

Special Advanced Freediver Course

May 30 - June 1, 2008, Moalboal, Cebu, Philippines
Organiser: Wolfgang Dafert – [freediving-Philippines.com](http://freediving-philippines.com)
up close and personal with Herbert Nitsch

Program

May 30

1st Day “Special Advanced Freediver Course”

8:30 Breakfast and course briefing – Restaurant Club Serena

9:30 Short theory in the airconditioned Diveshop

10:30 Static training in the Resort pool

Lunchbreak

14:30 Deep Dive Training on the housereef

17:00 Debriefing + Tipps and Tricks + Video showing (Herbert Nitsch’s latest Videos)

19:00 Dinner at Club Serena Resort

May 31

2nd Day “Special Advanced Freediver Course”

8:30 Breakfast

9:30 Short theory: “How to approach and get close with fishes”

10:30 Boat trip - Marine Sanctuary: Fish, Fish, Fish. Lots of fish already in 5-10m!

Lunchbreak

14:30 Boat trip – Wreck Freediving: We will dive an airplane wreck which lies at 22m

Nightprogram: Dinner in Panagsama, Chili Bar and Disco

June 1

3rd Day “Special Advanced Freediver Course”

9:30 Breakfast

11:00 Boat trip - Pescador Island: The Cathedral – a spectacular dive through at 26m

Lunchbreak on the boat

14:00 Boat trip - Kasai Wall: Turtle guarantee!

Optional: Night Freediving at our Housereef

June 2-4

Herbert Nitsch will join the Freedivers and we will have lots of action underwater.
Trygons Speargun testing!

TOTAL Price 12,000 PHP = 185 EUR

Including: Theory, Freediving Manual, Pool Training, Deep Dive Training, 2 days Boatrent, drinkingwater and Towels on the boat
not including: Accomodation, Food, Drinks

Offer for local Filipinos

To support the local Freedivers we offer ½ price Freediving Beginner Courses (2 Days - PHP 2,700.-) for local Filipinos till Mai 30. The deepest Filipino will be invited to join the Special Advanced Freediving Course FOR FREE!!! So far the deepest Filipino is Quintin Garcia Gomez III with 25m.

Location

Club Serena Resort, White Beach Moalboal, Cebu, Philippines. Cheap accomodation nearby can be arranged.

Booking and more Info

Wolfgang Dafert - PADI Scuba Instructor and Freediving Trainer <http://wolfgangdafert.spaces.live.com/>
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