

Dahab Price List: 2025

All Courses & Coaching:

- ✓ With AIDA Instructor Trainer & Qualified Coach, David Watson
- ✓ Small groups with personalised attention guaranteed
- ✓ Flexible start dates and course structure is possible
- ✓ Courses Include: certification / study material / equipment hire
- ✓ Free videos, with analysis, and feedback of dives
- ✓ Exclusive access to a members library of freediving knowledge

Price List Key:

All prices are in Euro (€) and per person

Price for: **PLATINUM** (exclusive 1 student to 1 instructor)

Price for: **GOLD** (2 or maximum 3 students to 1 instructor)

Freediving Courses:

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

AIDA1: Introduction to Freediving (1 Day)	€180 €140
AIDA2 Freediver (3 Days)	€450 €340
AIDA3: Advanced Freediver (4 Days)	€520 €400
AIDA4: Master Freediver (5 Days)	€710 €550
AIDA Instructor (10-12 Days)	€1850 €1400
AIDA Instructor Crossover (6 Days)	€1000 €800
AIDA Monofin Freediver (1 Day)	€210 €160
AIDA Pool Competition Safety Freediver (2 Days)	€330 €260
AIDA Depth Competition Safety Freediver (2 Days)	€330 €260
AIDA Youth (AIDA Junior / Dolphin)	€390 €300
AIDA Freediving Emergency Medical Responder (FEMR) (2 Days)	€225 €175

One Breath Freediving

www.onebreathfreediving.com

info@onebreathfreediving.com



Freediving Combined Course Special Offers:

Courses to be taken together and include equipment hire, study material, certification & video analysis of technique

AIDA1 & AIDA2 (4 Days)	€585 (save €45) €450 (save €30)
AIDA2 & AIDA3 (6 Days)	€910 (save €60) €695 (save €45)
AIDA3 & AIDA4 (8 Days)	€1130 (save €100) €880 (save €70)
AIDA4 & AIDA FEMR (7 Days)	€875 (save €60) €675 (save €50)
AIDA Instructor & FEMR (12-14 Days)	€1945 (save €130) €1465 (save €110)

For other course or training combinations please enquire about possible discounts

Freediving Training, Guiding, Exploring & Fun Session:

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

Single Session (Lighthouse):	€65 €50
Single Session (Blue Hole):	€75 €60
Pool Session (90 minutes):	€65 €50
Dry Workshop (90 minutes):	€45 €35
Ras Mohammed National Park Trip:	ENQUIRE

Freediving Training & Coaching Special Offers:

5x morning coached sessions per week, customised programme to suit your needs, includes coaching intake and goals review, video analysis & instructor feedback. Additional option of theory classes in PM is available. Long term 1-to-1 coaching cannot be guaranteed, however individual sessions can be included where possible and at a discounted 1-to-1 rate.

2 Training Weeks:	€470 (€47 per session)
3 Training Weeks:	€690 (€46 per session)
4 Training Weeks:	€880 (€45 per session)

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Additional Training Weeks:

€220 (€44 per session)

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
Wetsuit: <i>(two piece, 5mm or 3mm thickness, mens or womens sizes)</i>	€8
Fins: <i>(long or short fins available in sizes eu36 up to 46)</i>	€6
Mask & Snorkel: <i>(various masks available, all low volume)</i>	€4
Weights & Belt: <i>(rubber belt, up to 5kg)</i>	€4

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

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