

Dahab Freediving Discovery Intro (AIDA 1) – Full Day at the Blue Hole

A full day to learn freediving properly, ending with a Discovery Intro diploma

Duration: 8

From: 149 USD per person

Overview

Spend a full day at the Blue Hole learning the fundamentals of freediving with a certified instructor: physiology, breathing and relaxation, equalization, safety and rescue basics, then two relaxed open-water sessions with no performance pressure. You finish with the AIDA 1 Discovery Intro diploma.

Itinerary

1. Pickup from your Dahab hotel
2. Freediving theory and safety briefing
3. Breathing and relaxation technique practice
4. Lunch break
5. Supervised practice dives at the Blue Hole
6. Second supervised open-water session and diploma presentation
7. Drive back and drop-off at your hotel

Included

- Hotel pickup and drop-off in Dahab
- Mask, fins and weight belt
- Certified freediving instructor
- AIDA 1 Discovery Intro diploma
- Bottled water

Not Included

- Blue Hole National Park entry fee (about USD 20 per person, paid on the spot)
- Gratuities

[Book online: https://tutvoyages.com/en/tours/dahab-freediving-discovery-intro-day](https://tutvoyages.com/en/tours/dahab-freediving-discovery-intro-day)

TUT VOYAGES · +201144211142 (WhatsApp)