

# APNEA ACADEMY WEST EUROPE

*La Caleta de Adeje - Tenerife - Islas Canarias*



La Caleta de Adeje, a protected natural  
paradise where all your activities and  
experiences with us will leave an  
unforgettable memory



Our staff, with more than 25 years of experience in  
the aquatic world will receive you and give you a  
familiar and personalized treatment

**APNEA ACADEMY WEST EUROPE**  
**LEISURE AND SPORTS ACTIVITIES CENTER**

Calle Las Artes S/N La Caleta de Adeje  
Costa Adeje

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# WHO WE ARE

We are the fifth world center of the renowned school of the famous athlete and freediver Umberto Pelizzari.

We create different experiences and adventures with a multitude of activities, such as snorkeling in the bay, discover scuba diving kayaking, paddle surfing, surfing, paragliding, many types of special boat excursions, and of course our wonderful diving center and apnea unique in the Canary Islands.

As lovers of the sea, we approach people of all ages and conditions to the aquatic environment, for their enjoyment. We are located on the Island of Tenerife, in Adeje, specifically in La Caleta de Adeje, a natural and unbeatable enclave to enjoy the sea and with the best sports facilities near us. We have a constant climate throughout the year of "eternal spring".

# THE TEAM



**PACO  
GONZALEZ**

After completing his studies in marine biology and dedicating himself many years to the sea he opened, together with the city of Adeje, Apnea Academy West Europe, the only center in the Canary Islands where, with his 25 years of experience and 10 participated freediving world championship, all the professionalism and quality of service are offered to the people when visiting this special site. He is Umberto Pelizzari Manager and Delegate in Europe, and Director of the Adeje Aquatic School

**UMBERTO  
PELIZZARI**



The famous man of the sea, in 2012 decided to create the 5 center of his famous school in Costa Adeje, Tenerife. He was the first man in the world who reach a depth of 150 meters in apnea, apart from other world freediving records. In 1995 he created the largest school for teaching freediving activities in the world: Apnea Academy

# THE TEAM

**GIORGIA  
GOBBI**



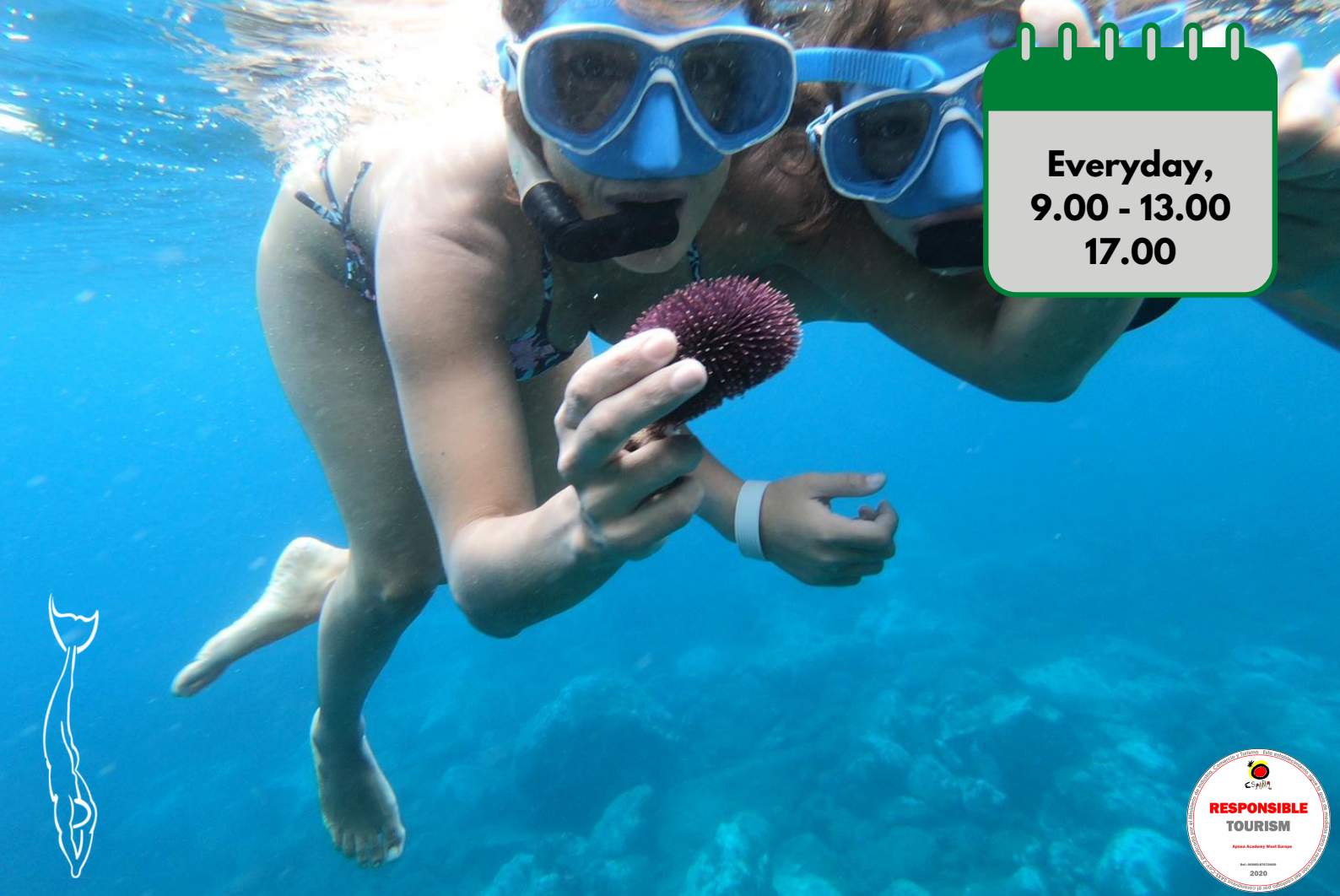
Scuba Diver and freediver. Responsible for the international marketing area and adviser for group and activities. Also with great judgment is in charge of social media.



An aerial photograph of a white inflatable boat on the ocean. Inside the boat, several people are visible, including one in a blue wetsuit leaning over the side. In the water, three divers in black wetsuits are swimming. A white line drawing of a whale tail is in the top right corner.

# OUR ACTIVITIES





**Everyday,  
9.00 - 13.00  
17.00**

# "AQUATIC WALK" IN PROTECTED NATURAL COVE

~ 1.5 hours      **€ 35**

This experience, that we call "aquatic kick" is an interactive snorkeling excursion in the protected bay of La Caleta, where our biologist and instructor will get in, with a group of max 5 person and minimum 2, stopping every so often taking a photo of what you see underwater, discussing the photos with the group on the surface and thus they will be able to recognize the natural aquarium that exists in La Caleta de Adeje

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The price includes: photos and videos - suit, mask, snorkel and fins - insurance - professional guidance with a marine biologist



# DISCOVER SCUBA DIVING IN A NATURAL PROTECTED AREA


~ 2 hours, includes theory and practice **€ 55**

The purpose of a try dive is to discover in a fast and controlled way the wonderful world that awaits us under the sea. This activity is carried out in a very controlled way. From the hand of an instructor, you will make a complete immersion enjoying all the marine life, and the contact with the water with total safety and comfort. It is also often an option chosen by many who want to give a gift to someone who is curious to discover what diving is, before deciding to take a course itself.

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If later you want to do a diving course with us, those 55 € will be deducted from the price of the course.





**Everyday,  
9.00 - 13.00**



# WHALE WATCHING BOAT EXCURSION




~ 1.5 hours      **€ 55**

With our "blue flag" boat excursion, we will observe, with the required safety measures, the cetaceans existing in the area, considering that they are animals in freedom. There will be a "speech" to explain their way of eating, conduct and situation in the west of our island of Tenerife.

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The price includes: photos, videos and professional guidance with a marine biologist





**Everyday,  
9.00 - 13.00**



# BOAT EXCURSION LAVA TONGUE SNORKELING

~ 1.5 hours      **€ 47**

In this excursion, unique in the Canary Islands, you will see how the underwater volcanic activity made incredible shapes of stone. We'll stand in several lava tongues where you'll go down and make snorkel. The instructor will take photos and video, and take away a beautiful memory of how the volcano has penetrated the sea and created incredibly wonderful shapes.

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The price includes: photos and videos - suit, mask, tube and fins - insurance - professional guidance with a marine biologist



**Everyday,  
7.00**

# SUNRISE BY BOAT

~ 1.5 hours      **€ 47**

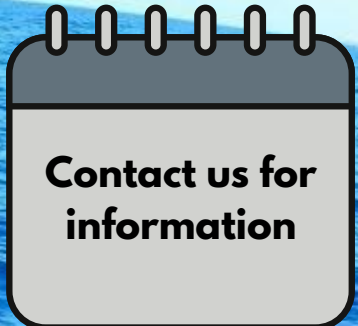


This experience will allow you to discover the thousands of hues offered by the sky and the sea when the night comes to an end and the morning lights begin.

The smell and sound of the sea, together with the sensation of fresh air on your skin and sea salt on your lips, will activate all your senses simultaneously, providing you with a relaxation that is hard to beat.

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We offer coffee service with pastries and blankets so that the feeling of comfort is full.





**Contact us for  
information**

# TEAM BUILDING FOR COMPANIES

Our Team Building programs are developed in the heart of nature, and are aimed at achieving a high impact on the skills and results of work teams. Teamwork implies individual growth. It is not easy to learn how to team up with other people, but it is the most effective and satisfying way to carry out any type of work. Companies must achieve, through Team Building and activities, that workers feel that they are part of a gear, where everyone moves with the same objective, and where the movement of one initiates the movement of the next.



Everyday,  
9.30  
13.30

# PHOTOGRAPHIC RALLY WITH PROFESSIONAL PHOTOGRAPHER

Get the best photos, immortalizing your best moments with the infinite colors of the sea, Yellow Mountain, Red Mountain, Los Gigantes Cliffs, Caleta de Adeje or Puertito de Armeñime.

~ 2 hours

1 pax **€ 100**

Couple **€ 160**

Family from 4 to 6 **€ 340**





# ROMANTIC BOAT TRIP

2 hours

€ 90

Surprise your partner and invite him/her to a boat tour for 2 hours. Enjoy a glass of cava while you get to know the south coast of the island, from the sea.

Savor all the sensations that the ocean can give you, from the hand of the person you love the most



# SNORKELING BOAT EXCURSION

~ 1.5 hours      **€ 40**

We take snorkelers on our boat to special places not frequented, and with wonderful bottoms. You will always be accompanied by an international apnea instructor guide, who will make your experience much more fun and educational.

Suitable for all ages from 4 years

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The price includes: photos and videos - suit, mask, snorkel and fins - insurance - professional guidance with a marine biologist





# KAYAK Y PADDLE SURF RENTAL

We offer you the possibility to rent our kayaks and paddle surf so you can use them on your own. If you prefer, one of our monitors can guide you on an excursion along the coast. You can also choose to be accompanied by a support boat if you get tired of rowing

## Double Kayak

1 hour	€ 18
2 hours	€ 35
3 hours	€ 50

PRICE PER KAYAK (2PAX)

## Paddle Surf

€ 10
€ 19
€ 27

PRICE PER PADDLE SURF

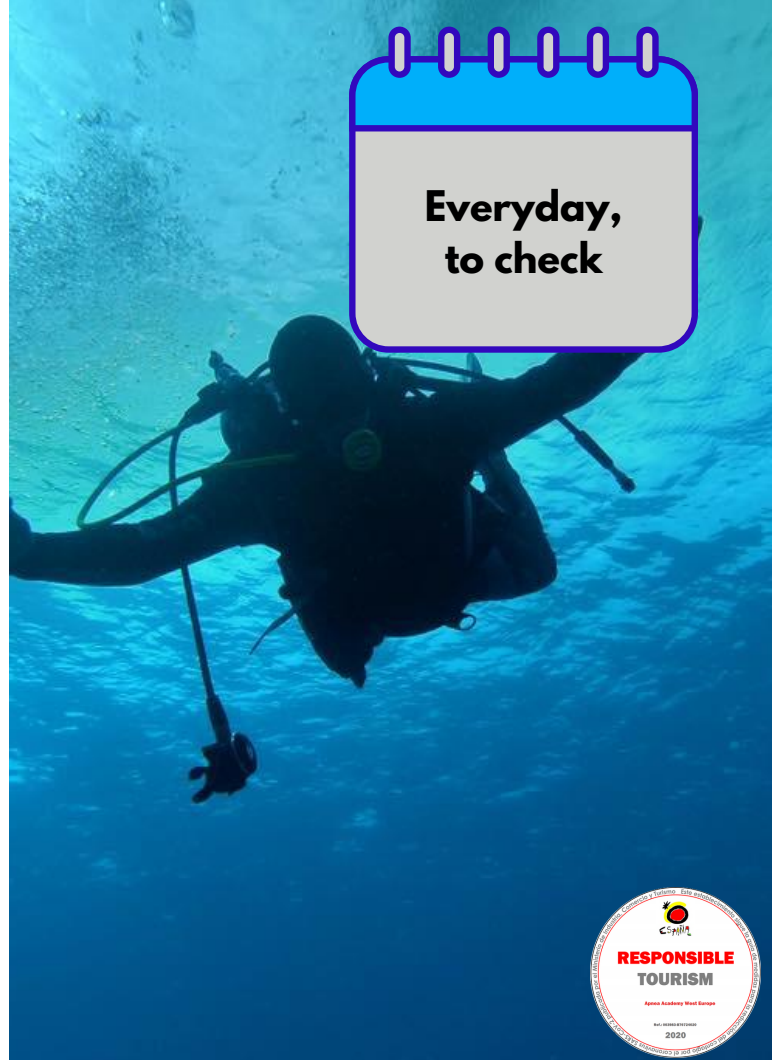
## Excursion with support boat

### 2 pax

1 hour	€ 60
2 hours	€ 90
3 hours	€ 115

### 4 pax

€ 100
€ 140
€ 180



**Everyday,  
to check**



# FLY & SEA

Tandem paragliding flight + try dive

**€ 125**

The perfect package to get to know Costa Adeje from the air and under the sea

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Flight from Taucho or Ifonche (800 and 1000 m resp.) Pick up and transfers included in the South of Tenerife (from Los Gigantes to El Médano)

For the try dive, you should come to our school in La Caleta de Adeje.





Everyday  
to check

# BLUE ADVENTURES

~ 3.5 hours      € 75

Do 3 activities in one day and have fun in a unique way!

## Package 1

Kayak + Snorkel + Paddle Surf

## Package 2

Snorkel + Paddle Surf + Boat Ride

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Includes all necessary equipment + free photo and video reporting



Wednesday,  
saturday  
and sunday  
9.00



# HIPPYWAKA

Guided tour

**€ 40**

A walk from La Caleta de Adeje to the beach of the hippies, the only natural white sand beach on the island, which can be accessed either by foot or by sea. It is not an excursion that requires a lot of physical effort and can be done with children.

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Group min 5 max 20, the return from the beach to the center will be by boat. Includes photos and videos, and mask for snorkeling



Everyday,  
110.00 - 12.00  
14.00 - 16.00  
18.00 - 20.00



# TANDEM PARAGLIDING FLIGHT

~ 20 minutes

€ 90

Live the ultimate sense of freedom. Feel the experience of flying over the mountains and beaches of Adeje and know from the top its emblematic Barranco del Infierno. Enjoy the fascinating and peaceful adventure of paragliding in tandem- without motor: like birds.

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Flight from Taucho or Ifonche (800 and 1000 m resp.) The take-off point will depend on weather conditions. Pick up and transfers included in the South of Tenerife (from Los Gigantes to El Médano) . Minimum age 8 years





**Everyday  
to check**

# JETDIVING

Jetski tour + try dive

**€ 120**


The perfect combination to enjoy the sea, on the surface and on the bottoms.

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The jetski will leave from the port of Las Galletas or from the port of Puerto Colón in Adeje.

For the baptism, you should come to our school in La Caleta de Adeje.





Everyday,  
to check



# SURF

With the guarantee of our unique centre in the Canary Islands and our great instructor Antonio Maiello we offer unforgettable activities in the numerous spots of west coast of Tenerife.

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Private course	€75
Group course	€39
Private course for kids	€75
Semi-private course	€59
Course for groups, friends and families	€49



**From 11 am  
to 5 pm**

# BIRTHDAY PARTY

Min 10 - Max 30 pax      **€ 38/pax**

Celebrate your birthday with us in the bay of La Caleta. You will have an outside tent to put food and drinks.

In the bay we have kayak, paddle surf, snorkel and boat to have fun with activities like "banana" and our Delfinia slider

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Includes: equipment, insurance, photos and videos  
Does not include: drink and food







# BOAT RENTAL WITH SKIPPER

This is a modality in which a group of people (from 1 to 7) can rent the boat for at least 3 hours. You can decide the route and moreover, we will take you to special places. We will stop to eat and make a fun boat day with a group of friends or family.

Min 3 hours **€ 100/h**

Extra hours **€ 80/h**





# SAILBOAT RENTAL WITH SKIPPER

2 hours, without food, drinks included	<b>€ 190</b>
3 hours, food and drinks included	<b>€ 250</b>
4 hours. food and drinks included	<b>€ 300</b>
5 hours, food and drinks included	<b>€ 350</b>
6 hours, food and drinks included	<b>€ 400</b>

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Departure from Puerto Colón or La Caleta de Adeje  
Max 5 people



**NEW!**

## Churri I



## Moni Boat



## White Tuna



## Tango I



# BOAT RENTAL WITHOUT SKIPPER

### Churri I (without licence)

Dipol F1rst

Tohatsu 15 hp

5 pax

Puerto Colon, Tenerife

**€ 200 - 4 h / 350 € - 8h**

### White Tuna

Luhrs 25 Open Tournament

2 x Yanmar 175 hp

6 pax

Puerto de las Galletas, Tenerife

**€ 295 - 4 h / € 395 - 8 h**

### Moni Boat

Quicksilver 755 Sundeck Active

Mercury 225 hp

8 pax

Puerto Colon, Tenerife

**€ 375 - 4 h / € 599 - 8 h**

### Tango I

SeaRay 230

Volvo Penta Duoprop 225 hp

6 pax

Puerto de las Galletas, Tenerife

**€ 295 - 4 h / € 495 - 8 h**





From Monday to Friday  
from 9 am to 6 pm

Saturday  
from 9 am to 1 pm

**29" MOUNTAIN BIKE**



**ELECTRIC COMFORT**



**ELECTRIC MTB**



**COMFORT BIKE**



# BIKE RENT

## 29" Mountain Bike

1 day - 18€	5 days - 63€
2 days - 33€	6 days - 70€
3 days - 45€	7 days - 75€
4 days - 55€	

## Electric MTB

1 day - 36€	5 days - 126€
2 days - 66€	6 days - 139€
3 days - 90€	7 days - 150€
4 days - 110€	

## Electric Comfort

1 day - 30€	5 days - 106€
2 days - 55€	6 days - 117€
3 days - 75€	7 days - 125€
4 days - 92€	

## Comfort Bike

1 day - 12€	5 days - 42€
2 days - 22€	6 days - 46€
3 days - 30€	7 days - 50€
4 days - 37€	

The rental price is for 24 hours with the exception of deliveries made on Saturday morning that will be collected on Monday for the same price.





Everyday,  
check  
disponibilities

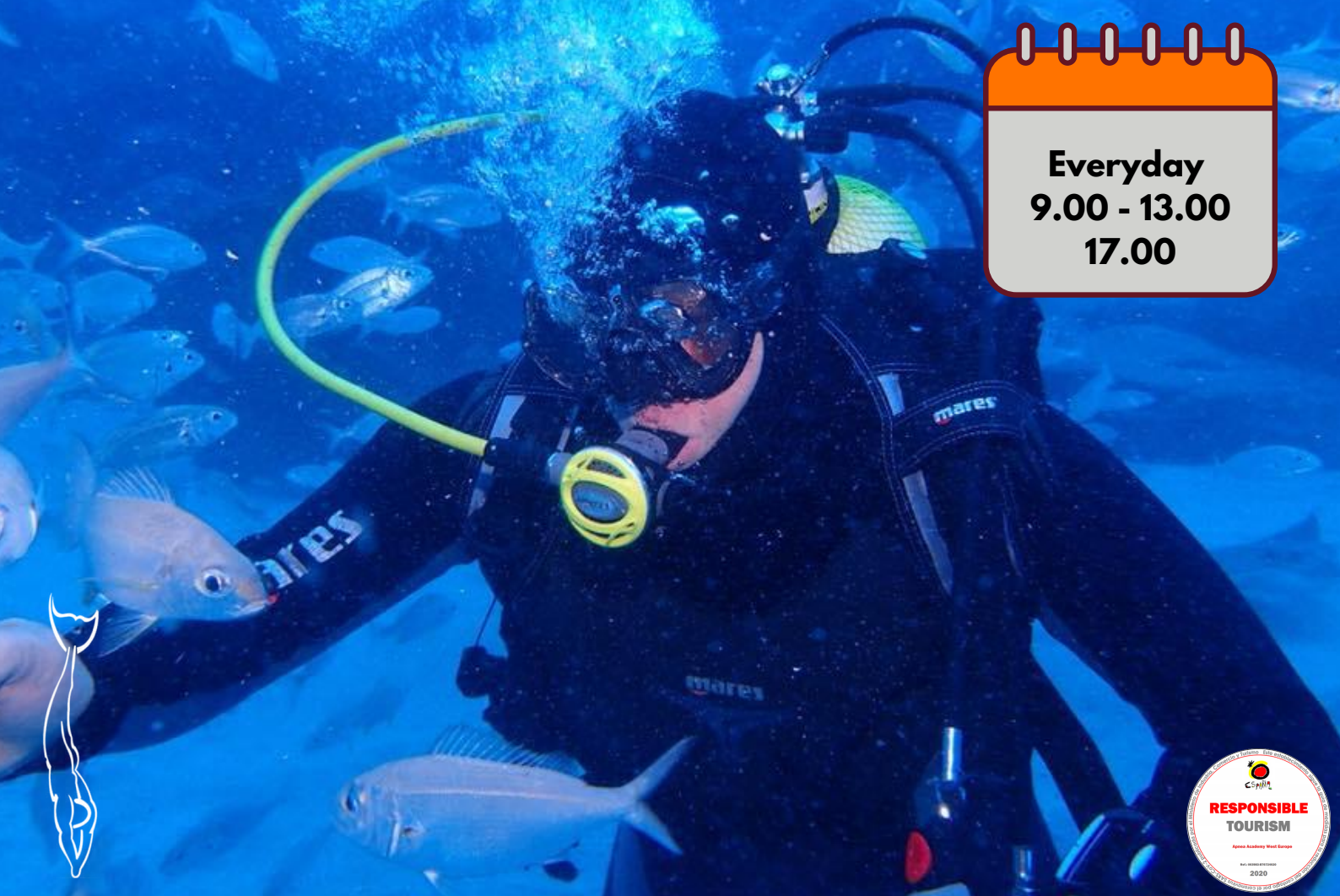


# FREEDIVING TRAINING

For people who have a certain experience in free-lung subaquatic activities we make 1.5 hours of training. We can plan them from the coast or with our boats. Also in the high performance sports centers of Adeje. Always with an instructor who will guide you at all times.

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Ask for information and we will give you a plan that suits your time and knowledge.



**Everyday**  
**9.00 - 13.00**  
**17.00**

# SCUBA DIVING EXCURSION

**TELL US WHAT HOW YOU WHAT TO DIVE AND WE  
WILL ARRANGE A PLAN THAT FITS YOU.**

For those who have the required certification and current insurance, we organize departures from coast or from boat, taking you to special places in which the lava of the volcano, the fauna and flora are combined to make an unforgettable and unique dive.

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Complete equipment included, certification  
required





# UNDERWATER PHOTOGRAPHY EXCURSION

~ 1.5 hours      € 30

Boat trips for lovers of photography in apnea where they will be taken to different spots, free of tourist overcrowding, and where they will find a great variety of flora and fauna



# SPEARFISHING EXCURSION

2 - 4 hours      **€ 80/h**

This excursion is organized within a minimum of 2 hours and a maximum of 4, for lovers of spearfishing. We will take you to places unreachable by your own. It is a good method to practice spearfishing in a group and at little cost.

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Equipment, insurance and boat excursion  
included




An aerial photograph of a white inflatable boat on the ocean. Several people are on board, including one in a blue wetsuit leaning over the side. In the water, three divers in black wetsuits are visible. A white line drawing of a whale's tail is in the upper right corner.

# OUR COURSES



# FREE DIVING





Apnea workshops are aimed at people who want to try freediving to experience harmony with the underwater world.

**Everyday,  
check  
disponibilities**



# FREEDIVING WORKSHOP

1 day - 4 hours

**€ 80**

You will receive theoretical lessons, relaxation and breathing techniques, and a small class in the aquatic environment to get you started in this exciting world.

2 days - 5 hours/day **€ 190**

You will receive theoretical lessons, dynamic and static apnea classes, lessons in the sea, relaxation and breathing techniques.

You will receive a diploma of assistance, photos and videos of your experience. Includes equipment and insurance



# FREEDIVING STAGE

4 days - 5 hours/day **€ 420**

Apnea Academy Stage is an intensive training course whose duration and intensity will vary from time to time. The stage will include constant and variable weight sea dives, static and dynamic pool tests, breathing and relaxation techniques and theoretical lessons. All types of students can attend this stage.



## Included in all courses:

International diving and apnea insurance  
for the chosen duration

International certificate of Apnea  
Academy International

Theoretical Kit- Audiovisual (1 GB of Info,  
video and photos)

Departures and practices from coast and  
boat

Practice in the pool

**Everyday,  
check  
disponibilities**



# FREEDIVING COURSES

**First Level AA € 330**

**5 days - 5 hours/day**

**7.5 h theory - 7.5 h pool - 10 h sea**

Apnea Academy First Level represents the first approach to free-diving with a complete basic equipment. The objective of the course is to reach controlled free-diving by applying relaxation and breathing techniques in order to reach following performances: 1'45" static apnea, 30 m in dynamic and 8 m in depth.

Medical certificate required, no previous freediving experience required

## Included in all courses:

International diving and apnea insurance  
for the chosen duration

International certificate of Apnea  
Academy International

Theoretical Kit- Audiovisual (1 GB of Info,  
video and photos)

Departures and practices from coast and  
boat

Practice in the pool

**Everyday,  
check  
disponibilities**



# FREEDIVING COURSES

**Second Level AA € 350**

**7 days - 5 hours/day**

**10 h theory - 10 h pool - 15 h sea**

Apnea Academy Second Level is to improve the relaxation and breathing techniques by taking advantage of the experience acquired in the first level in order to reach following performances: 2'30" in static, 55 m dynamic and 15 m depth.

Medical certificate and 1st Level AA or equivalent required



## Included in all courses:

International diving and apnea insurance  
for the chosen duration

International certificate of Apnea  
Academy International

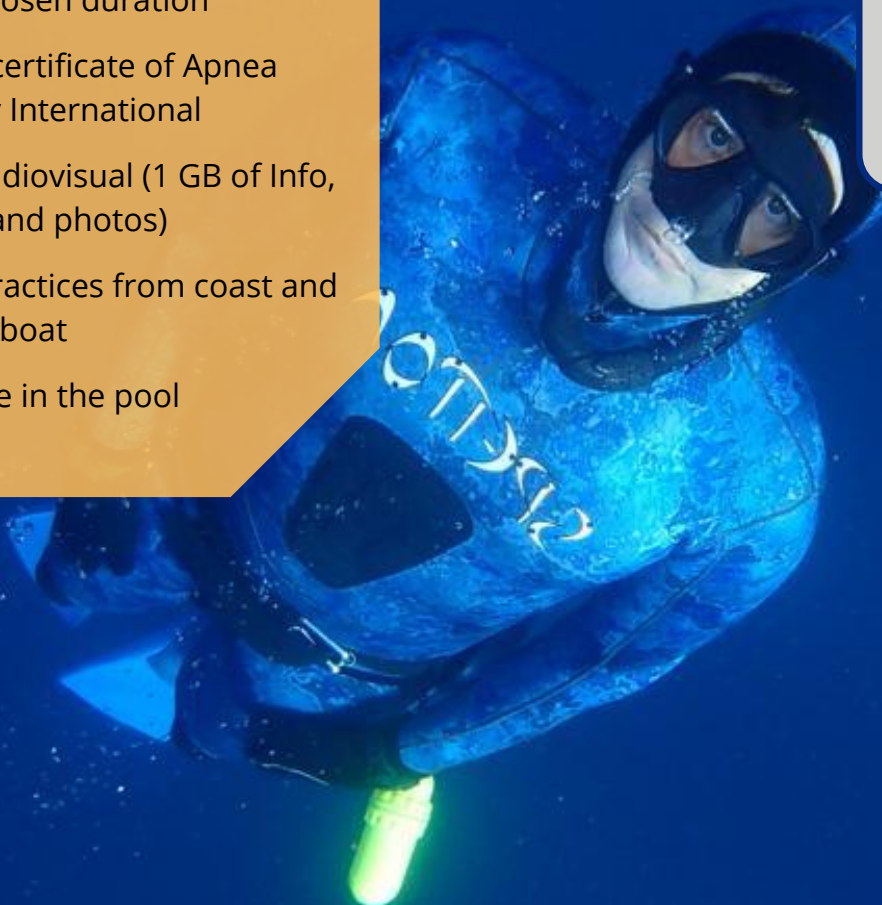
Theoretical Kit- Audiovisual (1 GB of Info,  
video and photos)

Departures and practices from coast and  
boat

Practice in the pool



**Everyday,  
check  
disponibilities**



# FREEDIVING COURSES

**Third Level AA    € 370**

**7 days - 5 hours/day**

**10 h theory - 10 h pool - 15 h sea**

Apnea Academy Third Level is the highest award for a free diver. By a improvement of its ability to operate in the water, mental and technical training , the free diver will be able to reach 3' static, 70 m dynamic and 25 m depth.

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Medical certificate and 2nd Level AA or equivalent  
required

## Included in all courses:

International diving and apnea insurance  
for the chosen duration

International certificate of Apnea  
Academy International

Theoretical Kit- Audiovisual (1 GB of Info,  
video and photos)

Departures and practices from coast and  
boat

Practice in the pool



**Everyday,  
check  
disponibilities**



# FREEDIVING COURSES

## Assistant instructor AA

6 days - 5 hours/day **€ 420**

15 h theory - 5 h pool - 10 h sea

This is the level before becoming instructor. Learn to manage a class of students by assisting a certified instructor during his classes. Once certified the assistant is allowed to teach by his own apnea discovery classes.

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Medical certificate and 3rd Level AA or equivalent  
required





**Check the year  
plan**




# UNDERWATER PHOTOGRAPHY COURSE

2 days - 7 hours/day **€ 190**

Very fun course where in two days the student learn the necessary tricks to take underwater photos. With breathing techniques, relaxation and especially knowledge about underwater photography.

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Equipment and camera included



Everyday,  
to check



# SPEARFISHING COURSE

2 days - 4 hours/day **€ 120**

This course is suitable for all lovers of spearfishing in which they will learn relaxation techniques, breathing and fishing techniques respecting the environment and knowing the life of the most common fish that habit our seas.

To be able to enjoy this sport responsibly.

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Equipment, insurance and boat excursion included





# SCUBA DIVING



# SCUBA DIVING COURSES

## Open Water Diver € 330

The international title you will get allows you to dive (without the obligation to be accompanied by a profesional diver) with a diving partner, within a depth of 18 meters (60 feet).

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Specific official medical certificate for diving required,  
no prior experience required





Everyday, to plan  
with the student



# SCUBA DIVING COURSES

## Advanced OWD € 350

This course represents the second level of training through which you will learn how to manage some particular activities, such as exploring deeper and navigating at the bottom, with and without a compass. You can also learn to search and recovery objects, drift dive, dive around shipwrecks, in low visibility conditions, at night. The international title you will get allows you to dive, together with a buddy, within the 30 meters (100 feet) of depth.

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Specific official medical certificate for diving, OWD  
and 20 dives required



Everyday, to plan  
with the student



# SCUBA DIVING COURSES

## Scuba Rescue Diver € 380

The Scuba Rescue Diver course is one of the best tools for preparing for diving emergencies. However, in our education system there are two other courses dedicated to rescue: "First aid - C.P.R." and "Oxygen Provider". The first has a general application character, while the second deals with the administration of normobaric oxygen to the injured diver. Therefore, these three courses are complementary and are designed to go through all possible scenarios of an underwater emergency.

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Specific official medical certificate for diving, AOWD  
and 15 dives required





Everyday, to plan  
with the student



# SCUBA DIVING COURSES

**Dive Master      € 465**

At the end of the training, you will be able to dive, on a safety curve and together with a partner, within 40 meters (130 feet) of depth, that is the maximum allowed limit for recreational divers. It is equivalent to being a guide and assistant instructor.

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Specific official medical certificate for diving and prior qualifications required



Everyday, to plan  
with the student



# SCUBA DIVING SPECIALITY COURSES

You can make with us the specialties of night diving, deep, nitrox, photography, underwater navigation, oxygen provider, basic life support, etc.

**€140 - € 190**



# BOOK HERE YOUR ADVENTURE

