

ISA LEVEL 1 • DUBAI

SPEARFISHING

Level 1 Course

Three days of breath-hold, safety and underwater hunting skills, from the classroom to open water.

COURSE FEE

**AED
2,700**
per person

3 Days

Course duration

Up to 20 m

Depth and safety training

ISA

Level 1 certification

WHAT YOU'LL LEARN

01 Freediving & breath-hold

Breathing preparation, relaxation and efficient descents.

02 Diving safety & buddy system

One-up, one-down protocols and rescue awareness.

03 Speargun safety & care

Safe handling, loading, and maintenance of your gear.

04 Hunting strategy & precision

Approach techniques, shot placement and responsible hunting.

HOW THE COURSE RUNS

Classroom theory

Physiology, safety, equipment and ethics.

Pool sessions

Breath-hold, technique and safety drills in confined water.

Open-water dives

Boat trips to put it all into practice at sea.

INCLUDED

✓ ISA certification fee

✓ Pool sessions

✓ Boat trips

Equipment rental not included.

BOOK YOUR PLACE

WhatsApp: 050 6401044 • contact@apneazone.club