

## PLONGEE LIBRE water sports

Mobile : +33 (0)6 22 34 16 64

Village de Vacances Le Lazaret - 223, rue du Pasteur Lucien Benoît - 34200 SETE

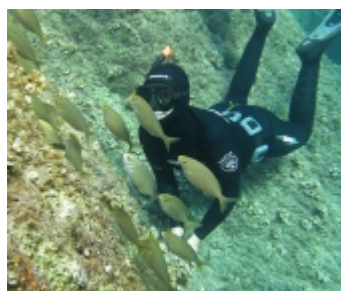
Email : s.fallourd@plongee-libre.fr

Site internet : <http://www.plongee-libre.fr/>

Sophie Fallourd, instructor specializing in free diving (without tank), invites you to discover the snorkeling activity in order to perform you by first free diving. For those who want to advance and validate apnea levels, training courses over several days are on schedule.

Her diving center boasts a unique setting located in Sète into the 'Lazaret' holiday center and has a direct access to the beach. During your underwater attractions, discover the biodiversity of the Thau lagoon and of the Aresquiers' reef!

Naturalist animator and underwater photographer, Sophie will share her knowledge of the flora and fauna that you will meet underwater: bream, octopus, sea horses...



### Annual closing :

Closed from 1 January to 14 April and from 16 October to 31 December

**Location :** On the outskirts, Pays de Thau

**Languages spoken :** English

### Sports and Prices

#### Water sports :

- diving

#### Location :

- Beach of Lazaret in Sète

- Thau lagoon

- Aresquiers' reef

- Cap d'Agde tables
- 'Fort Brescou' in Cap d'Agde

**Prices :**

- Awareness to the marine world / the small explorers from 5 to 8 (2:30 hours): 180€ for a group of 8 children maximum + 1 adult obligatory
- Snorkeling tour from 8 (3 hours): 180€ for a group of 8 people children maximum + 1 adult obligatory
- Awareness to apnea / first free diving from 12 (3 hours): 210€ for a group of 6 teenagers maximum + 1 adult obligatory
- Introduction to free diving / apnea training course from 14 (2 days): 170€ / person with a maximum to 8 people
- Advanced training course in apnea / apnea training course from 16 (5 days): 390€ / person with a maximum to 8 people
- Naturalist excursion from 10 according to the depth (1 day): 80€ / person with a maximum to 8 people

**Conditions**

**Groups :** min. 5 pers., max. 8 pers.

**Group bookings :** compulsory

**Age min. :** 5 years

**Formalities :** Must be able to swim

**Level :** beginner and experienced

**Affiliations**

**Regional accreditation**

**Federation :** FFESSM

**Regional committee :** FFESSM CODEP 34

**Association :** ANMP

**Registration number :** 482 436 359 00012