One Breath Freediving
www.onebreathfreediving.com
info@onebreathfreediving.com

Dahab Price List: 2027

All sessions are with AIDA Instructor Trainer David Watson

PLATINUM: Exclusive 1-to-1 private session or class

GOLD: Two to Three student, small group session or class

Freediving Courses:

Courses include: equipment hire, study material, certification & pool fees

AIDA1: Introduction to Freediving (1 Day)	**€240**	**€160**
AIDA2 Freediver (3 Days)	**€570**	**€380**
AIDA3: Advanced Freediver (4 Days)	**€675**	**€450**
AIDA4: Master Freediver (5 Days)	**€900**	**€600**
AIDA Instructor (10-12 Days)	**€2400**	**€1600**
AIDA Instructor Crossover (5-6 Days)	**€1200**	**€800**
AIDA Monofin Freediver (1 Day)	**€270**	**€180**
AIDA Pool Competition Safety Freediver (2-3 Days)	**N/A**	**€300**
AIDA Depth Competition Safety Freediver (2-3 Days)	**N/A**	**€300**
AIDA Youth (AIDA Junior / Dolphin)	**€450**	**€300**
AIDA Freediving Emergency Medical Responder (FEMR) (2 Days)	**€270**	**€180**

Freediving Combined Course Special Offers:

Courses are to be taken together. Include equipment hire, study material, certification & pool fees.

AIDA1 & AIDA2 (4 Days)	**€760 (save €50)**	**€500 (save €40)**
AIDA2 & AIDA3 (6 Days)	**€1175 (save €70)**	**€740 (save €45)**
AIDA3 & AIDA4 (8 Days)	**€1475 (save €100)**	**€980 (save €70)**
AIDA4 & AIDA FEMR (7 Days)	**€1090 (save €80)**	**€730 (save €50)**
AIDA Instructor & FEMR (12-14 Days)	**€2550 (save €150)**	**€1670 (save €110)**

For other course & training combinations please enquire for a quote

One Breath Freediving: Quality Freediving Education

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Freediving Line Training, Exploring & Fun Sessions:

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

Single Session (Lighthouse):	**~~€90~~ €60**
Single Session (Blue Hole):	**ENQUIRE**
Pool Session (90 minutes):	**~~€90~~ €60**
Dry Workshop (90 minutes):	**~~€65~~ €45**
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. An additional option of dry classes (breathing, EQ etc), in PM is available. Long term 1-to-1 coaching is not possible, however individual sessions can be included when possible and at a 1-to-1 discounted rate.

2 Training Weeks:	**€570 (€57 per session)**
3 Training Weeks:	**€825 (€55 per session)**
4 Training Weeks:	**€1040 (€52 per session)**
Additional Training Weeks:	**€250 (€50 per session)**

Equipment Rental:

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

Full Personal Equipment: *(wetsuit, fins, mask, snorkel, belt, weights)*	**€20**
Wetsuit: *(two piece, 5mm or 3mm thickness, mens or womens sizes)*	**€10**
Fins: *(long or short fins available in sizes eu36 up to 46)*	**€6**
Mask & Snorkel: *(various masks available, all low volume)*	**€5**
Weights & Belt: *(rubber belt, up to 5kg)*	**€5**

For customised quotes and for larger groups, please get in touch

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