

		Time	Academic Theory	Practical/Water Skills
"Try Freediving"	Day 1	4pm-6.30pm (Classroom and Pool)	<ul style="list-style-type: none"> - Evolution (Breath) - 4 Elements of Freediving - Freediving Disciplines - Freediving Equipment - Anatomy - Freediver Safety - Diving Reflex (Basic) - Expectations and Limitations 	<ul style="list-style-type: none"> - Breath Hold Workshop - Static Apnea
"RAID Basic Freediver"	Day 2	8am-12pm (Classroom and Beach)	<ul style="list-style-type: none"> - Physics - Buoyancy/Freefall - Diving Reflex (In Depth) - Physiology/Urge to breathe - Hyperventilation - Breath Hold Mental Techniques/Meditation - Energy Conservation 	<ul style="list-style-type: none"> - Dynamic Bifins - Turns - Cramps - Tows - Swim Test (200m) - No fins - Dolphin Kick
		1pm-4pm (Classroom and Beach)	<ul style="list-style-type: none"> - Rescues (LMC/BO/SWB) - Injuries/Barotraumas - Equalisation - Squeezes and Stretches - Buddy System and Safety - Environment 	<ul style="list-style-type: none"> - Duck Diving - Streamlining - Equalisation - Comfortability/Flow
"RAID Level.1 Freediver"	Day 3	8am-11pm (Boat)	<ul style="list-style-type: none"> - Stretching and Flexibility - Relaxation - Equalisation - Safe Training - Apnea Tables - OW Skills 	<ul style="list-style-type: none"> - Free Immersion - Constant Weight - Equalisation - Arms Only Ascent - No Mask Ascent - Buddy Rescues - Comfortability/Flow/Hang
		11pm-3pm (Boat)	<ul style="list-style-type: none"> - Manta Ray Interaction - Additional Training Time / Reef Exploration 	