

Apnea Academy Courses - Schedule 2019/2020



	10-Oct Training for all Levels	17-Oct Level 1	24-Oct Training for all Levels	07-Nov Level 1
Theory		Apnea		Adaptation of Body To Water
Breathing and Relaxation				
Pool	Fosse	STA, DYN, DNF		Introduction to STA
	14-Nov Level 1	21-Nov Training for all Levels	28-Nov Level 1	05-Dec Training for all Levels
Theory	Adaptation of Body To Apnea			
Breathing and Relaxation			Physical Relaxation 1	
Pool	STA, DYN, DNF		STA, DYN, DNF	
	12-Dec Level 1	19-Dec Training for all Levels	09-Jan Level 1	16-Jan Level3
Theory			Safety	Course Introduction
Breathing and Relaxation	Breathing Techniques 1			
Pool	STA, DYN, DNF	Fosse	STA, DYN, DNF	
	23-Jan Level 1	30-Jan Level3	06-Feb Level 1	13-Feb Level3
Theory		TBD		TBD
Breathing and Relaxation			Physical Relaxation 2	
Pool	STA, DYN, DNF		STA, DYN, DNF	
	27-Feb Level 1	05-Mar Level3	12-Mar Level 1	19-Mar Level3
Theory		TBD		TBD
Breathing and Relaxation	Breathing Techniques 2			
Pool	STA, DYN, DNF		Fosse	
	26-Mar Level 1	02-Apr Level3	23-Apr Level3	30-Apr Level3
Theory	Exam and Training	TBD	TBD	TBD
Breathing and Relaxation				
Pool				
	07-May Level 1	14-May Level3	28-May Level3	04-Jun Level3
Theory	TBD	TBD		Exam and Training
Breathing and Relaxation				
Pool			Fosse	
	18-Jun Training for all Levels	25-Jun Training for all Levels	02-Jul Training for all Levels	09-Jul Training for all Levels
Theory	TBD	TBD	TBD	TBD
Breathing and Relaxation				
Pool				

**Times:**  
Theory & Breathing and Relaxation Techniques: 18:10->18:40  
Pool: 18:45-> end of session (~19:45)  
Trainings: Pool from 18:10 -> end of session (~19:45)

**Venue:**  
à la piscine du "Geesseknäppchen" à Luxembourg-Merl

**Notes:**  
DYN: Dynamic Apnea  
DNF: Dynamic Apnea No Fins  
STA: Static Apnea

**Instructor:**  
Francesco Blasi (tel: 691 206 610)

**Exam Requirements and Standards**

- To obtain an AA **Level 1** certification the candidate must:
- Have an adequate profile, at the discretion of the instructor
  - Pass the theory test with a score of at least 80%
  - 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 25 m.
  - Dive in constant weight to at least -10 meters

- To obtain an AA **Level 3** certification the candidate must:
- Have an adequate profile, at the discretion of the instructor
  - Perform all Level 1 and 2 exercises correctly
  - Perform a static apnea of at least 3'
  - Perform a dynamic apnea of at least 70 meters
  - Perform a dynamic-no-fins apnea of at least 55 meters
  - Perform a constant weight dive to at least 25 meters