

In a video analysis you will analyze your dives with your instructor and learn to improve your technique and practice it accordingly.

With these skills you will freedive without fins more efficient, relaxed and longer than before.

1 Warm up & Demonstration session

- Stretching & Yoga breathing exercises
- Demonstration of efficient arm and leg stroke technique
- Demonstration of no fins freediving in an efficient speed and rhythm
- Demonstration of streamlined body position and utilization of relaxed glide phases

2 Practical Training sessions

- Practical exercises to learn efficient arm and leg stroke technique
- Training to learn no fins freediving in an efficient speed and rhythm
- Practical exercises to learn streamlined body position and utilization of relaxed glide phases
- Demonstration of learnings and video recording

1 Video Analysis session

- After the first diving session your instructor will analyze your DNF dive with you and give specific advise for further optimization
- In the second practical session you have the chance to apply your learnings immediately and to get further feedback for improvement from your instructor

Prerequisites: min. age 18 (16 years with parent or guardian consent)
have completed the AIDA * course or equivalent freediving experience
valid Medical Statement

Course duration: 1 day

Equipment: Goggles, nose clip, appropriate exposure protection, neck weight, bi-fins, snorkel, yoga mat

Handouts: Participation Certificate & download option for own videos

Price 130 EUR

Get started! For booking and further details just contact me: thomas.plum@online.de

You will get to know about the location, your personal schedule as well as your prerequisites or renting options for equipment. Also, I will answer any of your questions you might have.

Freediving Specialties – DNF – Dynamic no fins for intermediates

In this course you will optimize your technique of freediving without fins horizontally.

You will further develop your technique of breathing, arm and leg stroke, speed & rhythm, glide phases and body position.

Also you will be supported to fine-tune your weighing and buoyancy and will learn the technique of an efficient starting and ending of the dive as well as an efficient turn at the end of the swimming pool where your dive might not be over anymore.

In video analyses you will analyze your dives with your instructor and learn to improve your technique and practice it accordingly.

You will get to know specific DNF training exercises and tables to further improve your skills.

1 Warm up session

- Stretching & Yoga breathing exercises
- Demonstration of efficient arm and leg stroke technique with efficient speed and rhythm as well as streamlined body position with relaxed glide phases

2 Practical Training sessions

- Optimization of your weighing and buoyancy
- Training exercises to improve all technical aspects of efficient arm and leg stroke, efficient speed and rhythm, streamlined body position with relaxed glide phases
- Learning and practicing an efficient starting and ending of the dive as well as an efficient turn
- Training exercises to improve your stamina
- Demonstration of learnings and video recording

1 Video Analysis session

- After the first diving session your instructor will analyze your DNF dives, starts, turns and endings with you and give specific advise for further optimization
- In the second practical session you have the chance to apply your learnings immediately and to get further feedback for improvement from your instructor

Prerequisites: min. age 18 (16 years with parent or guardian consent)
 have completed the AIDA * course or equivalent
 first experiences with no fins freediving
 valid Medical Statement

Course duration: 1 day

Equipment: Goggles, nose clip, appropriate exposure protection, neck weight,
 bi-fins, snorkel, yoga mat

Handouts: Participation Certificate, online Kit for training exercises, download
 option for own videos

Price 140 EUR

Get started! For booking and further details just contact me: thomas.plum@online.de

You will get to know about the location, your personal schedule as well as your prerequisites or renting options for equipment. Also, I will answer any of your questions you might have.

Freediving Specialties – DNF – Dynamic no fins for experts

In this course you will fine-tune your technique of freediving without fins horizontally.

Supported by feedback and video analysis you will fine-tune all elements of your technique regarding arm and leg stroke, body position, glide phases, body position, weighing and buoyancy, starting, turning and ending.

You will get to know and practice DNF specific technique, fitness, dive time and relaxation training elements to further improve your technique and stamina.

You will learn the competition rules and prepare with long and optional maximum attempts for competitions or just enhanced DNF dives.

2 Warm up sessions

- Stretching & Yoga breathing exercises
- Demonstration of efficient arm and leg stroke technique with efficient speed and rhythm as well as streamlined body position with relaxed glide phases
- Efficient preparation for DNF max-attempts

2 Practical Training sessions

- Fine-tuning of all technique aspects regarding weighing, efficient arm & leg stroke, speed & rhythm, body position, glide phases, efficient starting & ending and turning
- Practical exercises to improve endurance and stamina
- Practical exercises to improve relaxation during the dive and improving dive time
- Demonstration of learnings and video recording

2 Video Analysis sessions

- After the first diving session your instructor will analyze your DNF dives, starts, turns and endings with you and give specific advise for further optimization
- In the second practical session you have the chance to apply your learnings immediately. In the second video analysis you will get further improvement hints.

Prerequisites: min. age 18 (16 years with parent or guardian consent)
have completed the AIDA ** course or equivalent
solid experiences with no fins freediving
valid Medical Statement

Course duration: 1 day

Equipment: Goggles, nose clip, appropriate exposure protection, neck weight, bi-fins, snorkel, yoga mat

Handouts: Participation certificate, online Kit for expert training exercises and competition rules, download option for own videos

Price 150 EUR

Get started! For booking and further details just contact me: thomas.plum@online.de

You will get to know about the location, your personal schedule as well as your prerequisites or renting options for equipment. Also, I will answer any of your questions you might have.

Freediving Specialties – DNF – Dynamic no fins for competitors

In this expert training course you will be trained in all aspects of competitive DNF freediving. Technique, fitness, preparation for maximum attempt, specific technical and fitness training elements are part as well as a long term planning for upcoming competitions.

Special focus will be on your personal strength and learning fields with the target to improve your competition performance with the support from one of Germany's best DNF freediving athlete.

2 Warm up sessions incl. additional training inputs

- Stretching & Yoga breathing exercises
- Specific DNF Training methods & exercises
- Planning of a training period with focus on a specific competition date
- Efficient preparation for DNF max-attempts

2 Practical Training sessions

- Fine-tuning of all technique aspects regarding weighting, efficient arm & leg stroke, speed & rhythm, body position, glide phases, efficient starting & ending and turning
- Efficient preparation phase, breath-up, recovery breathing and protocol
- Specific DNF practical exercises to improve all technical aspects
- Practical exercises to improve endurance and stamina in DNF
- Practical exercises to improve relaxation during the dive and improving dive time
- Practicing and improving long / max attempts with safety
- Refresh and practice safety procedures
- Demonstration of learnings and video recording

2 Video Analysis sessions

- After the first diving session your instructor will analyze your DNF dives, starts, turns and endings with you and give specific advise for further optimization
- In the second practical session you have the chance to apply your learnings immediately. In the second video analysis you will get further improvement hints.

Prerequisites: min. age 18 (16 years with parent or guardian consent)
 have completed the AIDA ** course or equivalent
 enhanced experiences with no fins freediving
 valid Medical Statement

Course duration: 1 day

Equipment: Goggles, nose clip, appropriate exposure protection, neck weight,
 bi-fins, snorkel, yoga mat

Handouts: Participation Certificate, online Kit for professional training exercises
 and competition rules, download option for own videos

Price 150 EUR

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Breath-holding for Surfer & Kiter – Learn to survive in big waves

This course is especially designed for Surfer, Windsurfer or Kiter who are riding big waves.

In this course you learn basic techniques to extend your breath holding capabilities with regular training and in particular you learn and train to be able to stay under water also in stressful and not fully planned situations coming up on short notice.

In your sport big waves can hit you tough and you need the ability to hold your breath for a certain period and stay cool when you are caught by a wave after a wipe out.

You will also get a lot of advice on how to train regular to be prepared for the case you need your breath-hold skills and ability.

2 theory & warm up sessions

- How to breath efficient
- Get to know to use your full lung volume
- How to hold your breath and overcome the urge to breath
- How to rescue a buddy Surfer in trouble
- How to train your breath holding capacities
- How to ensure safety while breath-holding

3 Practical breath holding sessions

- Get to know, improve and practice your breath-holding capacities
- Practice f breath-holding in a relaxed situation to get to know and confidence in your abilities
- Learn and practice training methods to extend your breath holding capacity and overcome the urge to breath
- Specifics of stressful situations in waves
- Training of breath-holding with short preparation time and simulation of situation within waves – securing also a safe environment
- Safety exercises – rescue of a buddy in trouble

Prerequisites: Minimum age 18 years (16 years with parent or guardian consent), be able to swim, be in proper medical healthy state

Course duration: 1 day

Equipment: Mask or goggles, appropriate exposure protection, yoga mat (optional)

Price 150 EUR

Get started! For booking and further details just contact me: thomas.plum@online.de

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Freediving Specialties – DYN – Monofin basics

In this course you will learn the basic technique of freediving with a monofin horizontally.

You will learn and improve the specific monofin finning style with various different exercises. We also will focus and train you with an efficient body position as well as the right speed and rhythm to enable you taking the full advantage of freediving with a monofin.

In a video analysis you will analyze your dives with your instructor and learn to improve your technique and practice it accordingly.

If you do not have a monofin yet – no problem – you can also train the monofin style with your bi-fin or check the renting options with us.

Swim like a dolphin and get ready to improve your DYN distances with a monofin.

1 Warm up & Demonstration session

- Stretching & Yoga breathing exercises
- Demonstration of efficient fining technique, an efficient speed and rhythm, a streamlined body position and utilization of relaxed glide phases

2 Practical Training sessions

- Practical exercises to learn efficient finning technique with the monofin
- Training to learn monofin freediving in an efficient speed and rhythm
- Practical exercises to learn streamlined body position and utilization of relaxed glide phases with the monofin
- Demonstration of learnings and video recording

1 Video Analysis session

- After the first diving session your instructor will analyze your monofin DYN dive with you and give specific advise for further optimization
- In the second practical session you have the chance to apply your learnings immediately and to get further feedback for improvement from your instructor

Prerequisites: min. age 18 (16 years with parent or guardian consent)
have completed the AIDA * course or equivalent freediving experience
valid Medical Statement

Course duration: 1 day

Equipment: Goggles, nose clip, appropriate exposure protection, neck weight, monofin or bi-fin, snorkel, yoga mat

Handouts: Participation Certificate & download option for own videos

Price 150 EUR

Get started! For booking and further details just contact me: thomas.plum@online.de

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Freediving Specialties – CWT – Monofin basics

In this course you will learn the basic technique of freediving with a monofin vertically in the discipline Constant Weight (CWT).

You will learn and improve the specific monofin finning style with various different exercises. We also will focus and train you with an efficient body position during the finning and free-fall phases. We will cover all monofin specifics with regard to equipment, preparation phase, duck dive, finning down, free-fall, turn and finning up.

In a video analysis you will analyze your dives with your instructor and learn to improve your technique and practice it accordingly.

Swim like a dolphin and get ready to freedive vertically with a monofin.

2 Warm up sessions

- Stretching & Yoga breathing exercises
- Warm up dives & demonstration of efficient monofin technique

2 Practical Training sessions

- Practical exercise to learn an efficient duck dive with the monofin
- Practical exercises to learn efficient finning technique up and down with the monofin
- Practical exercises to learn streamlined body position while finning and free-fall
- Specifics of the buddy concept for monofin CWT and safety exercises
- Demonstration of learnings and video recording

1 Video Analysis session

- After the first diving session your instructor will analyze your monofin CWT dive with you and give specific advice for further optimization
- In the second practical session you have the chance to apply your learnings immediately and to get further feedback for improvement from your instructor

Prerequisites: min. age 18 (16 years with parent or guardian consent)
have completed the AIDA ** course or equivalent
basic experience and practice with monofin diving horizontally (DYN)
valid Medical Statement

Course duration: 1 day

Equipment: Mask, appropriate exposure protection, weight belt, monofin, snorkel, yoga mat, bi-fin (for safety exercises)

Handouts: Participation Certificate & download option for own videos

Price 150 EUR

Get started! For booking and further details just contact me: thomas.plum@online.de

You will get to know about the location, your personal schedule as well as your prerequisites or renting options for equipment. Also, I will answer any of your questions you might have.

Freediving Specialties – CNF – deep without fins – the basics

In this course you will learn the basic technique of freediving without fins vertically in the discipline Constant weight no fins (CNF).

You will learn an efficient arm and leg stroke technique as well as to dive in an efficient speed and rhythm. In addition you will learn to utilize a streamlined body position during the free-fall without fins. You will train also relaxation, preparation and recovery breathing techniques.

In specific exercises you will learn also how you can reach new depths safely with no fins and how to train stamina for the way up.

In a video analysis you will analyze your dives with your instructor and learn to improve your technique and practice it accordingly.

Learn the basics of the “king discipline” – the purest way of freediving.

2 Warm up sessions incl. equipment specifics

- Yoga Stretching & breathing exercises with specific exercises for no fins
- Equipment specifics for Constant Weight no fins
- Preparation and warm-up dives

2 Practical Training sessions

- Check and improvements for weighting and equipment
- Learn and improve an efficient duck dive, arm and leg stroke diving up and down
- Practice and improve a streamlined body position in the free fall
- Learn the hand-free equalization to have your arm free for the stroke
- Recap and improve preparation and recovery breathing
- Get to know and practice specific no fins exercises to get deeper safely
- Demonstration of learnings and video recording

1 Video Analysis sessions

- After the first diving session your instructor will analyze your CNF dive with you and give specific advice for further optimization
- In the second practical session you have the chance to apply your learnings immediately and to get further feedback for improvement from your instructor

Prerequisites: min. age 18 (16 years with parent or guardian consent)
have completed the AIDA *** course or equivalent experience
valid Medical Statement

Course duration: 1 day

Equipment: Mask, nose clip, appropriate exposure protection, weight belt, bi-fins, snorkel, yoga mat

Handouts: Online document kit, download option for your videos

Price 150 EUR

Get started now and just contact me: thomas.plum@online.de

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