We provide intro sessions for new members and people who just want to learn a bit about freediving, breath holding and breath control. We train in the pool year round (statics and dynamics) and in Lake Wakatipu (depth) over summer.

We offer freediving education and regular training in both pool and lake in Queenstown and Wanaka for adults aged 16+.

Find us on Facebook or email queenstownfreediving@gmail.com

Details

- Email: QueenstownFreediving@gmail.com
- Phone: 027 294 8620

Website

www.facebook.com/groups/QueenstownFreediving/