

## Dahab Price List: 2024 (v3.0)

### 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

Workshop (Dry. 90 minutes):      €45 | €30pp

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

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



### Equipment Rental:

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

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

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