

SLSS Lifesaving Activities Schedule for Year 2010

Corporate CPR Course		Preliminary Module (Lifesaving 1,2 & 3)	
Duration: 1 session, Time: 9am to 5pm Dates: 9/1, 23/1, 13/2, 27/2, 6/3, 20/3, 10/4, 24/4, 8/5, 22/5, 12/6, 26/6, 10/7, 24/7, 14/8, 28/8, 4/9, 25/9, 9/10, 23/10, 13/11, 27/11, 4/12, 18/12. (Saturdays) Dates: 13/1, 8/2, 12/3, 12/4, 24/5, 14/6, 16/7, 18/8, 27/9, 11/10, 1/11, 22/12 (Weekdays)	Duration: 10 sessions x 2hrs Time: 6.30pm to 8.30pm Wednesday 20/1 and subsequently on every Wed. Monday 8/2 and subsequently on every Mon. Thursday 4/3 and subsequently on every Thur. Friday 9/4 and subsequently on every Fri. Sunday 8/5 and subsequently on every Sun. Tuesday 1/6 and subsequently on every Tues. Friday 2/7 and subsequently on every Fri. Sunday 15/8 and subsequently on every Sun. Thursday 7/10 and subsequently on every Thur. Wednesday 3/11 and subsequently on every Wed. Monday 6/12 and subsequently on every Mon.		
CPR + AED Course			
Duration: 1 session, Time: 9am to 1pm or 5pm to 9pm Dates: 20/1, 24/2, 15/3, 21/4, 11/5, 29/6, 28/7, 23/8, 13/9, 7/10, 22/11, 14/12			
Oxygen First Aid Course		Oxygen Resuscitation Course	
Duration: 1 session, Time: 9am to 5pm (Sat) . Dates: 30/1, 6/2, 17/4, 5/6, 26/9,	Duration: 1 session, Time: 9am to 5pm (Sat) . Dates: 16/1, 13/3, 19/6, 18/9		
Lifesaving First Aid Course		Lifesaving Seminar	
Duration: 6 sessions of 3 hrs each Time: 6pm to 9pm Duration: 2.5 days Time: 9am to 5pm (2 days) & 9am to 1pm Dates: To be confirmed	Duration: 1 session, Time: 9 am to 5 pm Dates: 19/3. Venue: To be confirmed		
Lifesaving Update Workshops		Workshop on Instructor Self-Assessed-Scheme	
Duration: 1 session, Time: 6 pm to 9 pm Dates: 10/2, 10/5 (CPR) , 13/10 (CPR) , 15/12	Duration: 1 session Dates: 5/5, 3/11 Time: 6 pm to 9 pm		
Lifesaving Training cum Examiners' Workshop		Induction on Aquatic Activities for People with Disabilities	
Duration: 1 session, Time: 9 am to 5 pm Dates: 11/11 Venue: To be confirmed	Duration: 1 session, Time: 6.30pm to 9pm Dates: 17/5, 15/10		
23 rd Lifesaving Instructor Course		33 rd National Lifesaving Championship	
Duration: 11 Sessions Dates: 5/5, 7/5, 10/5, 12/5, 14/5, 17/5, 19/5, 21/5, 24/5, 26/5, 2/6 (Proficiency Test) . Time: Proficiency Test session - 6.15pm to 9pm. The remaining sessions - 6pm to 9pm.	Still-Water Competition (SWC) Day/Date: Sunday, 1 August 2010 Venue: Kallang Basin Swimming Complex (<i>tentative</i>) Time: 8am to 5pm.		
23 rd Lifesaving Teacher Course		Open-Water Competition (OWC) Day/Date: Saturday, 18 September 2010 (Trials) Venue: Siloso Beach, Sentosa Island (<i>tentative</i>) Time: 8am to 5pm. Day/Date: Sunday, 19 September 2010 (Finals) Venue: Siloso Beach, Sentosa Island (<i>tentative</i>) Time: 8am to 5pm.	
Duration: 8 sessions Dates: 4/10, 6/10, 8/10, *10/10 (Open Water - Sun) , 13/10, 15/10, 18/10, 20/10. Time: All sessions - 6pm to 9pm, except the session on 11/10 - 9am to 1pm.			
Free Lifesaving Clinics at SENTOSA (a community service program in partnership with Sentosa Leisure Group)		Note: All dates are tentative and subject to terms and conditions of registration. Please visit Singapore Life Saving Society's website: www.slss.org.sg or call +65 6299 3660 for further updates.	
Dates: 30/1, 27/2, 27/3, 24/4, 29/5, 26/6, 31/7, 28/8, 25/9, 30/10, 27/11, 25/12 (Sat) Venue: 1pm at Siloso Beach, Sentosa. 3pm at Palawan Beach, Sentosa.	Lifesaving Training Center, Kallang Basin Swimming Complex will be the venue for all courses unless otherwise specified.		