

Dear Future Lifeguards,

Are you ready for a wonderfully refreshing few days spent in the lake?!

There are just a few things you should know before you get here. Arrival time on Sunday, June 10th is between 2 and 2:30pm. We are planning to start in the water at 3pm with a pre-test to determine your swimming strength. If you cannot pass the pre-test you will not be able to do the course. The longest and hardest part of the pre-test is a 300-yard swim. Be prepared to swim in the cold lake water. If you have a wetsuit, I strongly recommend you bring it as we will be spending plenty of time in the water over the duration of the course. Feel free to also bring goggles and a swim cap. You should also bring sunscreen and more than one swimsuit, as we will be getting in and out of the water multiple times each day. Please bring lots of warm clothes as well as your own sleeping bag, pillow, and towels. You may also want to bring a notebook and a writing implement. All other necessary equipment will be provided for you. The course will be ending Tuesday June 12th around 5:30pm. All meals will be provided starting with Sunday dinner and ending with Tuesday lunch. Those of you staying for staff training will also be provided Tuesday dinner.

If you have any urgent concerns or questions, please call the Pilgrim Lodge Office at (207) 724-3200, or feel free to send me an email for less urgent questions (rechoate@gmail.com).

See you soon!

Beka Choate

American Red Cross Lifeguard Instructor