

2010 Adirondack Training Institute

**Lifeguard
CPR
Wilderness First Aid
Canoeing
Sailing
Archery
Challenge Course
Riflery
Boat Driving
Wilderness First Responder
Camp Food Service
Camp Maintenance**





**The Wilderness
First Responder**

Study of response and assessment, musculoskeletal injuries, environmental emergencies and survival skills, soft tissue injuries, and medical emergencies. More advanced than the Wilderness First Aid.

**Wilderness First Aid
SOLO**

Learn basic first aid assessment and care protocols. Two-year certification satisfies American Camp Association requirements for leaders of overnight camping trips. Useful to guides, scout leaders, and anyone who enjoys outdoor recreation. For more information, visit www.soloschools.com



**American
Red Cross**

**Lifeguard
American Red Cross**

Preventative and emergency skills for pool and waterfront. Must have strong swimming skills and attend all classes. Much of the class takes place in a pool or Lake George. Upon successful completion of written and practical exams, earn a three-year certification in lifeguarding and first aid, and a one-year certification in CPR for the professional rescuer with AED. For more information, call (518) 656-9462



**Safe Powerboat Handling
SUNY Maritime College**

On-the-water course teaches safe powerboat operation and improved boat-handling skills. The National Association of State Boating Law Administrators (NASBLA), which represents the boating authorities of all 50 states and the U.S. territories, has approved the course (also meets the boating safety certificate requirements in NY, NJ, and CT). For more information, visit www.sunymaritime.edu



**U.S. Sailing Counselor
Instructor
U.S. Sailing**

Prepares staff to supervise recreational sailing in small boats, typically conducted on sheltered and protected waters, and emphasizes safety and hands-on practice using proper terminology and boat handling. The course serves as a model for instructing sailing classes and activities. For more information, visit www.ussailing.org



**Rifle Instructor
National Rifle Association**

The NRA certification course trains riflery instructors to teach rifle marksmanship and operate a camp range safely. The course is recognized by the American Camp Association and Department of Health. For more information, visit www.nrahq.org/youth



**Introduction to Canoe Instructor
American Canoe Association**

The certification exam requires demonstrating effective instruction in craft safety and canoeing skills as well as basic boat control skills, teaching ability, safety awareness, and technical knowledge. Recognized by the American Camp Association for boat specialists and watercraft supervisors. For more information, visit www.acanet.org



**Basic Archery Instructor
National Alliance
for Archery**

Learn to accurately shoot a bow, teach beginner archers, manage a basic archery program, and repair equipment. Recognized by the American Camp Association for rifle range instructors. Includes sample lesson plans.



**Camp Food Service
and Maintenance Conferences
American Camp Association**

For staff and directors involved with food service delivery and property maintenance at a camp. Educational workshops, time to meet vendors, network, increase personal resources, acquire practical information, and develop professional capabilities. Become current with industry trends, learn new approaches to dealing with old problems, and find out about the latest health and safety standards. For details visit www.campfoodservice.com and www.campmaintenance.com.



**Challenge Course Facilitator
Project Adventure**

Project Adventure credentials may be applied toward college credit, fulfill adventure-career requirements, and round out your resume. Learn high- and low-ropes course facilitation, safety, and rescue; with basic maintenance, mechanics and equipment, team management, and methods of course access. For more information, visit www.pa.org

Registration Adirondack Training Institute

First Aid and Safety

		Course with lodging per person	Commuter per person
<input type="checkbox"/> Wilderness First Responder (72 – 80 hr)	<input type="checkbox"/> March 13 – 20	<input type="checkbox"/> \$855	<input type="checkbox"/> \$580
<input type="checkbox"/> Wilderness First Aid (16 hr)	<input type="checkbox"/> April 18 – 19	<input type="checkbox"/> 235	<input type="checkbox"/> 185
	<input type="checkbox"/> May 22 – 23	<input type="checkbox"/> 235	<input type="checkbox"/> 185
	<input type="checkbox"/> June 5 – 6	<input type="checkbox"/> 235	<input type="checkbox"/> 185
<input type="checkbox"/> Lifeguard (40 hr)	<input type="checkbox"/> June 7 – 10	<input type="checkbox"/> 300	<input type="checkbox"/> 220
	<input type="checkbox"/> June 11 – 14	<input type="checkbox"/> \$300	<input type="checkbox"/> \$220

Instructor Courses

<input type="checkbox"/> Safe Powerboat Handling (16 hr)	<input type="checkbox"/> June 9 – 10	<input type="checkbox"/> \$295	<input type="checkbox"/> \$240
<input type="checkbox"/> Rifle Instructor (20+hr)	<input type="checkbox"/> June 13 – 16	<input type="checkbox"/> 235	<input type="checkbox"/> 185
<input type="checkbox"/> Sailing Counselor Instructor (12 hr)	<input type="checkbox"/> June 13 – 14	<input type="checkbox"/> 235	<input type="checkbox"/> 185
<input type="checkbox"/> Introduction to Canoe Instructor (12 hr)	<input type="checkbox"/> June 22 – 23	<input type="checkbox"/> 235	<input type="checkbox"/> 185
<input type="checkbox"/> Basic Archery Instructor (8 hr)	<input type="checkbox"/> June 22	<input type="checkbox"/> 75	<input type="checkbox"/> 75
	<input type="checkbox"/> June 23	<input type="checkbox"/> 75	<input type="checkbox"/> 75
<input type="checkbox"/> Challenge Course Facilitator (3 day)	<input type="checkbox"/> June 13 – 16	<input type="checkbox"/> \$300	<input type="checkbox"/> \$220

Conferences

<input type="checkbox"/> Camp Food Service (3 days)	<input type="checkbox"/> March 9– 11	Registration: www.campfoodservice.com
<input type="checkbox"/> Camp Maintenance (3 days)	<input type="checkbox"/> March 23– 25	Registration: www.campfoodservice.com

Additional nights

Dates _____ at \$25/night = \$ _____
You may reserve lodging before the course dates.

Enclosed \$ _____

Name _____

Address _____

street

city

state

zip

Phone _____

day

cell

eve

Email _____

Organization/Camp _____

How did you hear about us? _____

Please make checks payable to YMCA
or charge to:

Visa Master Card

Amer Express Discover

Amount _____

Charge no. _____

Exp date _____

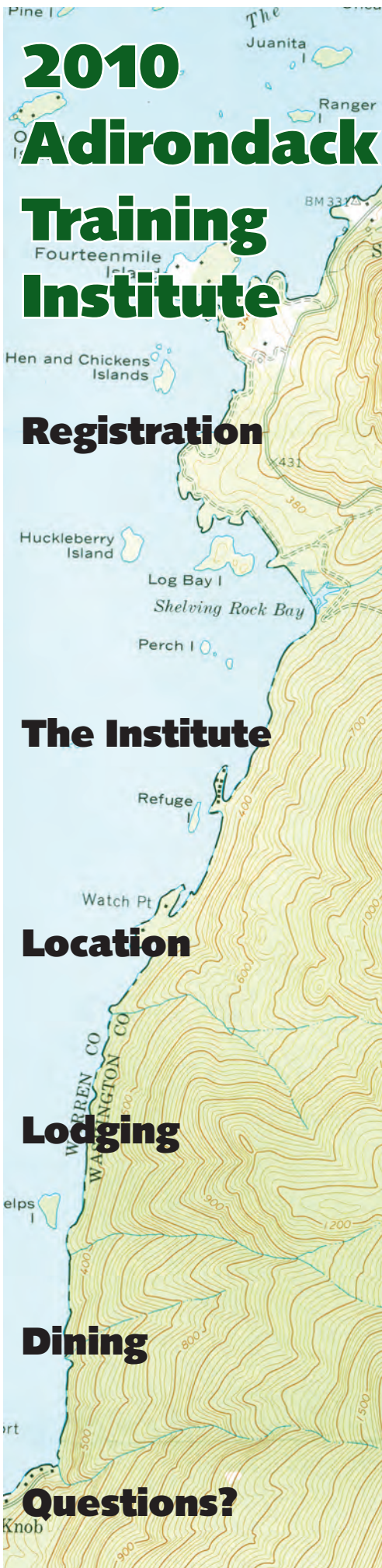
Signature _____

Adirondack Training Institute

YMCA Camp Chingachgook • 1872 Pilot Knob Road • Kattskill Bay, NY 12844

518-656-9462 • fax: 518-656-9362

email: chingachgook@cdymca.org • website: www.lakegeorgecamp.org



All programs run approximately from 9:00 – 5:00 daily with a lunch break. We will mail final schedules, packing lists, and directions upon receiving your registration and payment. Prices cover all course expenses, books, lodging, and food for the days of the course. Reduced commuter prices are available for participants who do not need overnight lodging, dinner, or breakfast. Commuter prices include books, tuition, and lunch for the days of the program.

To register: Check all the programs and prices for which you are registering and complete the remainder of this form. Please make checks payable to YMCA. There is a \$35 charge for all refund requests. Sorry, we cannot grant refunds less than four weeks before the start of each program.

The Adirondack Training Institute is hosted at YMCA Camp Chingachgook, a year-round retreat, children's summer camp, and school outdoor education center. Instructors come from the national associations who are the recognized experts in outdoor recreation and safety. Training at the Adirondack Training Institute for outdoor professionals is our approach to helping industry professionals receive vital training and networking opportunities in a healthy and inspiring location. Camp Chingachgook is a branch of the Capital District YMCA

Situated on the east shore of Lake George about 20 miles north of Glens Falls, Camp Chingachgook sits on 200 acres surrounded by the Adirondack State Forest. We are easily reached by driving fifteen miles from Exit 20 on the Northway (I-87), only a one-hour drive north of Albany. Lake George and over 200 miles of hiking trails are accessible from the camp property, making it a perfect location to spend a few days preparing for the requirements of your profession.

Enjoy lodging at Chingachgook in rustic, one-room cabins and yurts equipped with electricity, bunks, mattresses, and heat during the winter months. Each cabin accommodates 8 to 14 with bathrooms and showers in a separate building within easy walking distance. Cabins are single-sex and participants must bring their own bedding and towels. Several large lodges hold workshops, classes, and conferences, while numerous break-out spaces offer seclusion for conversation, reading, and quiet study.

Hearty and nutritious meals are served three times a day in the dining hall. Meals during workshops and conferences start with lunch on the first day of training. Vegetarian meals are available and special dietary needs can be accommodated with advanced notice. Coffee and hot beverages are always available. Day program prices include lunch.

For more information, please call 518-656-9462 or email chingachgook@cdymca.org.