

Freediving Gold Coast Update



A lot has been happening above and below the water:

We have a new website enabling easier online booking and scheduling of our weekly pool and ocean courses. [Check it out here.](#) We've always kept well clear of stock photos for greater authenticity in our products. You might even find yourself in pictures on the site. If your memories aren't here then be sure to

check out our Facebook page.

One of the most memorable [Freediving Gold Coast Facebook](#) videos is of Kumiko Iijima performing a dynamic of 114 metres at the Gold Coast Aquatic Centre *on her back* with no special wetsuit or fins. Congratulations to Kumiko and the completion of her AIDA 3 Star certification.



Japanese women continue to prove that they have a real talent for holding their breath and swimming underwater - as we have seen by the recent results of [Vertical Blue 2017](#) with two Japanese women in the top 10.

Our next ocean course with vacancies is the Ocean Freediver course with classroom, pool and ocean components starting **Friday 14th July** at 7pm and finishing on Sunday afternoon. Phone our head office (Parkside Medical) on 5564 7451 or [book online here](#).

If you want to split this course up and just do the classroom and pool activities first and the ocean requirements at a later date (which splits the costs up for you), this is now possible on our one day **Intro Freediver** course for \$195.

The Intro Freediver course is also conducted mid-week, 6 to 8pm, for 2 hours weekly for 4 weeks for those people who have busy weekends and want a relaxing way to unwind after work. This course will begin the first Wednesday of each month starting 5th July followed by the next one on 2nd August. [Book online here.](#)

One of the biggest challenges students seem to have in freediving is adapting to new equalisation methods. We believe it can be trained, developed and facilitated. So how can you achieve [Easy Equalisation for Freediving?](#)

Not sure what visibility and diving conditions are like? We try to provide accurate visibility and diving reports on our website for all our courses. [For more information click here.](#) I would go as far to say that our reports are the most accurate on the Gold Coast because we often use a secchi disk, or our weighted line marked at 5 metre increments to accurately measure visibility. We prefer to dive offshore where the visibility is always better and there is no or little current at our favourite dive location. On our last two courses (prior to the week of rain), we have achieved in excess of 20 metres visibility which would make the visibility on the Gold Coast on par with the best city diving locations in the world.

Freediving Gold Coast Club welcomes all internationally certified freedivers to train with us. [More info.](#)

We have a [Special Offer](#) of free rental of 5mm Oceanic Hoods on all Ocean Freediver courses during winter to help keep you toasty warm.

We hope you enjoy this quick round-up of our freediving adventures.

Best wishes

Freediving Gold Coast Team



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Our mailing address is:

PO Box 4449 Ashmore 4214

Our office address is:

Parkside Medical Unit 11 151 Cotlew St Ashmore QLD 4214 Australia

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