

BECOME A

# PADI FREEDIVER™

LEARN TO FREEDIVE WITH THE WORLD'S  
LEADING DIVER TRAINING ORGANIZATION



**PADI**

## WE ARE.

EDUCATION

EXPLORATION

COMMUNITY

CONSERVATION

Freediving is about inward power, discipline and control. It's about entering the underwater world quietly, on your own terms, staying as long as a single breath allows. Devised with the guidance and expertise of some of the world's top freediving athletes, the PADI Freediver program will prepare you to explore new depths and new personal limits – two freedoms many divers believe are the most rewarding aspects of learning to freedive.

Becoming a freediver will forever change the way you view yourself and your potential, both above and below the water's surface. Understanding your body's natural ability to explore the aquatic world on one breath will enable you to discover the aquatic world with confidence, all while strengthening the connection of your body and mind with the environment around you.

As a PADI Freediver, you train with the best and become part of a global community of divers bound together by a shared passion for adventure, exploration and love for the underwater world.

**Be Best. Be PADI.**



**Freediving reconnected me to my roots, to growing up in the water and to my greatest passions. It changed and empowered me as a human being and, more importantly, gave me the ability to empower others."**

– Forrest Simon / PADI AMBASSADIVER™ / PADI FREEDIVER INSTRUCTOR TRAINER





## EDUCATION

### THE PATH TO CERTIFICATION

#### STEP 1: KNOWLEDGE DEVELOPMENT

Learn the freediving principles and foundational information including how your body reacts to breath-holding and how water pressure affects you as you dive deeper. In most instances you'll complete the primary knowledge development independently, then meet with your instructor for review and guidance in applying what you learned.

#### STEP 2: CONFINED WATER SESSIONS

In each course you'll have at least one confined water session. These sessions emphasize introducing and developing skills you use in confined water freediving, including breath-hold techniques for static and dynamic apnea.

#### STEP 3: OPEN WATER SESSIONS

You'll participate in at least two open water sessions. During these sessions, you'll learn to dive deeper while staying within, but learning to extend, your personal limits. You will practice free immersion (pulling yourself along a line) and constant weight (duck-diving headfirst while following a line), plus proper buddy procedures. You also practice basic rescue techniques and learn your role as a buddy.



## HOW LONG DOES IT TAKE?

### PROGRESS AT YOUR OWN PACE WITH PERFORMANCE-BASED AND STUDENT-CENTERED LEARNING

All PADI courses apply performance-based learning, which means you progress and attain certification by demonstrating you meet specific learning objectives. Each course also applies student-centered learning, which means your instructor addresses how you learn the most effectively using the course structure and materials.

Meeting the objectives for each course segment and session is what's important, not how long it takes. You must meet the requirements for certification, but your instructor realizes that how you learn may differ from how others learn. So, your instructor matches training methods to what you need to become a capable and confident diver.

## PADI FREEDIVER

- Gain knowledge about freediving principles through independent study with the PADI *Freediver Touch*™ (or your instructor may conduct class sessions).
- In your confined water session, you will learn breath-hold techniques as well as static and dynamic apnea. Goal: static apnea of 90 seconds and dynamic apnea of 25 metres/80 feet.
- During open water sessions, you'll practice free immersion and constant weight freedives, plus proper buddy procedures. Goal: constant weight freedive of 10 metres/30 feet.

\* To enroll in a PADI Freediver course, you must be at least 15 years old. Kids age 12 and older can enroll in the PADI Basic Freediver course; kids age eight and older can enroll in the PADI Skin Diver course.



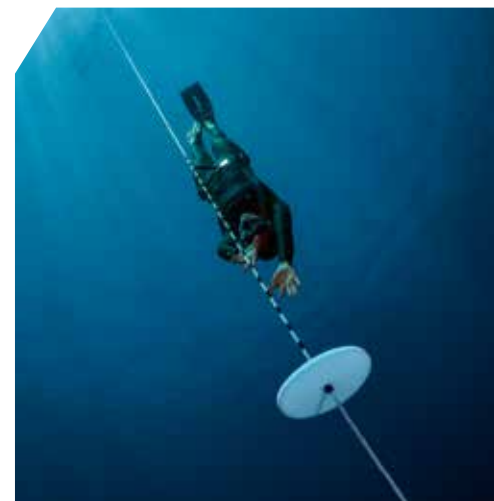
## PADI ADVANCED FREEDIVER

- Learn about advanced freediving techniques and equipment during the knowledge development phase.
- In your confined water session, you will learn stretching and relaxation techniques, and refine static and dynamic apnea. Goal: static apnea of two minutes, 30 seconds (two minutes for freedivers younger than 18), and dynamic apnea of 50 metres/165 feet (40 metres/130 feet for freedivers younger than 18).
- During open water sessions, you will practice deeper free immersion and constant weight freedives, along with additional buddy procedures and rescue techniques. Goal: constant weight freedive of 20 metres/65 feet (15 metres/50 feet for freedivers younger than 18).



## PADI MASTER FREEDIVER

- Expand your understanding of nutrition, relaxation and advanced breathing techniques. You'll also complete independent research as part of the Master Freediver Assignment.
- The confined water session is designed to improve static and dynamic apnea attempts, including a no fins dynamic apnea. Goal: static apnea of three minutes, 30 seconds and dynamic apnea of 70 metres/230 feet.
- You will practice mouthfill equalization and perform warmup and workup dives for free immersion and constant weight freediving during your open water sessions. Goal: constant weight freedive of 27 metres/90 feet.



## THE PADI FREEDIVER TOUCH™

- Access materials from the convenience of your tablet whether you have an internet connection or not. (It must be first downloaded using a connection.)
- The PADI *Freediver Touch* includes all tablet-based training modules needed for PADI Freediver, Advanced Freediver and Master Freediver.
- PADI Freediver incorporates supervised pool and open water training designed to facilitate mastery of the concepts covered in the tablet-based curriculum.

## TEACH WHAT YOU LOVE

If you're an avid freediver, becoming a PADI Freediver Instructor will take your passion for freediving to the next level and allow you to do what you enjoy as a profession. You'll discover a career that lets you share incredible underwater achievements with others – transforming their lives for the better while enriching yours.

Find additional details at [padi.com/teachfreediving](http://padi.com/teachfreediving) or visit your PADI Freediver Center.

PADI FREEDIVER INSTRUCTOR TRAINER



PADI MASTER FREEDIVER INSTRUCTOR



PADI ADVANCED FREEDIVER INSTRUCTOR



PADI FREEDIVER INSTRUCTOR



PADI MASTER FREEDIVER



PADI ADVANCED FREEDIVER



PADI BASIC FREEDIVER



PADI FREEDIVER™





Photo: Mitchell Patterson

EXPLORATION

## YOUR PADI FREEDIVER CERTIFICATION IS A LIFE-CHANGING PASSPORT TO ADVENTURE

With more than 6,500 PADI Dive Centers and Resorts, and more than 135,000 individual PADI Professionals who have issued in excess of 25 million certifications around the world, you'll find PADI scuba diver and freediver courses around the world.

Find a PADI Freediver Center at [padi.com/diveshops](https://padi.com/diveshops).



I started freediving shortly after my PADI Advanced Open Water course in Koh Tao, Thailand. I remember seeing the freedivers diving to the depths we were scuba diving at and I thought it looked amazing. I fell in love with the freedom of gliding around underwater with minimal equipment."

- Adam Stern / PADI AMBASSADIVER™ / PADI FREEDIVER INSTRUCTOR TRAINER  
AUSTRALIAN RECORD HOLDER

## THE ALLURE

Freediving is appealing for different reasons. Here are the most common ones you will hear from fellow freedivers:

### RELAXATION AND PEACE

Being underwater holding your breath and being “weightless” is a great stress-reducer. Freediving helps people relax and be “in the moment.” Many freedivers say the “free” in freediving doesn’t just mean free of gear, but free of the outside world.

### SIMPLICITY

Because freediving involves less gear, it’s easier to always have the gear you need with you – making freediving more spontaneous and accessible than other watersports, including scuba diving.



### CLOSE TO NATURE

Freedivers move more quietly and quickly through the underwater world, much like they belong there. You can get closer to many shy organisms than you could by most other means, including conventional scuba.

### CHALLENGE AND COMPETITION

For some, freediving is about the challenge – an internal competition in which you try to improve your own performance, and/or external competition with other freedivers. It is one of the few forms of competitive diving.

### JOURNEY INTO YOURSELF

All forms of freediving require you to learn about yourself, your body and how you think. It is a process of keeping fit and growing – a journey that continues as long as you freedive. For most freedivers, this is a primary – or at least important – reason to freedive, regardless of what else attracts them to the sport.







Connect with PADI



# COMMUNITY

## UNITED BY A SHARED PASSION

As a PADI Freediver, you are a welcomed dive buddy in the community of PADI Divers and Professionals around the world, all united by a shared passion for adventure and love for the oceans.



Be inspired by other PADI Divers and Instructors and see how they have fulfilled dreams to discover and experience the underwater world – and find transformation within themselves.

Watch their stories at [mypadi.padi.com](http://mypadi.padi.com).



As a PADI Diver, you're invited to join My PADI Club®, a portal to a world of exploration and a hub for the dive community. With tools, expert advice and a community of divers, My PADI Club makes it easier to keep exploring and share the passion that is diving. Learn more at [mypadiclub.com](http://mypadiclub.com).



PADI AmbassaDivers are committed to elevating diving in their communities and across the planet. Each AmbassaDiver carries the emblematic torch, lighting the way for more people to pursue their passion, discover their purpose or follow their dreams to explore, protect and experience the underwater world. Meet the AmbassaDivers at [padi.com/ambassadiver](http://padi.com/ambassadiver).



## CONSERVATION

### A FORCE FOR GOOD

To be best *in* the world, we must be best *for* the world. We understand the importance of healthy oceans and the need to protect the marine life and biodiversity within. PADI supports global efforts that affect all of us as divers. Working with partners in conservation like Project AWARE® ([projectaware.org](http://projectaware.org)), United Nations Development Programme ([sustainabledevelopment.un.org](http://sustainabledevelopment.un.org)) and Mission Blue™ ([mission-blue.org](http://mission-blue.org)), we amplify all our efforts to protect marine ecosystems and ensure the oceans will be preserved for generations to come.

As a PADI Diver, you join the global movement to sustain and improve the health of our blue planet.

Learn more at [padi.com/conservation](http://padi.com/conservation).

## GET YOUR PADI TODAY

IF YOU'VE ALWAYS WANTED TO TAKE FREEDIVING LESSONS,  
EXPERIENCE UNPARALLELED ADVENTURE AND SEE THE WORLD  
BENEATH THE WAVES, THIS IS WHERE IT STARTS!

Enroll in a PADI Freediver course with your PADI Freediver Center or Instructor.  
Begin the adventure at [padi.com/freediving](https://padi.com/freediving).

PADI FREEDIVER™

### WE ARE.

EDUCATION

EXPLORATION

COMMUNITY

CONSERVATION