

Apnea Academy freediving activity at the Staudivers club at the Geesseknäppchen pool (50m pool).
<http://staudivers.lu/>

Apnea Academy:

The values at the base of our school are related to awareness and to an approach to free diving where relaxation/breathing are central in order to remain in the "well-being zone" and follow security rules. (<https://apnea.academy/en/home/>)

The course will take approximately 12 lessons which are partially theory and partially practical (in the water). The trainings will start after summer together with the course and are targeted to those who already holds at least a Level 1 and wants to maintain/improve/have fun.

Exam for Level 1

Apnea Academy First Level represents the first approach to freediving with a complete basic equipment. The objective of the course is to reach controlled free-diving by applying relaxation and breathing techniques in order to reach the following performances:

- Perform a static apnea of at least 1'45"
- Perform a dynamic apnea of at least 30 meters
- Perform a dynamic-no-fins distance of at least 25 m.
- Dive in constant weight to at least -10 meters

The Level 1 course is open and suggested to everybody?

Absolutely yes! Freediving is an activity open to everybody, **but**: Apnea Academy requires the medical certificate every year. Freediving is a discipline where the heart works in hypoxia, so an annual medical certificate is important and it is the standard.

How to enrol?

Reply to this email if you want to do the course or the trainings, but remember that trainings are open only to those already holding at least the Level 1. I can take only **10 people** maximum for the course Level 1 so it will be on the **first come first serve basis**.

When?

The course and trainings will be every Thursday starting late-September or beginning of October (I will circulate a plan with exact starting and other dates) from 18:00 to 20:00 at Geesseknäppchen.

Cost

For non Staudivers member, the cost is **85 €**. (60 € for Staudivers temporary member plus 25 € for the course/training) This will give you access to the swimming pool on Thursdays for the duration of the course. For Staudivers members the cost is 25 €

<p>Note: Staudivers runs also diving activity and the payment of the 85EUR does not give you the possibility to use the compressor to fill your tanks for diving purposes or access to the pool on Mondays. If you</p>

want to become a full club member, you will need to pay an additional 60 € entrance fee. To do so please write to staudivers@hotmail.com for more information or visit <http://staudivers.lu/>

What do I need?

For the first date of the course please bring Mask, Snorkel, Fins and for those who already have one, a wetsuit and a weight belt. For those who don't have one when can discuss what to buy during the first lesson.

In addition, you will need a medical certificate not older than 12 month

Trainings

The trainings are open to people who already hold the Level 1, and they are targeted to those who want to improve or maintain the performance (always within the safety rules). The training costs is the same a for the course. (See costs section above).