

Lifeguard Junior Certification

Date: 10.2.2025-12.2025

Location:

- 1) University Malaya, Kuala Lumpur**
- 2) Setia Spice Aquatic Centre, Penang**
- 3) Ponderosa Golf & Country Resort, Johor**

Time: 9am - 12pm

DAY 1

TIME	AGENDA
9 AM - 9:30 AM	<i>Lifesaving Theories</i>
9:30 AM - 10 AM	<i>Real Drowning Case Studies</i>
10 AM - 10 :30 AM	<i>Land Rescues</i>
10:30 AM - 11:00 AM	<i>Equipment Rescues</i>
11:00 AM - 11:10 AM	<i>Break</i>
11:10 AM - 12PM	<i>Safe Steps to Rescue</i>

DAY 2

TIME	AGENDA
9 AM - 9:30 AM	<i>Day 1 Assessment</i>
9:30 AM - 10:15 AM	<i>First Aid Introduction</i>
10:15 AM - 10:30 AM	<i>Oxygen Use</i>
10:30 AM - 10:50 AM	<i>AED</i>
10:50 AM - 11 AM	<i>Break</i>
11 AM - 12PM	<i>Emergency Scenarios Practices</i>

DAY 3

TIME	AGENDA
9:00 AM - 10 AM	<i>Day 2 Assessment</i>
10 AM - 10:30 AM	<i>Team Activities</i>
10:30 AM - 11:30 AM	<i>Lifeguard Experience Lifeguard on Duty</i>
11:30 AM - 11:40 AM	Break
11:40 PM - 12 PM	Photo session <i>Graduation/Photo Ceremony</i>