

An aerial photograph of five divers swimming in clear, turquoise water. The divers are scattered across the frame, with some wearing black gear and others with more colorful accents. The water is exceptionally clear, revealing the dark, rocky seabed and coral reefs below. The overall scene is vibrant and inviting, showcasing the beauty of the underwater environment.

# DIVE PROGRAMMES

AT GAYA ISLAND RESORT



# DIVE PROGRAMMES

Get the most out of your snorkelling and diving experience during your stay. As a PADI 5 Star Dive Resort (S-36409), a full range of programmes is available, suitable for ages 10 years and above. Whether you are a novice or a seasoned explorer, there is a programme just for you to enjoy.

## EXPERIENCE PROGRAMMES

- PADI Discover Snorkelling (Guided)
- PADI Discover Scuba Diving (Boat)

## LEISURE DIVES

- Three Dives

## PADI Courses\*

- PADI Scuba Diver Course
- PADI Open Water Diver Course
- PADI Advanced Open Water Diver Course

## PADI Speciality Courses\*

- PADI Digital Underwater Photographer

\*Courses offered include certification and manual.

# PADI DISCOVER GUIDED SNORKELLING

## 1-DAY SNORKELLING WITH A DIFFERENCE

Embark on an interesting and safe snorkelling experience guided by PADI Professionals. Your guide will take you to the best spots to view the wide range of marine life in the tropical waters of Kota Kinabalu. Visit two different snorkelling sites; one in the morning, and one after lunch. The trips will be around two of the islands in Tunku Abdul Rahman Marine Park (TARP), such as Pulau Mamutik, Pulau Sapi or Pulau Gaya.

Your guide will share water safety tips, such as water temperature, hand signals, entering and exiting the water and how to use your snorkelling gear. To ensure a more personalised experienced and increased safety, a maximum of 6 persons per PADI Professional is advised.

### INCLUSIONS

- Guided visit to three snorkelling sites by a PADI Professional.
- Optional snorkelling and/or skin diving skills session.
- Boat transfers that include refreshments on board and lunch provided on an island.
- Complimentary use of snorkelling gear and towel. Cameras with underwater housing are also available for daily rental.
- Use of a Personal Buoyancy Aid.

### PREREQUISITES

To get the best experience, participants should have basic swimming skills and be comfortable in waters that are too deep to stand up in, although this may not be necessary.

### TYPICAL ITINERARY

9.00am	Meet at Resort Dive Centre and complete PADI paperwork
9.00am - 9.15am	Boat transfer to first island for snorkelling
9.30am - 10.00am	First snorkelling site briefing
10.00am - 11.00am	Guided snorkelling tour over shallow coral reefs in a protected area or just relax on the beach
11.00am - 11.15pm	Boat transfer to second island for snorkelling
11.15pm - 12.15pm	Guided snorkelling tour over shallow coral reefs in a protected area or just relax on the beach
12.15pm - 1.30pm	Return to boat and be transferred to an island for lunch
1.30pm - 2.00pm	Continue by boat to third island for briefing and snorkelling
2.00pm - 3.30pm	Guided snorkelling tour over shallow coral reefs in a protected area or just relax on the beach
3.30pm - 4.00pm	Return to resort by boat

The itinerary is subject to change to best meet the needs of participants, and to take into account the weather and sea conditions on the day.

# PADI DISCOVER SCUBA DIVING

## 1-DAY TRY DIVING FOR NON-DIVERS

PADI Discover Scuba Diving (DSD) is a great choice if you want to have an enjoyable, safe and high quality try dive experience. This one-day introduction involves two dives.

PADI DSD takes you to Tunku Abdul Rahman Marine Park (TARP). The first site is normally the house reef at Pulau Sapi, providing controlled conditions needed for the initial dive with bountiful sights of marine life. The second dive site will be at one of the many pretty and shallower coral reefs in TARP.

### INCLUSIONS

- A short scuba diving education session.
- Two leisure dives, the second being a maximum of 12m depth.
- Instruction from qualified PADI Instructors.
- Maximum 4 persons per PADI Instructor for personalised attention.
- Boat transfers that include refreshments on board and lunch provided on an island.
- Complimentary use of diving gear, towel and shower on board.
- Cameras with underwater housing are also available for daily rental.

### PREREQUISITES

- Must be 10 years or older, be comfortable in the water and have basic swimming skills.
- Be in overall good health to dive, with good respiratory and circulatory system.
- Each participant will be asked to self-certify before starting the PADI Discover Scuba Diving Experience.

### TYPICAL ITINERARY

9.00am	Meet at Resort Dive Centre and complete PADI paperwork
9.00am - 9.30am	Boat transfer to first island
9.30am - 10.00am	Education session for PADI Discover Scuba Diving (DSD)
10.00am - 11.30am	Complete confined skills session and first leisure dive
11.30am - 1.30pm	Boat transfer to either Padang Point or Pulau Mamutik to enjoy a relaxed lunch on the island
1.30pm - 2.00pm	Continue by boat to second dive site
2.00pm - 3.30pm	Participate in the second site briefing and leisure dive
3.30pm - 4.00pm	Return to resort by boat

The itinerary is subject to change to best meet the needs of participants, and to take into account the weather and sea conditions on the day.

# 3 LEISURE DIVES

## 1-DAY LEISURE DIVE AT TUNKU ABDUL RAHMAN MARINE PARK

Take it easy with these leisure diving trips. It is a perfect getaway for both beginners and experienced leisure divers. The 2 Leisure Dives trip involves one dive in the morning and the other in the afternoon, while the 3 Leisure Dives involve one leisure dives in the morning and two in the afternoon. Explore different dive sites in Tunku Abdul Rahman Marine Park (TARP), with a choice of over 25 different dive sites all offering pretty coral reefs rich in diverse marine life.

### INCLUSIONS

- Full dive briefings and visit to leisure dive sites that match participants' diver certification level.
- All dives are guided by qualified PADI Instructors.
- Maximum 4 persons per PADI Instructor for personalised attention.
- Boat transfers that include refreshments on board and lunch provided on an island.
- Complimentary use of towel and diving gear. Cameras with underwater housing, dive computers and underwater torches are also available for daily rental.

### PREREQUISITES

- Participants must be certified. Please produce diver certification card or dive log book before diving.
- If participants have not dived in a while it is advised to visit a doctor for a medical check-up.

### TYPICAL ITINERARY

9.00am - 9.30am	Meet at Resort Dive Centre, complete PADI paperwork and transfer to first island
9.30am - 11.00am	Briefing and first leisure dive
11.00am - 12.00pm	Safety surface interval on boat and briefing for the second dive
12.00pm - 1.00pm	Participate in the second leisure dive session
1.00pm - 2.30pm	Boat transfer to either Padang Point or Pulau Mamutik to enjoy a relaxed lunch on the island
2.30pm - 4.00pm	Continue by boat with briefing on board followed by third leisure dive session
4.00pm - 4.30pm	Return to resort by boat

The itinerary is subject to change to best meet the needs of participants, and to take into account the weather and sea conditions on the day.

# PADI SCUBA DIVER COURSE

2½-DAYS ON LEARNING TO DIVE

Learn how to dive in just two and a half days. The PADI Scuba Diver Course allows you to dive with a PADI Professional or a qualified diver Buddy to a maximum depth of 12m. This course covers the first three sections of the PADI Open Water Diver course, which are pre-study activities, confined water/swimming sessions and water stamina tests, and open water dives. The PADI Scuba Diver course will take you to suitable dive sites within the Tunku Abdul Rahman Marine Park (TARP), which include Pulau Mamutik, Pulau Sapi and Pulau Gaya.

## INCLUSIONS

- PADI Open Water Diver Manual.
- 3 confined skills session and 2 open water dives of up to a maximum of 12m.
- PADI certification upon successful completion of the course.
- All dives are guided by qualified PADI Instructors.
- Boat transfers that include refreshments on board and lunch provided on an island.
- Maximum 4 students per PADI Instructor for personalised attention.
- Complimentary use of towel and diving gear. Cameras with underwater housing, and dive computers are also available for daily rental.

## PREREQUISITES

- Must be 10 years or older, be comfortable in the water and have basic swimming skills.
- Be in overall good health to dive, with good respiratory and circulatory system. Each participant will be asked to self-certify before starting the PADI Discover Scuba Diving Experience.

## TYPICAL ITINERARY

### Day 1: Pre-Study (4-5 hours)

- Begin at the Resort Dive Centre to attend the pre-study session and complete the required PADI Paperwork. Commencement time varies with each booking.
- Alternatively, participants can complete the pre-study in their room or via other study options in-line with PADI standards.

### Day 2: On the Boat (1 Day)

- Equipment familiarisation
- Confined water session 1
- Water stamina tests that covers a 10 minute float test
- Lunch on an island
- Equipment familiarisation - Strip down and rebuild
- Open water dive 1

### Day 3: On the Boat (1 Day)

- Equipment familiarisation - Strip down and rebuild
- Confined water sessions 2 and 3
- Lunch on an island
- Equipment familiarisation - Strip down and rebuild
- Open water dive 2

For Day 2 and Day 3, participants are required to meet at the PADI Dive Resort at 8.45am, board the boat by 9.00am and return to the resort by 4.00pm.

The itinerary is subject to change to best meet the needs of participants, and to take into account the weather and sea conditions on the day.

\*\*FOR PADI COURSES (Scuba Diver, Open Water, Advanced Open Water), all pre-study is now completed on-line. ONLINE LEARNING/ELEARNING – Once you have paid in full for your course, we will send you your PADI eLearning Access code via email. Once you have received it and registered with PADI, you will have access to an Online eBook, Certification credit, Knowledge Reviews, Quizzes and Final Exam, eTraining Logbook, and Digital RDP with instructions and certifying credit. Your eLearning must be successfully completed before attending the course.



# PADI OPEN WATER DIVER COURSE

3½-DAYS ON LEARNING TO DIVE

Learn how to dive in Kota Kinabalu with the PADI Open Water Diver Course. This course allows persons aged 15 years or older to dive with a Buddy, a PADI Professional or their qualified diving parent or guardian to a maximum depth of 18m. For children aged 10-14 years, PADI Junior Open Water Diver Course would enable children to become a certified diver with a qualification to dive up to a 12m depth; and the certification automatically converts to PADI Open Water Diver once they reach 15 years of age. Both courses cover similar sections such as pre-study activities, quizzes and a final exam, confined water/swimming sessions and water stamina tests as well as open water dives.

The PADI Open Water Diver Course will take you to suitable dive sites within the Tunku Abdul Rahman Marine Park (TARP), which include Pulau Mamutik, Pulau Sapi and Pulau Gaya.

## INCLUSIONS

- PADI Open Water Diver Manual.
- 5 confined skills session and 4 open water dives.
- PADI certification upon successful completion of the course.
- All dives are guided by qualified PADI Instructors.
- Boat transfers that include refreshments on board and lunch provided on an island.
- Maximum 4 students per PADI Instructor for personalised attention.
- Complimentary use of towel and diving gear. Cameras with underwater housing, dive computers and torches are also available for daily rental.

## PREREQUISITES

- Must be 10 years or older, be comfortable in the water and have basic swimming skills.
- Be in overall good health to dive, with good respiratory and circulatory system. Each participant will be asked to self-certify before starting the course.
- Junior Open Water Divers aged 10-11 years old must dive with a PADI Professional or certified parent/guardian. Dives must not exceed 12 metres/40 feet.
- Junior Open Water Divers ages 12-14 years old must dive with a certified adult.

# PADI OPEN WATER DIVER COURSE

3½-DAYS ON LEARNING TO DIVE

## TYPICAL ITINERARY

### Day 1: Pre-Study (4-5 hours)

- Begin at the Resort Dive Centre to attend the pre-study session and complete the required PADI Paperwork. Commencement time varies with each booking.
- Alternatively, participants can complete the pre-study in their room or via other study options in line with PADI standards.

### Day 2: On the Boat (1 Day)

- Equipment familiarisation
- Confined water session 1
- Water stamina tests that covers a 10 minute float test and 200m swim test
- Lunch on an island
- Equipment familiarisation - Strip down and rebuild
- Open water dive 1

### Day 3: On the Boat (1 Day)

- Equipment familiarisation - Strip down and rebuild
- Confined water sessions 2 to 5
- Lunch on an island
- Equipment familiarisation - Strip down and rebuild
- Open water dive 2

### Day 4: On the Boat (1 Day)

- Equipment familiarisation - Strip down and rebuild
- Open water dive 3
- Lunch on an island
- Equipment familiarisation - Strip down and rebuild
- Open water dive 4

For Day 2 to Day 4, participants are required to meet at the PADI Dive Resort at 8.45am, board the boat by 9.00am and return to the resort by 4.00pm.

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# PADI ADVANCED OPEN WATER DIVER COURSE

2½-DAYS OF CONTINUED DIVER EDUCATION

Improve your diving skills and reach new depths down to 30m with the PADI Advanced Open Water course in just two and a half days. For those aged 14 years or less, the depth is reduced to 21m. This course covers pre-study activities and 5 ocean course dives. For the ocean course dives, two of them must be Deep Diving and Underwater Navigator. The other three dives can be chosen from a choice of PADI speciality dives:

## AWARE - FISH IDENTIFICATION

Identify a wide range of fish life in the tropical waters of Sabah.

## BOAT DIVE

Learn all about boat diving, entry and exits, do's and don'ts plus a bit of boat steering!

## MULTILEVEL & COMPUTER DIVER

Start extending your bottom time by accurately tracking your dive profile.

## PEAK PERFORMANCE BUOYANCY

A good option that helps to lower your air consumption and improve your diving skills.

## DISCOVER NITROX/ENRICHED AIR

Start to extend your bottom time with the addition of more oxygen and less nitrogen.

## UNDERWATER NATURALIST

Learn more about coral reefs and the marine life they support.

## UNDERWATER PHOTOGRAPHY

Start learning the techniques for taking a good photo underwater.

The PADI AOW course will take you to suitable dive sites in Tunku Abdul Rahman Marine Park (TARP), which include Pulau Mamutik, Pulau Sapi and Pulau Gaya.

## INCLUSIONS

- PADI Open Water Diver Manual.
- 5 course dives
- PADI certification upon successful completion of the course.
- All dives are guided by qualified PADI Instructors.
- Boat transfers that include refreshments on board and lunch provided on an island.
- Maximum 4 students per PADI Instructor for personalised attention.
- Complimentary use of towel and diving gear. Cameras with underwater housing, and dive computers are also available for daily rental.

## PREREQUISITES

- Must be minimum a PADI Open Water Diver or equivalent.
- Must be 12 years or older, be comfortable in the water and have basic swimming skills.
- Be in overall good health to dive, with good respiratory and circulatory system. Each participant will be asked to self-certify before starting the course.

# PADI ADVANCED OPEN WATER DIVER COURSE

2½-DAYS OF CONTINUED DIVER EDUCATION

## TYPICAL ITINERARY

### Day 1: Pre-Study (4-5 hours)

- Begin at the Resort Dive Centre to attend the pre-study session and complete the required PADI Paperwork. Commencement time varies with each booking.
- Alternatively, participants can complete the pre-study in their room or via other study options in line with PADI standards.

### Day 2: On the Boat (2 course dives)

- Briefing and diving for Course Dive 1
- Lunch on an island
- Briefing and diving for Course Dive 2

### Day 3: On the Boat (3 course dives)

- Briefing and diving for Course Dive 3
- Briefing and diving for Course Dive 4
- Lunch on an island
- Briefing and diving for Course Dive 5

For Day 2 and Day 3, participants are required to meet at the PADI Dive Resort at 8.45am, board the boat by 9.00am and return to the resort by 4.00-5.00pm.

The itinerary is subject to change to best meet the needs of participants, and to take into account the weather and sea conditions on the day.

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# PADI DIGITAL UNDERWATER PHOTOGRAPHER SPECIALITY COURSE

1-DAY COURSE TOWARDS IMPROVING YOUR  
UNDERWATER PHOTOGRAPHY SKILLS

PADI Underwater Digital Photographer Speciality is a two-part course that teaches digital underwater photography using point-and-shoot digital cameras. You can develop the knowledge, skills and practical techniques necessary to obtain excellent photographs even on your first photo dive. This course takes you to suitable dive sites in Tunku Abdul Rahman Marine Park (TARP).

Level One will guide you on the equipment needed to take great underwater photographs, how to prepare an underwater photo system and basic underwater photo techniques while diving in an environmentally friendly manner. Meanwhile, Level Two teaches you how to make photography more stunning, such as knowledge on file formats, resolution settings, making images lighter or darker, getting good colour, composing a photo and downloading photographs into a computer and adjusting them to look their best.

## INCLUSIONS

- 2 ocean dives or snorkelling session conducted by qualified PADI Instructors.
- PADI certification upon successful completion of the course.
- Boat transfers that include refreshments on board and lunch provided on an island.
- Maximum 4 students per PADI Instructor for personalised attention.
- Complimentary use of towel and diving gear. Cameras with underwater housing, and dive computers are also available for daily rental.

## PREREQUISITES

Open to snorkellers of any age and certified divers with at least a PADI Open Water Diver qualification.

## TYPICAL ITINERARY

9.00am - 9.30am	Meet at Resort Dive Centre, complete PADI paperwork and transfer to first island
9.30am - 11.30am	Briefing and participation for first course dive/snorkelling session
11.30am - 1.30pm	Boat transfer to either Padang Point or Pulau Mamutik for lunch on an island
1.30pm - 2.00pm	Boat transfer to second dive site for the day
2.00pm - 3.30pm	Briefing and participation for second course dive/snorkelling session
3.30pm - 4.00pm	Return to resort by boat followed by debriefing at Resort Dive Centre

The itinerary is subject to change to best meet the needs of participants, and to take into account the weather and sea conditions on the day.

# PRICING

## NOTES, ESSENTIAL ITEMS, SAFETY TIPS & BOOKING PROCEDURES

Prices are subject to 10% service charge and prevailing government tax, and non-Malaysian Dive Permit charge.

All snorkelling activities and dive programmes undertaken through Gaya Island Resort include sea transfer charges. A RM50 docking fee at the resort applies for sea transfers booked through third party operators.

PADI SNORKELLING & DIVE PROGRAMMES	PERSONS PER TRIP (MIN)	DURATION	2 PERSONS & ABOVE (RM)
<b>Experience Programmes</b>			
PADI Discover Snorkelling (guided)	4	1 day	320
PADI Discover Scuba Diving (boat)	2	1 day	375
<b>Leisure Dives</b>			
3 Dives	2	1 day	375
<b>PADI Courses</b> (inclusive of certification and manual)			
PADI Scuba Diver Course	2	2½ days	1,050
PADI Open Water Diver Course	2	3½ days	1,485
<b>PADI Speciality Courses</b> (inclusive of certification and manual)			
PADI Digital Underwater Photographer	2	1 day	680
<b>Single Person Supplement</b> (subject to availability)	An additional fee of RM265 per person		

### TYPICAL MAXIMUM NUMBER

For some programmes, larger groups can be catered for, subject to availability. Please specify the group size and their requirements for a customised programme

All prices are in Ringgit Malaysia and subject to prevailing service charge and taxes.  
Price is subject to change without prior notice.

# OTHER INFORMATION

## NOTES, ESSENTIAL ITEMS, SAFETY TIPS & BOOKING PROCEDURES

Please read the following information before you make your booking for any of the programmes or courses offered.

- All loaned items must be returned at the end of the day. Charges will apply for any losses or damaged gear.
- Do not bring valuables with you on your snorkelling or diving trip.

### ESSENTIAL ITEMS

To ensure that you are well-equipped for your trip, some general items that you should bring along are appropriate swimwear, sunglasses, sunblock and a sun hat.

For PADI courses where pre-study is required all study is completed online. Your e-learning must be successfully completed before attending the course.

For underwater photography:

- Participants will need to have a camera with underwater housing.
- Housing must be able to operate down to a minimum of 20 metres in depth.
- Able to perform manual white balancing via camera housing.
- Familiar with the camera controls and operating them via camera housing. Do bring along your manufacturer's guidelines if you are not familiar with your equipment.

### SAFETY TIPS

To ensure that you have a safe, fun and high quality experience, PADI applies the following safety practices:

- It is recommended that you are fit, healthy and comfortable in waters that are too deep to stand up in.
- Any participant under 18 years must be supervised by a parent or guardian at all times.
- Personal Buoyancy Aids (vests) are available for use when snorkelling and can be requested from any of the Boat Crew on board.

For divers:

- Please note you need to have minimum 18 hours free after diving before flying on a plane.
- Some courses require you to be a certified diver. Please produce your diver certification card, or dive log book before the dive trip.
- If you have not dived in a while it is advised to visit a doctor for a medical check-up.

### BOOKING PROCEDURES

PADI requires the following information in advance:

- Number of participants wishing to join in the respective programmes as well as the preferred date(s).
- Full name and nationality for each person.
- Sizes for each person that includes height, weight and shoe size (UK/USA/EUR) for correct snorkelling or diving equipment fitting.
- Any special dietary requirements.
- For divers, please provide certification level, number of logged dives and date of last dive of each diver.