



Wyonegonic Camps June 2009 Training Clinics

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*Additional information is available at
www.wyonegonic.com*

AQUATIC SCHOOL PROGRAM

Please note that all courses are physically demanding and occur in a fresh-water lake. Water temperatures in June can be extremely cold. We strongly recommend that you bring a wetsuit. Lifeguard Certification is highly recommended for anyone teaching children on the water. Refer to ACA Accreditation Standards for appropriate water sport training requirements.

AQUATIC SCHOOL PREREQUISITES:

- Excellent physical condition and strong swimming strokes
- Completion of swimming pretest (included in first hours of respective courses)
- Health form signed by a physician within the last 24 months including a current health history and proof of medical insurance

INTRODUCTION TO CANOEING

Dates: #1 June 7 Sun 9 AM - 5 PM
#2 June 11 Thurs 9 AM - 5 PM

Cost: \$80.35

Instructors: Randy Wilson & Jackie Peppe

Purpose: To learn or review canoe strokes before moving into the instructor level course (see below).

Prerequisites: The minimum age is 17 and all Aquatic School Program prerequisites apply.

CANOE INSTRUCTOR CERTIFICATION

Dates: #1 June 7-10 Sun 7 PM - Wed 5 PM
#2 June 11-14 Thurs 7 PM - Sun 5 PM

Cost: \$290.25

Instructors: Randy Wilson & Jackie Peppe

Purpose: To certify an individual to teach the American Canoe Association curriculum. To gain knowledge of canoe safety and strengthen teaching skills

Prerequisites: The minimum age is 18 and all Aquatic School Program prerequisites apply. Canoe experience or Introduction to Canoeing Course strongly recommended.

Certifications: American Canoe Association Instructor Rating & American Red Cross Small Craft Safety

CANOE INTRO & INSTRUCTOR COMBO: \$330.60

WATERFRONT LIFEGUARD TRAINING

(Includes CPR for the Professional Rescuer, AED & First Aid)

Dates: #1 June 1 - 5 Mon 1 PM - Fri 5 PM
#2 June 6 - 10 Sat 1 PM - Wed 5 PM
#3 June 11 - 15 Thurs 1 PM - Mon 5 PM

Cost: \$302.35

Purpose: To be a trained waterfront LIFEGUARD with rescue and first aid skills.

Prerequisites: The minimum age is 15 and all Aquatic School Program prerequisites apply. Only participants who pass the practical pre-test will be allowed to continue the course.

Pre-test includes:

- Surface dive underwater (7 - 10ft) for a 10 lb object and swim 20 yards with object (timed)
- 550 yd continuous swim including compulsory 200 yd continuous front crawl
- Submerged 15 yard underwater swim while retrieving diving rings.

Certification: American Red Cross Waterfront Lifeguard Training and First Aid (3 yrs); CPR/AED for the Professional Rescuer (1 yr).

LIFEGUARD REVIEW & CHALLENGE (this includes CPR/pr Challenge)

Date: June 16 -17 Tues 9 AM - Wed 12 PM
Cost: \$126.75

Purpose: This course is for current lifeguards to update their certification. Participants will need to prove their practical skills and written knowledge for a 3 year re-certification. Includes CPR-pr Challenge, AED and First Aid.

Prerequisites: Minimum age of 15 with current LGT certification. All Aquatic School Program prerequisites apply. Students are expected to have reviewed course material and be ready for the swimming pre-test, practical skills and written tests.

Certification: American Red Cross Waterfront Lifeguard Training and First Aid (3 years); CPR/AED for the Professional Rescuer (1 year).

WINDSURFING

Instructor: Michael Gerstner - *Gone with the Wind*

Prerequisites: The minimum age is 17 and all Aquatic School Program prerequisites apply. Strong swimming skills are expected. A pre-course swim evaluation will be conducted.

WINDSURFING INSTRUCTOR #1: (includes Introduction to Sailboarding):

Dates: June 8 - 10 Mon 9 AM - Wed 5 PM
Cost: \$228.85

Purpose: Review and practice of windsurfing skills, and care and knowledge of equipment. To learn teaching progression and strategies. To focus on safety including a risk management plan. Offers practice teaching opportunities.

Please note that Day 1 includes review and practice time for windsurfing skills and equipment care. Days 2 and 3 are identical in content to our second windsurf instructor course.

Certification: Instructor will provide written confirmation of attendance and evaluation of skills.

WINDSURFING INSTRUCTOR #2:

Dates: June 11-12 Thurs 9 AM - Fri 5 PM
Cost: \$182.10

Purpose: Expand existing windsurfing knowledge to include teaching progression, strategies, safety, and risk management. Offers practice teaching opportunities.

Prerequisites: Participants must be accomplished sailboarders and have knowledge of equipment, rigging, and practical sailing skills.

Certification: Instructor will provide written confirmation of attendance and evaluation of skills.

AMERICAN RED CROSS WATER SAFETY INSTRUCTOR w/FIT

Date: June 6 -10 Sat 1 PM - Wed 5 PM
Cost: \$357.35

Instructor: Abby Burbank, ARC Instructor Trainer

Purpose: To train candidates to teach the American Red Cross swimming syllabus. The ARC is releasing a new version of WSI and Learn to Swim programs in spring 2009 which will be included in this course.

Prerequisites: The minimum age is 17. All Aquatic School prerequisites apply. Only participants who pass the written and practical pre-test will be allowed to continue the course. Candidates must demonstrate proficiency in all strokes and basic lifeguard skills.

Certifications: American Red Cross Water Safety Instructor (WSI) and Fundamentals of Instructor Training (FIT).

COMMUNITY FIRST AID AND CPR

Dates: TBD
Cost: \$100.35

Purpose: To train persons to handle accidents so that program areas are safer.

Certification: First Aid and CPR

OUTDOOR LIVING SKILLS INSTRUCTOR

Dates: June 8 – 10 Mon 1 PM - Wed 4 PM
Cost: \$128.85

Instructor: Chris Wentworth, Master LNT Educator

Prerequisites: The minimum age for this course is 18 years old. Camping and OLS experience.

Purpose: Promote an understanding of the natural environment and the value of minimum-impact camping through the following:

- To learn OLS teaching techniques and activities in order to teach OLS in a summer camp program.
- Demonstrate and teach minimum impact camping techniques and wilderness ethics.

- To learn basic safety aspects of leading trips and spending time in the Maine out-of-doors.
- As a Leave No Trace Trainer, you will be able to provide LNT trainings to your campers and staff.

Certifications: Leave No Trace Trainer and Maine State Camp Trip Leader Permit

CHALLENGE/ADVENTURE Ropes Course Facilitator Training

Lead Instructor: Tom Andrews - *Pro Image & Associates*

The training meets the requirements of the ACCT for level I and II training certification and Instructor and Site Supervisor certification for PRCA.

LOW ROPES FACILITATOR:

Dates: May 29 – 31 Fri 9 AM - Sun 5 PM

Cost: \$303.85

Purpose: Focus is on facilitation techniques for both element/initiative and non-element/initiative challenges as well as safety skills.

HIGH ROPES FACILITATOR:

Dates: June 1 -4 Mon 1 PM - Thurs 5 PM

Cost: \$505.60 includes Facilitator Manual

Purpose: Learn facilitating techniques for various high elements and safety and rescue skills. Gain knowledge in risk and course management.

COMBINED LOW/HIGH FACILITATOR

Cost: \$660.85

FACILITATOR REFRESHER:

Dates: June 3 -4 Wed 9 AM – Thurs 5 PM

Cost: \$177.10

Purpose: Annual update and review for previously trained high ropes facilitators.

Prerequisite: Prior facilitator training.

ARCHERY LEVEL I

Dates: #1 June 11 – 12 Thurs 9 AM - Fri 12 PM

#2 June 15 Mon 8:30 AM – 7:30 PM

Cost: #1 \$182.10 and #2 \$166.05

Lead Instructor: Marcia Wyman, New England School of Archery

Purpose:

- To improve the safety and quality of archery instruction to individuals and small groups
- To review archery techniques
- To give instructors confidence in teaching
- To learn to motivate and vary daily program
- To care for equipment and make repairs
- To comply with ACA accreditation standards and state licensing regulations

Certification: Nat. Archery Association - Level I

TENNIS

Dates: June 11 – 12

Thurs 9 AM – Fri 5 PM

Cost: \$147.10

Instructor: Kevin Vincent

Purpose:

- To give summer camp tennis instructors the confidence and skills to teach players of all abilities
- To review teaching techniques of all strokes
- To develop a repertoire of drills and activities
- To set up tournaments appropriate for camps
- To utilize special teaching tools such as ball machines and backboards
- To care for courts and equipment

Additional Training at Winona Camps

35 Winona Rd, Bridgton, ME 04009

information@winonacamps.com

207-647-3721

Lifeguard Training

Lifeguard Challenge

CPRpr/AED Challenge

Lifeguard Instructor w/FIT

WSI w/FIT (ARC)

Sm Craft Safety Inst. w/FIT (ARC)

US Sailing Counselor

Powerboat Safety

Rifle Instructor

State Of Maine Trip Leader Safety

Wilderness First Aid

ADDITIONAL CONTACTS FOR TRAINING:

American Red Cross Aquatic Schools

Portland, ME Chapter (207) 874-1192

Compiled List of Training Opportunities:

ACA - New England Office (781) 541-6080

Wyonegonic Camps

Training Registration and Policies

Health Form

A health form signed by a physician within 24 months including current health history and proof of medical insurance are required. Please mail a copy of your completed camp health form to our office prior to your clinic. If you need a blank copy, please visit our website at www.wyonegonic.com.

Clinic Participants under 18 years old

A written waiver release signed by your parent/guardian is required for participants under age 18. You can download a copy from our website.

Registration Form and Payment Policy

Full payment is required with the registration form. Your registration will not be held without payment. Prices include course materials, instruction, room and board and any applicable taxes. Please use one form per participant.

Discount Policy

Any organization enrolling more than five participants in multi-day courses may deduct \$100 from the organizations' total cost.

Refund and Cancellation Policy

Cancellation refunds will be allowed 14 days prior to the start of your course less a \$30 administrative fee. Within 14 days, there will be no refunds for cancellations, this includes persons who fail a required pretest or have inadequate skills or incomplete work due to illness.

Certification Policy

Wyonegonic Camps does not guarantee that training participants will pass their course. The course instructor makes the determination for certification based on a participants adherence to prerequisites, successful pretest, and course completion after evaluating an individual's performance. Full attendance is required.

Accommodations

All multi-day courses are residential and have day and evening sessions. Accommodations are provided in rustic cabins without electricity. Toilets and hot showers are centrally located. Meals are provided in the camp's dining hall.

Wyonegonic Regulations

We appreciate your cooperation with the following: Wyonegonic is a non-smoking community; no exceptions will be made. We are alcohol free and have quiet hours in place for students to study.

Transportation

Ground transportation from Portland, Maine is available for \$30 each way with prior arrangements.

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