

Join Instructor Oli Christen for

INTRODUCTION TO FREEDIVING

Sat, June 10 | 4-6PM | Open to Members & Guests!



Come Explore Freediving!

Find out that we are built to dive! Freediving opens your mind to a whole new underwater experience. This introduction aims to help you to develop basic skills, knowledge and safety procedures to enjoy freediving safely! Learn how to relax to prepare for a dive, and how to breathe after a dive to recover efficiently. We will discuss appropriate relaxation exercises and explore what actually happens to your body and mind when you go underwater. Learn the basics about how to put your fins to best use, and even how to swim underwater without fins!

What to Bring:

Mask or Goggles (required) | **Diving Weights & Belt** (optional)
Snorkel & Fins (optional) | **Wetsuit** (optional)



Space is limited! First come, first serve!

RSVP using the QR code or visit:

bit.ly/WLSCFREEDIVINGINTRO

