

# Dahab Price List: 2024 (v1.0)

**All Courses:**

- **Guaranteed Ratio: Instructor to 1 OR 2 Students (your choice)**
- **Courses over a longer duration than at other freediving centres**
- **Includes: Equipment Hire / Certification / Study Material**
- **Free Video Analysis and feedback of diving**

<b>Freediving Courses:</b>			
<b>Course Type</b> <small>(courses conducted in Lighthouse)</small>	<b>Duration</b>	<b>PLATINUM</b> <b>(1-to-1)</b>	<b>GOLD</b> <b>(1-to-2)</b>
<b>AIDA1: Introduction to Freediving</b>	1 Day	€150	€120 pp
<b>AIDA2: Freediver</b>	3 Days	€375	€300 pp
<b>AIDA3: Advanced Freediver</b>	4 Days	€475	€380 pp
<b>AIDA4: Master Freediver</b>	5 Days	€600	€480 pp
<b>AIDA Instructor</b>	10-12 Days	€1500	€1200 pp
<b>AIDA Instructor Crossover</b>	6 Days	€875	€700 pp
<b>AIDA Monofin</b>	1 Day	€165	€130 pp
<b>AIDA Youth (AIDA Junior, Bronze, Silver, Gold Dolphin)</b>	3 Days	€375	€300 pp
<b>AIDA Freediving Emergency Medical Responder (FEMR)</b>	2 Days	€200	€160 pp
<b>Freediving Combined Course Offers:</b>			
<b>Course Offer</b>	<b>Duration</b>	<b>PLATINUM</b>	<b>GOLD</b>

# One Breath Freediving

[www.onebreathfreediving.com](http://www.onebreathfreediving.com)

[info@onebreathfreediving.com](mailto:info@onebreathfreediving.com)



(combined courses are at a discount and give a learning continuity and flow)		<b>(1-to-1)</b>	<b>(1-to-2)</b>
<b>Bonus Blue Hole Freedive Session (Following Any Course)</b>	1 Extra Day	Course + €50	Course + €35
<b>AIDA1 Intro To Freediving &amp; AIDA2 Freediver Combined</b>	4 Days	€480 (Save €45)	€390 pp (Save €30)
<b>AIDA2 Freediver &amp; AIDA3 Advanced Freediver Combined</b>	6 Days	€790 (Save €60)	€635 (Save €45)
<b>AIDA3 Advanced Freediver &amp; AIDA4 Master Freediver Combined</b>	8 Days	€975 (Save €100)	€790 (Save €70)
<b>AIDA4 Master Freediver &amp; FEMR First Aid &amp; CPR Combined</b>	7 Days	€740 (Save €60)	€590 (Save €50)

## Freediving Training, Guiding, Exploring & Fun Session:

<b>Session Type</b> (morning sessions, weights included, other equipment not included)	<b>Additional Cost</b>	<b>PLATINUM (1-to-1)</b>	<b>GOLD (1-to-2)</b>
<b>Session (Lighthouse)</b>	None	€60	€45 pp
<b>Session (Blue Hole)</b>	€10 national park fee	€70	€55 pp
<b>Pool Session (90 minutes)</b>	€15 pool hire	€60	€45 pp
<b>Ras Mohammed National Park</b>	TBC	Enquire	Enquire

## Freediving Training Special Offers:

<b>Coaching Packages</b>	<b>Additional</b>	<b>PLATINUM</b>	<b>GOLD</b>
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***One Breath Freediving: Quality Freediving Education***

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(5x morning coached sessions per week, customised programme, video analysis & instructor feedback)	Cost	(1-to-1)	(1-to-2)
<b>2 Weeks</b>	Depends on dive site	€530 (Save €70)	€400 pp (Save €50)
<b>3 Weeks</b>	Depends on dive site	€800 (Save €100)	€600 pp (Save €75)
<b>4 Weeks</b>	Depends on dive site	€990 (Save €210)	€780 pp (Save €120)
<b>Additional Weeks (beyond 4th)</b>	Depends on dive site	+ €220	+ €160 pp

## Equipment Rental:

Equipment Type	Price Per Day (€)
<b>Full Personal Equipment Hire</b> (Wetsuit, fins, mask, snorkel, belt, weights)	€18
<b>Two-Piece Wetsuit</b>	€8
<b>Long Fins</b>	€6
<b>Mask &amp; Snorkel</b>	€4
<b>Weights &amp; Belt</b> (up to 5kg)	€4
<b>Full Freediving Buoy Set-Up</b> (Buoy, bottom weight, rope, carabiners, surface line)	€18

For quotes for larger groups, get in touch

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