



FREEDIVING SERVICES

TRY FREEDIVING = ½ Day = 100 Euro

Curious about Freediving? Want to understand the mystery behind breath holding? Try Freediving is a half day introduction to the key points of Freediving...breathing techniques, and the sensation of being underwater on breathhold, all conducted in a safe and shallow environment.

BASIC FREEDIVER = 1 Day = 225 Euro

The SSI Basic Freediver course is your first step into the peaceful, exhilarating world of Freediving. During this entry-level program, you will learn about proper breathing for Freediving, you will understand the effects of pressure and what happens to our bodies while Freediving and you will get to experience Freediving up to a depth of 5 meters.

FREEDIVER (LEVEL 1) = 3 Days = 380 Euro

Are you ready for the ultimate way to explore underwater? Learn to Freedive and experience the ocean in an exciting new way as you explore beautiful dive sites on a single breath. The Freediver certification will give you a solid foundation to be able to continue Freediving safely and properly. You will learn Static Apnea, Dynamic Apnea and Equalisation, allowing you to reach a depth of 20 meters.

ADVANCED FREEDIVER (LEVEL 2) = 4 Days = 460 Euro

Many Freedivers share a passion for diving deeper. The SSI Advanced Freediver program will teach you everything you need to know to increase your average dive time and depth, by focusing on your pre dive preparation and breath hold training. SSI Advanced Freediver teaches you the concept of efficiency when Freediving, making your body stronger and more effective in the water. Discover the exciting Free fall and improve your equalisation techniques, refine buddy system skills, use nose clips and learn more more to get you comfortably to 30 meters

PACKAGE LEVEL 1 and LEVEL 2 = 10 Days = 750 Euro

Freediver plus Advanced Freediver Certification. 10 Days to allow 2-3 days to rest and one or two sessions just to practice and enjoy course-free dives.



COACHING SESSIONS = 1.5 hour water session = 100 Euro (85 own equipment)

Pre-dive discussion and plan. In-water feedback and post dive video feedback to help focus on improving specific skills, refining techniques, and addressing any challenges a Freediver might be facing to improve your performance while being safely supervised by a Certified Instructor.

FUN DIVES = 1.5 hour session = 75 (with full equipment). 60 with own equipment

The best way to improve your Freediving is to Freedive. We go out and dive with buoy and line, or if weather permits we can explore a Ship Wreck with max depth of 24 meters, or swim in and out of a unique and enchanting Cavern.

Locals 45 with rental equipment / 30 with own equipment (4 sessions, and 5th is FREE)

SPECIALITIES

TRAINING TECHNIQUES = 2 Days = 200 Euro

Good Freedivers are constantly seeking ways to improve their personal performance.

The SSI Training Techniques program will help you discover your strengths and weaknesses and focus on making proper training plans. You will learn valuable training techniques to help you improve your relaxation, increase your CO₂ tolerance and improve your dive time.

FREE IMMERSION (FIM) = 1.5 Days = 190 Euro

Theory plus two dives

Develop the knowledge and skills needed to pull yourself into the deep blue with full confidence and total comfort. Discover the joy of longer and more comfortable dives.

Free immersion Freediving is a unique discipline where the diver ascends and descends by pulling along a dive line, using only their arms during the dive.



PHOTO and VIDEO FREEDIVING = 2 Dives= 200 Euro

one dive with photos and 1 dive with video. All footage critiqued and given to guest on USB

Underwater photography has some challenges not found on land, but with this specialty program, you will soon learn how to capture your amazing underwater images, compose the photo, keep the video steady, and hold your breath calmly.

SPEARFISHING = 1 confined water session, 2 open water sessions = 270 euro with equipment. 250 with own equipment

Theory and 1 in-water session with Pole-spear and Speargun

Spearfishing course focuses on improving Freediving techniques for spearfishing, rather than teaching the actual spearfishing process. It covers theory, confined water practice, and open water practice, emphasizing proper skills like breathing, relaxation, concentration, safety, and execution techniques, all relevant to spearfishing. As well as learning to use a spear or gun, this course is about about enhancing Freediving abilities for more efficient and safer spearfishing.

COMBO : FREEDIVER + SPEARFISHING SPECIALTY = 520 euro. 500 with own equipment

APNEA TRAINING

COMPLETE APNEA TRAINING SESSION = 5-6 hour session = 150 euro

Includes all necessary equipment (wetsuits, weights, masks or goggles)

Theory session

Breathing Session on land

Stretching Session on land

CO2 Tolerance Exercises on land

In-Water Exercises



APNEA TRAINING EXERCISE SESSIONS = 2 hours = 30 euro

30 minutes stretching, 1.5 hour in the water session

Includes yoga mats for stretching and all weights for in-water training, masks/goggles but does not include wetsuit. **10 euro for wetsuit.**

STATIC APNEA SESSION = 4-5 hours = 100 euro

Learn Freediving Breathing techniques, proper relaxation breathing, maximizing full breath holds, and train CO₂ tolerance to activate parasympathetic nervous system, and gain the benefits of in-water breath holding for better focus and confidence.

* Everyone participating in Freediving with Silent Seas Freediving is required to complete a standard Medical Questionnaire. If there are any "Yes" answers we require a Doctor Certificate (stamped and signed) allowing participation in the Freediving Activities.