

A full-page photograph of a diver underwater. The diver is positioned in the center, upside down, wearing a light blue tank top and dark shorts. They are wearing black fins and have a trail of bubbles rising from their mouth towards the surface. The water is a deep, clear blue, and the surface is visible at the top with some ripples and light reflections. The overall mood is serene and adventurous.

One & Only

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FREEDIVING

RECONNECT WITH THE OCEAN

Discover an entirely different way to experience the underwater world through Freediving. Learn how to silently blend in with the Indian Ocean environment and marine life at your own pace and leisure. Our PADI-certified Freediving instructors can teach you basic Freediving principles or take you to the next level of your Freediving skills. Dive in and bask in the ocean's serene calm in a new way.



OUR FREE DIVING COURSES

DISCOVER FREEDIVING

Learn basic Freediving principles and theory and focus on practising breath-hold techniques in our lagoon. Immersion included at a maximum depth of 5m in confined waters. An initial taste of Freediving is perfect for beginners.

Duration: 2 hours (1 ½ hours in-water)

Price: \$350

No certification is offered after this session.



For more information, please speak to your Host or our colleagues at Dive Centre.

All prices are in US Dollars and are subject to 10% service charge and applicable GST.

Rates are subject to change without prior notice.

OUR FREE DIVING COURSES

BASIC FREEDIVER

Learn basic Freediving principles and focus on practicing breathhold techniques in a confined water site. No previous Freediving course or experience is required.

Duration: 1 ½ hours

Price: \$465 per person (not incl. certification)

Additional \$130 for certification

Combinable with Freediving Level 1 with certification - \$995

FREEDIVER LEVEL 1

Your first step to discovering why Freediving is becoming a popular way to explore the underwater world. No previous Freediving course or experience is required.

Duration: 3 hours (1 ½ hours in water)

Price: \$400 per person (not incl. certification)

Additional \$130 for certification

Combinable with Basic Freediver with certification - \$995



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