



This workshop is a mixture of theory and pool exercises. No ocean diving.
(Basic Pool Training Session) Learn:

- What happens when you hold your breath
- How to increase your breath hold
- Breath hold safety & buddy rescue
- Do's & Don'ts of Freediving

COST: \$50 LOCATION: Magnetic Island State School Pool, Mandalay Ave, Nelly Bay.
BOOKINGS ESSENTIAL Call 0466 971 546 or email info@freedivetribe.com For more information visit www.freedivetribe.com