

AIDA COURSES
WWW.AIDAINTERNATIONAL.ORG

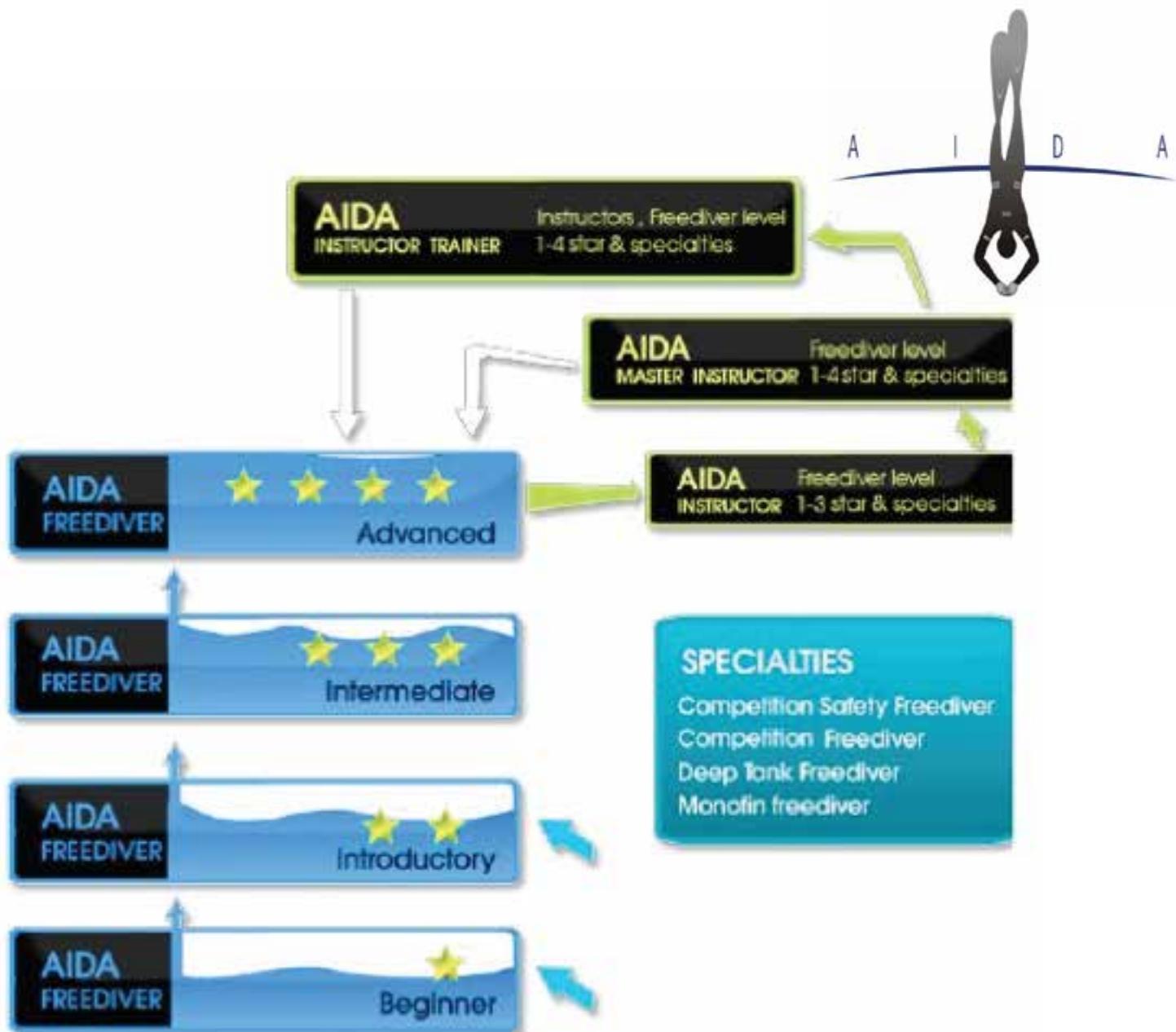
WHAT IS FREEDIVING?

Everyone can live the experience of plunging freely underwater, without the need for heavy and noisy equipments. Thanks to adequate breathing and relaxation techniques, discover your inner self and enjoy a unique experience, that combines body, mind and interaction with nature. For the first time in the region, we offer you AIDA certified courses taught by an expert who is ranked in the top 4 of the best freedivers in the world (2015).



INTRODUCING THE AIDA EDUCATION SYSTEM

The International Association for Development of Apnea is the worldwide rule-and record-keeping body for competitive breath holding events (freediving). It aims to set standards for safety, comparability of Official World Record attempts and freediving education.

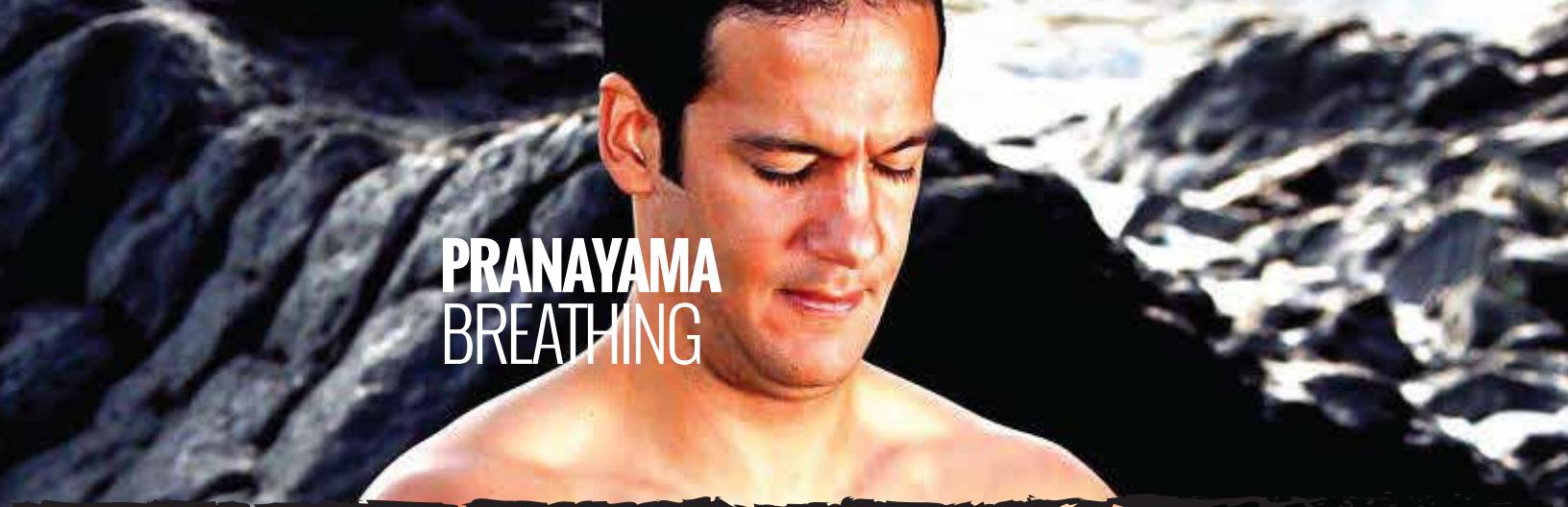




WALID BOUDHIAF INSTRUCTOR TRAINER

Walid is one of the world's deepest freedivers, having reached -112 meters (368 feet) in the discipline of free immersion. In addition to his long experience participating in most prestigious free diving events worldwide, Walid is an AIDA Instructor Trainer and his courses offer the pedagogical level and an approach that is adapted to each person's level, with an emphasis on advanced breathing techniques and methods of mental relaxation.





PRANAYAMA BREATHING



STATIC
SURFACE



DYNAMIC
HORIZONTAL



DEEP
PLUNGE

AVAILABLE COURSES

AIDA * DISCOVER FREEDIVING

In this course, we will experience a first insight in the submarine world and discover the basics of breath hold diving, such as physiology, correct breathing and relaxation. You will discover the best way to start this passion, through the practical in-water sessions, making emphasis on safety and relaxation.
(1 day, 100\$)





AIDA ** OPEN WATER FREEDIVER

This course is for confident snorkelers and divers who already have experience in the water and are willing to learn the basic theory and techniques behind breath hold diving in the 3 disciplines: static, dynamic and constant weight. The course includes:

-Theory: Concepts of physiology and physics applied to immersion, breathing techniques, equipment and safety. You will learn how to prevent a black out and rescue a freediver in trouble.

-Static: you will practice breathing and relaxation techniques that will enable you to increase your breath hold capacity rapidly.

-Dynamic: you will practice horizontal swimming underwater and acquire good skills in order to move more efficiently in the water.

-3 Diving sessions: During which you will improve your technique, work on your equalization, buoyancy and learn rescue procedures. By the end of the course you will be able to reach 20m on a single breath.

Objectives: 2' static breath holds, 40m dynamic underwater swimming, 15-20m deep.

Duration: 3 days

Prerequisites: 18 years of age (16 with guardian's consent)

Price: 315\$ including manual and certification card.





AIDA *** INTERMEDIATE FREEDIVER

This intermediate course is directed to freedivers who want to improve their breath hold capacity, through more advanced techniques, in order to dive better and safer.

-Theory: you will learn what happens to your body and lungs when they are exposed to the pressure and will learn the mechanisms behind the mammalian diving reflex. You will also learn new methods of deep equalization and be able to perform Frenzel.

-Pool: you will practice O2 and CO2 tables and learn how to manage the buildup of lactic acid, as well as preparing for a max attempt; rescue procedures.

-4 diving sessions: you will improve your technique and practice the free fall. We will practice the Frenzel maneuver for deep equalization and practice rescue scenarios both on the surface and at depth. By the end of the course, you will be able to reach a depth of 30m.

Objectives: >2'45" static breath hold, 55m dynamic, 25-30m deep.

Duration: 3 days

Prerequisites: AIDA **, min 18 years of age (16 with guardian's consent)

Price: 365\$ including manual and certification card.





AIDA **** INSTRUCTOR ASSISTANT FREEDIVER

If you are willing to go beyond recreational level, this is an advanced course that will teach you deep equalization techniques and methods of training and staying fit for competitive freediving. You will also acquire the level required to be an assistant instructor.

-Theory: we will go through all the theory related to deep freediving and advanced techniques (packing, FRC, deep equalization...), advanced physiology (deco, narcosis, pressures...), nutrition, hydration and fitness.

1st stretching session: full body stretching and yoga exercises aimed at improving the flexibility of the diaphragm and increasing the lung capacity.

-Pool: you will learn how to pack, coach and conduct a complete pool training session.

-5 diving sessions: you will practice deep equalization techniques, the mouthfill and exhale diving. You will also practice variable weight diving and deep rescue.

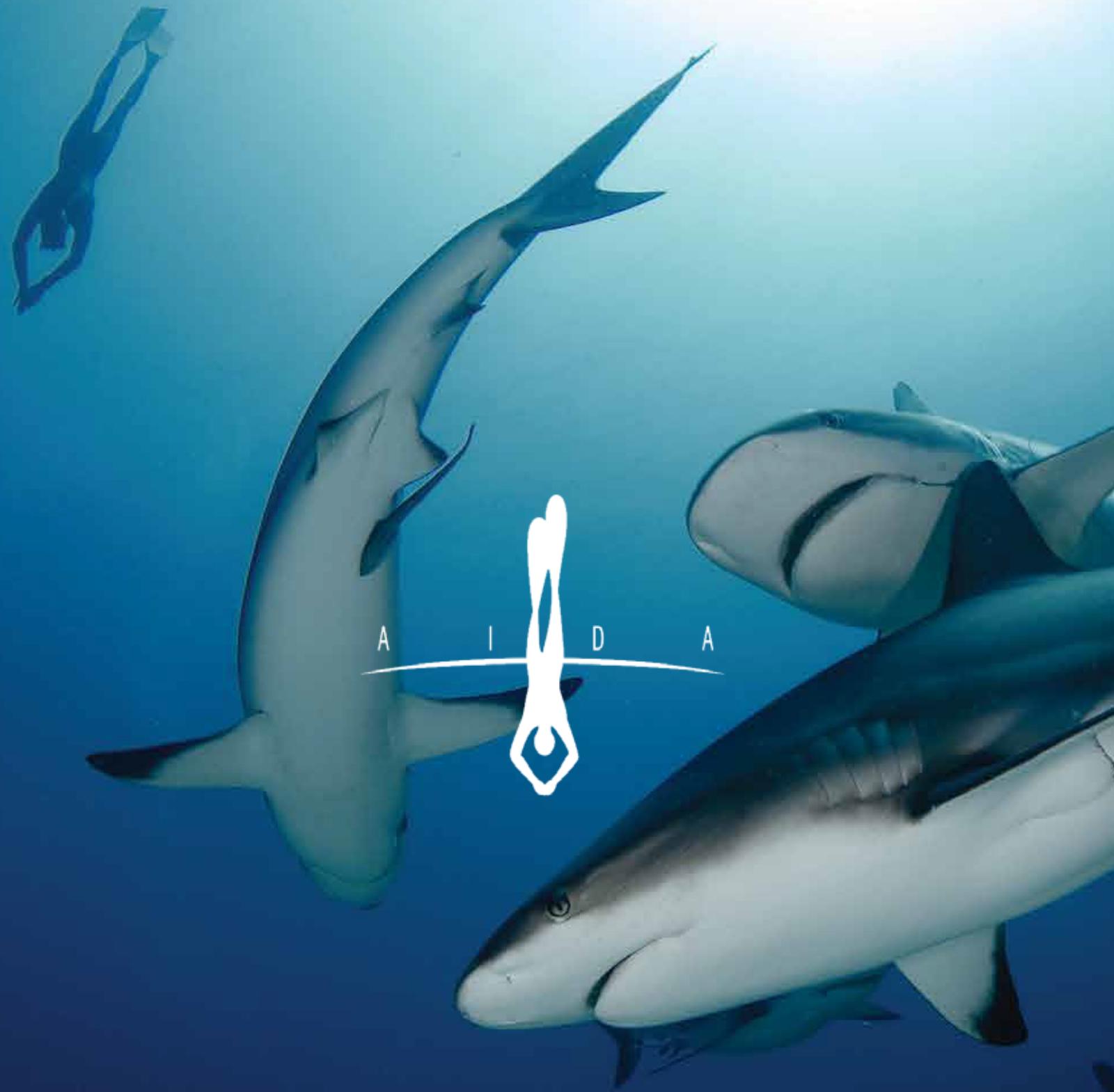
Objectives: >3'30" static, 70m dynamic, 30-35m deep.

Duration: 4 days Prerequisites: AIDA *** min 18 years of age (16 with guardian's consent) and CPR First Aid.

Price: 480\$ including manual and certification card.

Incluye: Material didáctico, certificación AIDA *** y seguro.





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