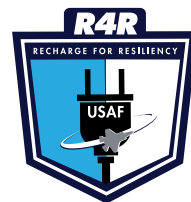




FREEDIVING COURSE

21 Aug 2021
Freediving Course



7am - 5pm • Cost: \$75pp • R4R: \$50pp. Register & Pay NLT 16 Aug

This course is for those who want to get into freediving which is breath-holding and a form of underwater diving which relies on breath-holding until resurfacing rather than the use of breathing apparatus such as scuba gear. This course encompasses the history, equipment, environment, physics and physiology of freediving. For this course you will need long blade fins, low volume mask, open bore and no one-way valve snorkel, Marseille weight belt with quick release, hard weight, open cell wet suit. 18 and over only.

**** All Adventure Trips will adhere to latest CDC guidelines for COVID-19****

Meet at the Parking Lot next to the FamCamp Office (Bldg. 612)

Call the FamCamp at (813) 840-6920, Mon-Sat for reservations.

**Recharge for Resiliency (R4R) Provides resources for outdoor centric, high adrenaline, post deployment stress reduction through FSS Outdoor Recreation Centers for Active Duty and Single Airman along with their families at a reduced price.*



www.macdillfss.com

