

Dahab Price List: 2024 (v2.0)

All Courses & Coaching:

- Taught by AIDA Instructor Trainer David Watson
- Guaranteed Ratio: Instructor to 1 OR 2 Students (your choice)
- Courses over a longer duration than at other freediving schools
- Includes: Equipment Hire (courses) / Certification / Study Material
- Free Video Analysis and feedback of diving technique
- Exclusive members area access to a library of freediving knowledge

Price for: **PLATINUM (1-to-1)**

Price for: **GOLD (2-to-1)**

Freediving Courses:

Courses include equipment hire, study material, certification & video analysis of technique

AIDA1: Introduction to Freediving (1 Day)	€150 €120pp
AIDA2 Freediver (3 Days)	€375 €300pp
AIDA3: Advanced Freediver (4 Days)	€475 €380pp
AIDA4: Master Freediver (5 Days)	€600 €480pp
AIDA Instructor (8-10 Days)	€1500 €1200pp
AIDA Instructor Crossover (6 Days)	€875 €700pp
AIDA Monofin Freediver (1 Day)	€165 €130pp
AIDA Pool Competition Safety Freediver (2 Days)	€295 €250pp
AIDA Depth Competition Safety Freediver (2 Days)	€270 €220pp
AIDA Youth (AIDA Junior / Dolphin)	€375 €300pp
AIDA Freediving Emergency Medical Responder (FEMR) (2 Days)	€200 €160pp

Freediving Combined Course Special Offers:

Courses include equipment hire, study material, certification & video analysis of technique

AIDA1 & AIDA2 (4 Days) €480 (save €45) | €390 (save €30)

AIDA2 & AIDA3 (6 Days) €790 (save €60) | €635 (save €45)

AIDA3 & AIDA4 (8 Days) €975 (save €100) | €790 (save €70)

AIDA4 & AIDA FEMR (7 Days) €740 (save €60) | €590 (save €50)

Other course / training combinations please enquire about discount

Freediving Training, Guiding, Exploring & Fun Session:

Morning sessions, weights included, other equipment not included. Session is up to 120 minutes long. Additional costs for pool rental and Blue Hole entry, please enquire.

Single Session (Lighthouse): €60 | €45pp

Single Session (Blue Hole): €70 | €55pp

Pool Session (90 minutes): €60 | €45pp

Ras Mohammed National Park Trip: ENQUIRE

Freediving Training & Coaching Special Offers:

5x morning coached sessions per week, customised programme to suit your needs, includes video analysis & instructor feedback. Additional option of theory classes in PM is available.

2 Training Weeks: €530 (save €70) | €400pp (save €50)

3 Training Weeks: €800 (save €100) | €600pp (save €75)

4 Training Weeks: €990 (save €210) | €780pp (save €120)

Additional Training Weeks: + €220 | + €160pp

One Breath Freediving

www.onebreathfreediving.com

info@onebreathfreediving.com



Equipment Rental:

Equipment rental priced per day and for rental during instructor led training sessions only

Full Personal Equipment: <i>(wetsuit, fins, mask, snorkel, belt, weights)</i>	€18
Two-Piece Wetsuit: <i>(3mm thickness, mens or womens sizes)</i>	€8
Long Fins: <i>(sizes eu36 up to 46)</i>	€6
Mask & Snorkel: <i>(various masks available, all low volume)</i>	€4
Weights & Belt: <i>(up to 5kg)</i>	€4
Freediving Buoy Set-up: <i>(buoy, bottom weight, rope, carabiners, surface line)</i>	€18

NOTE: For customised quotes for larger groups, please get in touch!