



Apnea Academy freediving activity at the Staudivers club at the Gesseknäppchen pool (50m pool). <http://staudivers.lu/>. Staudivers is a member of FLASSA Fédération Luxembourgeoise des Activités et Sports Sub-Aquatiques (www.flassa.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. We can take only **10 people** maximum for the course Level 1 so it will be on the **first come first served basis**.

When?

The course and trainings will be every Thursday starting mid-October until March 2020 (I will circulate a plan with exact starting and other dates) from 18:00 to 20:00 at Gesseknäppchen.

Cost

You have to become a member of Staudivers to do the course. The cost to become member is **120 €**. (60 € entry fee for the club + 60€ annual fee) Then the course fee is 25 € .

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. The club has a limited number of fins that you can use in the first trainings.

In addition, you will need a medical certificate in the format of the FLASSA (not older than 12 month) This is MANDATORY. No other certificate is accepted. If you are already a FLASSA member, please let us know.

http://www.flassa.lu/site/index.php?option=com_docman&task=doc_download&gid=109

Trainings

The trainings will be on Mondays and Thursdays on Campus Geesseknäppchen: 40 Boulevard Pierre Dupong, 1430 Luxembourg. They are targeted to those who want to improve or maintain the performance (always within the safety rules).