2026 WINONA CAMPS TRAINING CLINICS

- Water Safety Instructor
- Lifeguarding Instructor
- Lifeguard Training
- US Sailing Counselor
- Rifle Training
- Wilderness First Aid

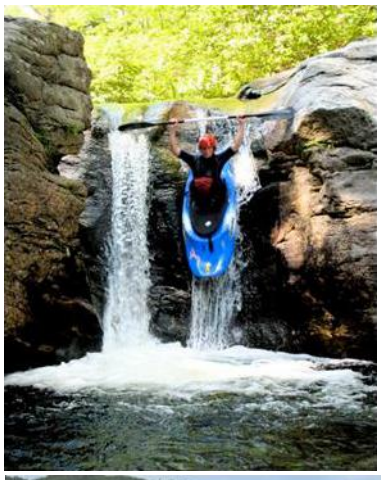
WINONA CAMPS

35 WINONA ROAD
BRIDGTON, ME 04009-3407
www.winonacamps.com

Owned & Operated by the Ordway Family

SCAN ME

Menu: Additional Programs: Training Clinics



V2.17.26

WINONA TRAINING CLINICS INFORMATION

Course certifications document that a candidate successfully passed the requirements set forth by the American Red Cross (ARC), American Heart Association (AHA), the State of Maine, U.S. Sailing Association or Wilderness Medical Associates.

Certification is not a guarantee at our clinics. Instructors have sole responsibility in determining a candidate's suitability for enrolling in a course and whether or not certification will be given or withheld, according to the standards of the governing organization. Winona will abide by instructor decisions, while assisting candidates to reach their goals. Most requirements for all courses are offered prior to, after, or within each course. Each course has a minimum number of participants required to conduct the course.

NOTE: ***All swimming course (Lifeguard Instructor, Lifeguard, WSI) candidates are required to bring some type of wetsuit. This is in an effort to limit the problems caused by weather and pond temperature.*** Lifeguard and Lifeguard Instructors should also bring a mask and fins as they are a required part of the ARC Waterfront courses. All courses which have a CPR component will receive a new pocket mask as part of the course fees.

2026 Safety Addendum PROTOCOLS

- **If you are not feeling well or have any unexplained cold-like symptoms contact your camp director *prior* to arrival at Winona.**
- The candidate's camp director (or other representative from their camp) will be responsible for confirming the candidate's general health within 24 hours prior to arrival at Winona.
- Winona staff will conduct additional candidate health screenings upon arrival. Winona will not have a nurse on-site full time. Any health questions regarding a particular candidate might be referred back to their camp director.
- Pool usage will be limited. Plan on more time in Moose Pond.
- All candidates will have to arrange transportation to the training as Winona does not offer "shuttle" service.
- Candidates are asked to remain at Winona for the duration of the course. Any commuting or local stays must be reviewed and approved by Winona prior to the beginning of the course.

WATERCRAFT COURSES

U.S. SAILING COUNSELORS COURSE

Thursday, June 11th (8:00 AM) - Friday, June 12th (5:00 PM)

This course trains sailing counselors in proper techniques and gives an overview of a camp sailing program. Practical sailing skills will be covered in detail. Emphasis on skill practice and risk management.

Requires-Minimum age: 17; swimming and rescue skills

REGISTRATION REQUIRED DIRECTLY WITH US SAILING. WINONA WILL SUPPLY LINK AND REVIEW PROCESS.

RANGE SPORTS

CAMP RIFLE COUNSELOR TRAINING

Friday, June 5th (9:00 AM) – Saturday, June 6th (5:00 PM)

This course emphasizes all aspects of gun safety and training. It trains riflery instructors on proper teaching techniques. Included are sessions on marksmanship, gun cleaning and maintenance. Guns reviewed include air rifles, pellet guns and .22 cal. rifles. *Requires - Minimum age: 18.*

THIS IS A TRAINING COURSE, NOT FOR CERTIFICATION. BASED ON THE FORMER CIVILIAN MARKMANSHIP TRAINING COURSE.

HEALTH & SAFETY

WILDERNESS FIRST AID (Wilderness Medical Associates)

Saturday, June 13th (8:00 AM) – Sunday, June 14th (5:00 PM)

This course trains counselors, especially trip leaders, in emergency first aid in wilderness environments. Basic ideas for medicine for the field, emphasis on practical skills, and realistic simulation exercises are included. This course includes Wilderness Medical Associates (WMA) Adult CPR.

Requires-Minimum age: 18 (ages 16 & 17 may participate with written parental permission).

REQUIRES ONLINE REGISTRATION WITH WMA. WINONA WILL PROVIDE LINK.

SPECIAL NOTES: This course meets ACA mandatory Standard: HW-1C.

AQUATIC COURSES

WATER SAFETY INSTRUCTOR (Blended) (r.2017) (ARC) *LAPTOP COMPUTER REQUIRED*

Monday, June 8th (10:00 AM) – Friday, June 12th (5:00 PM)

This course is designed to train instructors to teach all levels of American Red Cross Learn to Swim courses, Community Water Safety, Infant & Preschool Aquatics Program, and Water Safety Aide courses.

Requires -Minimum age 16; Level 4 Learn to Swim skills; online learning prior to arrival.

LIFEGUARDING INSTRUCTOR (Blended) (NEW r.2024) (ARC) *LAPTOP COMPUTER REQUIRED*

Monday, June 8th (10:00 AM) – Saturday, June 13th (5:00 PM)

This course trains lifeguards to teach Lifeguarding core courses, plus waterfront.

Requires- Minimum age: 17; Must possess the skills and knowledge of lifeguard training and CPR for the Professional Rescuer. **Required -** participants have current Lifeguard certifications.

LIFEGUARD TRAINING - Blended Learning with Waterfront Module (r. 2024) (ARC)

(Includes First Aid, CPR for PR, AED)

Saturday, June 13th (10:00 AM) – Monday, June 15th (5:00 PM)

This course provides instruction in the necessary skills for an individual to qualify as a lifeguard.

Requires -Minimum age: 15; excellent physical condition and endurance

Pre-course swim test will take place in the POND: distance swim; timed swim / surface dive with brick retrieval; submerged swim. *THIS COURSE REQUIRES ONLINE WORK PRIOR TO ARRIVAL*

Additional training clinics offered at Wyonegonic Camps:
215 Wyonegonic Road, Denmark, ME 04022 Phone: 207-452-2051; FAX 207-452-2611
info@wyonegonic.com; http://www.wyonegonic.com

For a listing of other New England training sites, contact:
New England Section/ACA
80 Westview Street, Lexington, MA 02421-3129
Phone: 781-541-6080
https://www.acanewengland.org/for-camps/training-certification/

Wilderness Medical Associates: www.wildmed.com
US Sail Association: www.ussailing.org
American Heart Association: www.heart.org

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35 Winona Road, Bridgton, ME 04009-3407
(207) 647-3721; Fax (207) 647-2750
information@winonacamps.com www.winonacamps.com

REGISTRATION FORM

- Each participant needs a separate registration form. Space is limited in all options, so early registration is encouraged.
- Important clinic details will be emailed to each participant and the camp director/employer.
- Payment is **REQUIRED** with each registration form (credit card or check payable to WINONA CAMPS).
- Winona does NOT provide wetsuits, towels or bedding. You must bring your own.
- Participants must be prepared for hot and cold weather – pack accordingly.

PARTICIPANT NAME: _____ DATE OF BIRTH (mm/dd/yyyy): _____ ☐Male☐Female

HOME ADDRESS: _____ CITY/STATE/COUNTRY: _____ ZIP: _____

PHONE: _____ EMAIL (required): _____

CAMP/EMPLOYER: _____ CAMP DIRECTOR NAME: _____

CAMP/EMPLOYER ADDRESS: _____ CITY/STATE: _____ ZIP: _____

CAMP PHONE: _____ CAMP EMAIL (required): _____

CANCELLATION POLICY:

- Cancellations ***before May 15* will be refunded in full.**
- Cancellations ***after May 15***, a refund of 50% *unless spot is filled, then full refund.
- Once a course has started there will be no refunds for candidates with inadequate skills (this includes failure to pass the lifeguard sim test) or failure to complete the required work.
- **U.S. Sailing fees are non-refundable.

Clinics:	Dates:	Cost:
☐ ARC Water Safety Instructor (Blended)	June 8-12	$520.00
☐ ARC Lifeguard Instructor (Blended)	June 8-13	$550.00
☐ ARC Lifeguard Training with Waterfront (Blended)	June 13-15	$395.00
☐ U.S. Sailing Counselor**	June 11-12	$330.00 direct to US Sailing
		$ 50.00 meals/lodging to Winona
☐ Rifle Training	June 5-6	$225.00
☐ Wilderness First Aid (WFA)	June 13-14	$275.00

☐ Extra night lodging $10.00 per night Dates: _____
☐ Extra meals: $10.00 per meal Dates: _____

Clinic total: _____
Extra night(s) total: _____
Extra meal(s) total: _____
Amount enclosed: _____

If paying by Credit Card: Upon receipt of your completed registration form, a secure link for payment will be sent within 24–48 hours.