

UMBERTO PELIZZARI - COURSE IN ENGLISH - SHARM el SHEIKH (RED SEA)

From Monday the 5th to Friday the 9th November 2007, the free-diving World-champion Umberto Pelizzari will organise a free diving course in English in Sharm el Sheikh (Red Sea).

The course will address topics of breathing techniques (abdominal breathing, how to use the diaphragm,...), relaxation, autosuggestion techniques, special physical training for Free-divers (jogging, swimming, body building...) special training for free-divers (static free-dive, dynamic free-dive, deep free-dive) personal training programmes, black-outs, security, equalisation techniques, diet, kicking techniques, theory of all different disciplines.

Lessons in the water will be developed in the pool (static and dynamic) and in the sea (constant weight and variable weight with the sled).

Screening of videos on competitions in different free-diving disciplines and the world of free diving.

Students will be shown videos of good and bad practical technique and will be filmed in order to analyze their technique

Umberto Pelizzari will keep all lessons in the sea, swimming pool, and all breathing and relaxation trainings. The theory in English will be kept by an Apnea Academy Instructor.

Every school day will be organised as follows:

- from 9.00 to 12.00 sea
- from 12.00 to 14.00 pool
- from 14.30 to 15.30 theory
- from 15.30 to 17.00 sea
- from 17.00 to 19.00 theory or practise of relaxation and breathing techniques

Because of the weather and sea conditions, the daily programme can be changed.

The meeting point will be on Monday the 5th of November at 9 a.m. at the Diving Center of the village.

After the general presentation, all participants will go to the sea for the first dive in constant weight to create different classes according to the technical level of every freediver.

The end of the course will be on the evening of Friday the 9th at 7.00 p.m.

The course is open to the freedivers of any level (from beginner to competitor). The only important thing is being able to equalize.

A medical certificate for free-diving activity is required. The price for the course is Euro 565,00.

The temperature of the water will be about 24/26 Celsius degrees. A 3 or 5 mm. wet-suit is perfect. In normal condition, visibility in the water is about 35meters.

Weights can be borrowed from the organisation.

The Course will take place at **TURISANDA CLUB REEF VILLAGE** in Sharm el Sheikh. On www.turisanda.it (at the link of Red Sea, <http://www.turisanda.it/browse.cfm?pkalbero=112&pknode=13725>) all information about Club Reef Village, will be available.

All inclusive cost (in double room, breakfast, lunch, dinner, drinks and snacks) is 30 euro per person per day. Flight will be bought from each diver in his own country.

To book the hotel or for any information concerning the Hotel please contact:

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