

FREEDIVE NINGALOO

STUDENT TESTIMONIALS

Bron -

1. Why did you sign up to the Freediving Course in Coral Bay?

- I was living in Coral Bay and felt comfortable on the reef there. Freediving had always sparked my interest, so I saw it as a good opportunity to give it a go in a familiar environment with an instructor I trusted.

2. What swimming/diving/water experience did you have before starting the course?

- I grew up swimming competitively all through school, so most of my water experience was in a pool. I completed my advanced scuba certification a few months prior to the Freediving course which I think helped me get comfortable with depth in the ocean.

3. Do you think Coral Bay and the Ningaloo Reef are a good place to learn how to freedive and why?

- Yes, I believe Coral Bay and the Ningaloo Reef are a great place to learn to freedive. The shallower depth gradients help you to really focus on the fundamental techniques and build confidence as you develop your skills. When you start to really flow into the dive, the beautiful reef just adds to your relaxed state.

4. What did you enjoy most, or what surprised you about the course?

- I really enjoyed the challenge of building confidence under the water and seeing the improvements in my technique and breath hold in every session.

5. How do you think your new Freediving skills will be used and/or benefit you in the future?

- I've already seen huge benefits in gaining some Freediving skills physically with increasing my lung capacity and look forward to using my new skills further for crayfishing and snorkelling in new locations.

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Loui -

1. Why did you sign up to the Freediving Course in Coral Bay?

- I signed up to the free diving course in coral bay to discover my body's potential so that I can explore deeper and expand my understanding of the mysteries of the ocean.

2. What swimming/diving/water experience did you have before starting the course?

- Before starting the course I had experience as a scuba diver, I became a dive master and that brought me to use the ocean as an office. I've always had a passion for the ocean since I was a kid.

3. Do you think Coral Bay and the Ningaloo Reef are a good place to learn how to freedive and why?

- I found Coral Bay in the Ningaloo Reef to be a very inspiring place for learning to free dive. the laid back lifestyle of the town made learning feel effortless. During the practical sessions we got to experience the incredibly diverse ecosystems of the reef, which left me feeling motivated to explore freediving further!

4. What did you enjoy most, or what surprised you about the course?

- I enjoyed learning new skills and techniques that allowed me to discover more of my body's potential. I was surprised by how quickly and easily the new techniques improved my abilities in the water!

5. How do you think your new Freediving skills will be used and/or benefit you in the future?

- I will be using my new freediving skills to do some training and try to fix myself some goals, but also for fun to go and explore the reef. The relaxation skills will also benefit me in everyday life and help me focus and my breathing.

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Fabi -

1. Why did you sign up to the Freediving Course in Coral Bay?

- I was always interested in freediving to learn the technique to hold your breath longer

2. What swimming/diving/water experience did you have before starting the course?

- Only snorkelling, no diving experience at all

3. Do you think Coral Bay and the Ningaloo Reef are a good place to learn how to freedive and why?

- Perfect place to learn how to freedive, shallow water and sandy beach. Lots of fish to keep your mind distracted underwater.

4. What did you enjoy most, or what surprised you about the course?

- Whole course was very interesting. I've learned a lot about what your body is able to do with the right technique

5. How do you think your new Freediving skills will be used and/or benefit you in the future?

- I'll definitely continue practicing freediving to hold my breath longer. Also it'll be beneficial for my surfing