



Education & Training

Workshops

These interactive Workshops are designed with the purpose of learning the fundamentals of freediving without any pressure to reach certain requirements for depth or distance. Ideal for those who want to learn how to snorkel comfortably in the ocean, maximising your experience at sea & explore the world of freediving.

The Workshop also touches on the connections between freediving, mental health and general wellbeing. Learn how to apply these principals to everyday life.

By the end of the workshop, you'll have a basic understanding of freediving terminology & physiology. You will also be able to complete the following:

- Free Immersion to 5m
- Dynamic Bi-fin of 25m underwater
- Static Breath Hold of 1 minute or longer

Courses

If you are looking to advance your knowledge and skill set, consider taking a formal course in freediving. Courses are run on an adhoc basis with a minimum of 2 students and a maximum of 4 students. To enroll in a the Freediver course you must be at least 16 years old. You need adequate swimming skills and need to be in good physical health. No prior experience with snorkeling, skin diving or freediving is required.

The course is made up of three main phases:

1. Knowledge development with a theory session and online exam.
2. Confined water (pool) training with dynamic requirements.
3. Open water (ocean) training for depth requirements.

Training

Because freediving relies on your body's ability to hold your breath for extended periods of time, regular training improves general fitness and mental wellbeing. Also ideal for surfers, spearfishing and general health and fitness.

The Hurricane Squad trains twice a week to develop skills and master technique.

For any more information or booking queries, contact Angie - 082 874 1706

