FOR IMMEDIATE RELEASE

SSI Powers Freediving Growth with Newly Updated Performance Freediver Program

DELRAY BEACH, FL – [March 17, 2026] SSI is excited to announce the release of its newly revised **Performance Freediver certification program**, delivering a clearer, more modern learning experience designed to help freedivers improve performance, refine technique, and train smarter at advanced levels. As freediving continues to surge in popularity worldwide, SSI has strategically revamped this program to help Training Centers capture growing demand and guide divers into higher-level training.

The updated program introduces **improved structure, clearer explanations, and a streamlined learning flow**, while maintaining the core performance-focused content that experienced freedivers rely on to safely progress in depth and efficiency.

Designed for divers ready to push their abilities further, the Performance Freediver program combines advanced theory, structured training methods, equipment knowledge, and safety principles into a comprehensive pathway for high-level freediving development.

“Freedivers who want to progress need more than just time in the water—they need a deeper understanding of how their body, technique, and equipment work together at greater depths,” said Rachael Steidley, SSI Marketing Manager. “This updated program provides the clarity and structure needed to help freedivers train intentionally and safely as they continue advancing.”

Key topics include pressure and depth adaptation, performance-focused breathing and recovery strategies, the application of mouth-fill equalization techniques, and how preparation, technique, and safety systems support controlled and efficient deeper dives.

For SSI Training Centers and freediving professionals, the revised program offers a valuable opportunity to expand advanced freediving training offerings and engage students looking to push their limits responsibly. The course integrates classroom learning with both pool and open-water training sessions, allowing students to progress at a pace that fits their schedule. A **Performance Pool Freediver certification option** also allows divers to complete the pool-based training independently.

The program is open to SSI Advanced Freedivers or equivalent and contributes toward SSI recognition levels, a great tool for SS Centers and Pros to further encouraging divers in progressing through the SSI training system.

With freediving continuing to grow worldwide, the newly updated Performance Freediver program reinforces SSI’s commitment to providing the most complete and modern training system for breath-hold diving**.**

For more information on how your Center can join the Freediving movement and become an SSI Freediving Center, visit **https://my.divessi.com/become_trainingcenter** today!