



4054 S. Memorial Drive, Unit 'O' · Winterville, NC 28590 · Phone 252-439-4390 · Fax: 252-439-4391

Freediving Class

When: August 27/28

Instructor: Kerry Hollowell & Steve Benson

Classroom/ Pool Sessions

<u>Saturday:</u>	August 27	9:00am to 6:00pm	
		9:00am- 1:00 pm	Classroom/ Rum Runner
		2:00pm- 6:00pm	Pool

Checkout Dives

<u>Sunday:</u>	August 28	8:00am	
	Lake Phoenix, VA		

Class fee: \$345

Fee includes Classroom, Pool, Book, and C-card, Quarry fee

Required Equipment: mask, snorkel, fins, rubber weight belt and hard weights and wetsuit. You can use your own scuba gear for the class. Instructors will have some Freediving gear for you to sample in the pool.