



# Southern Maine

Androscoggin, Cumberland, Franklin  
Kennebec, Oxford and York counties

## Spring 08 Public Course Schedule

### How Do I Register ?

**Step 1: Get info on the courses that might interest you from [www.maineredcross.org](http://www.maineredcross.org) or by calling 874-1192 ext 294 weekdays 8:30 am – 4:30 pm**

**(Step 2: Verify with employer, school, etc. that the course will meet your needs**

**Step 3: Register by phone: use a credit card or have your company billed  
by website: use your credit card**

**by check: you will be registered when your check is received. No form to complete;  
include your email address, send to:**

**American Red Cross of Southern Maine  
2401 Congress Street  
Portland, ME 04102**

**Step 4: Receive your email confirmation with important information on your selection**

Due to safety concerns, no pets are allowed in our classrooms. Please make child care arrangements in fairness to other participants; even the best behaved infant or child will be distracting to you and others. We always do our best to accommodate for disabilities, please talk with us if you have special needs. All courses are done in small groups and advance registration is required; **we strongly discourage walk-ins as most courses fill in advance and instructors are not permitted to take additional people if a class is full.** You may receive a refund or transfer one time within 90 days less a \$12.50 administration fee if you cancel at 24 hours prior to the start of a course. If you do not cancel within those parameters, no refund or transfer can be given. If we need to cancel due to lack of enrollment, it is normally done 3 workdays prior to the course; you will have the option of a free transfer or full refund. Courses are taught in English and dictate comfort with 5<sup>th</sup> grade language and reading.

	Adult CPR	Infant & Child CPR	Adult CPRIAED and First Aid	Adult, Inf & Ch First Aid	CPR Prof Rescuer	First Aid Basics
Before Providing Care	👍	👍	👍	👍	👍	👍
Checking Victim	👍	👍	👍	👍		👍
Advanced Patient Assessment					👍	
Conscious Choking Adult	👍		👍	👍	👍	
Conscious Choking Child		👍		👍	👍	
Conscious Choking Infant		👍		👍	👍	
Rescue Breathing Adult	👍		👍	👍	👍	
Rescue Breathing Child & Infant		👍		👍	👍	
CPR Skills Adult	👍		👍	👍	👍	
CPR Skills Child & Infant		👍		👍	👍	
Use of CPR Pocket Mask & Bag Mask					👍	
Unconscious Choking Adult	👍		👍	👍	👍	
Unconscious Choking Child		👍		👍	👍	
Unconscious Choking Infant		👍		👍	👍	
Controlling Severe Bleeding			👍	👍		👍
Glove Removal	👍	👍	👍	👍		👍
Sling & Binder Splint			👍	👍		👍
Improvised Splinting						
Embedded Objects & Bandaging						
Use of Oral & Nasal Airways						
Two Rescuer CPR					👍	
Automated External Defibrillator	👍		👍		👍	
Sudden Illnesses (Allergies, etc)			👍	👍		👍
Heat & Cold Emergencies			👍	👍		👍
Wounds & Burns			👍	👍		👍
Bone & Joint Injuries			👍	👍		👍

**COURSE LOCATIONS FOR CHAPTER SPONSORED PUBLIC PROGRAMS**

**Lewiston Classes** - 1180 Lisbon Street, 2<sup>nd</sup> floor, across from Governor’s Restaurant

**Augusta Classes** - at Cony High School, 62 Pierce Drive (May also be Kennebec Valley YMCA, 32 Union Street - will be on confirmation info if this is the case)

**Portland Classes** - 2401 Congress Street, next to Racket & Fitness Center of Maine, left off turnpike ¼ mile to Congress Street, left on Congress, third building on the right

**Naples Classes** - Naples Fire Department, Route 302, ½ mile west of the causeway bridge, on the left coming from Portland

**Alfred Classes (A on SoME Sked)**- York County EMA, next to entrance for York County Jail on Rte 4

**Adult CPR /AED**

Date(s)	Lesson Times	Location	Fee
Mar 11	5:30-10:00	Lewiston	\$45
Mar 12	8:30-1:00	Portland	\$45
Mar 17	5:30-10:00	Portland	\$45
Mar 21	8:30-1:00	Portland	\$45
Apr 10	5:30-10:00	Alfred	\$45
Apr 15	5:30-10:00	Lewiston	\$45
Apr 16	8:30-1:00	Portland	\$45
Apr 25	8:30-1:00	Portland	\$45
May 2	8:30-1:00	Portland	\$45
May 6	5:30-10:00	Portland	\$45
May 13	5:30-10:00	Lewiston	\$45
May 14	8:30-1:00	Portland	\$45
May 19	8:30-1:00	Portland	\$45



**Adult CPR/AED and First Aid**

Date(s)	Lesson Times	Location	Fee
Mar 11	8:30-4:30	Portland	\$65
Mar 15	8:30-4:30	Portland	\$65
Mar 21	8:30-4:30	Lewiston	\$65
Mar 27	8:30-4:30	Portland	\$65
Apr 7	8:30-4:30	Portland	\$65
Apr 14 & 21	5:30-9:00	Portland	\$65
Apr 19	8:30-4:30	Portland	\$65
Apr 29	8:30-4:30	Portland	\$65
Apr 30	8:30-4:30	Lewiston	\$65
May 3	8:30-4:30	Portland	\$65
May 9	8:30-4:30	Portland	\$65
May 22	8:30-4:30	Portland	\$65
May 28	8:30-4:30	Portland	\$65
May 29	8:30-4:30	Lewiston	\$65

**Interested in an on-site course for a private group ?**

All Red Cross courses are also available at your location for groups (up to 12 per instructor). For Cumberland and York counties contact Cheryl at 874-1192 ext 109. For Oxford, Androscoggin, Franklin, and Kennebec counties contact Judy or Angie at 874-1192 ext 304.

### Adult, Child & Infant CPR with First Aid

Date(s)	Lesson Times	Location	Fee
Mar 9	8:30-4:30	Portland	\$60
Mar 14	8:30-5:00	Portland	\$60
Mar 15	8:00-5:00	Lewiston	\$60
Mar 16	8:30-5:00	Portland	\$60
Mar 24 & 31	5:30-10:00	Portland	\$60
Mar 29	8:00-5:00	Augusta	\$60
Apr 5	8:30-4:30	Naples	\$60
Apr 8 & 15	5:30-10:00	Portland	\$60
Apr 12	8:00-5:00	Lewiston	\$60
Apr 13	8:30-4:30	Portland	\$60
Apr 19	8:00-5:00	Lewiston	\$60
Apr 26	8:00-5:00	Augusta	\$60
May 5 & 12	5:30-10:00	Portland	\$60
May 9 & 16	5:30-10:00	Portland	\$60
May 10	8:00-5:00	Lewiston	\$60
May 15 & 22	5:30-10:00	Alfred	\$60
May 17	8:00-5:00	Lewiston	\$60
May 17	8:30-4:30	Portland	\$60

The first aid option is approximately the last two hours of the course

### Babysitting (includes Infant and Child CPR)

Date(s)	Lesson Times	Location	Fee
Apr 22 & 24	8:30-4:30	Portland	\$50

Minimum of 11 years of age to participate - must bring a lunch and snacks!

### Babysitting Instructor Course *New 2008 Program!*

Date(s)	Lesson Times	Location	Fee
May 20 & 27	8:30-4:30	Portland	\$130

Minimum of 16 years of age to participate



### Blood Borne Pathogen

Date(s)	Lesson Times	Location	Fee
Mar 12	2:00-3:30	Portland	\$15
Mar 21	2:00-3:30	Portland	\$15
Mar 21	4:30-6:00	Lewiston	\$15
Apr 25	2:00-3:30	Portland	\$15
Apr 30	4:30-6:00	Lewiston	\$15
May 2	2:00-3:30	Portland	\$15
May 19	2:00-3:30	Portland	\$15
May 29	4:30-6:00	Lewiston	\$15

### CPR/AED for Professional Rescuers (includes a CPR Pocket Mask)

Date(s)	Lesson Times	Location	Fee
Mar 11 & 18	5:30-9:30	Portland	\$60
Mar 29	8:00-5:00	Lewiston	\$60
Apr 6	8:30-5:00	Portland	\$60
Apr 22 & 29	5:30-9:30	Portland	\$60
Apr 26	8:00-5:00	Lewiston	\$60
May 13 & 20	5:30-9:30	Portland	\$60
May 31	8:00-5:00	Lewiston	\$60
May 31	8:30-5:00	Portland	\$60

## Disaster Assessment

Date(s)	Lesson Times	Location	Fee
May 21	6:00-9:00	Portland	None
May 22	6:00-9:00	Alfred	None

**Requires Fulfilling our Mission**

## Family Assistance (Client Casework)

Date(s)	Lesson Times	Location	Fee
Apr 17	8:30-9:30	Lewiston	None
Apr 24	5:30-9:30		
May 28	6:00-9:00	Portland	None
May 29	6:00-9:00	Alfred	None

**Requires Fulfilling Our Mission**

## Fulfilling Our Mission

Date(s)	Lesson Times	Location	Fee
Apr 3	5:30-8:30	Lewiston	None
Apr 23	6:00-9:00	Portland	None
Apr 24	6:00-9:00	Alfred	None

## Lay Responder First Aid/CPR/AED Instructor *Get It Free !!!*

Date(s)	Lesson Times	Location	Fee
Mar 24, 26, 31, Apr 2, 7, 9, 14, 16	5:30-9:30	Lewiston	\$210
Apr 3, 8, 10, 15	8:30-4:30	Portland	\$210
Apr 20, 27, May 4, 18	8:30-4:30	Portland	\$210
May 1, 6, 8, 13	8:30-4:30	Portland	\$210

**This program begins with basic level skills training that the candidate must pass Before proceeding into the actual instructor course. Minimum age of 16 to attend.**

## Mass Care

Date(s)	Lesson Times	Location	Fee
Apr 10	5:30-8:30	Lewiston	None
May 7	6:00-9:00	Portland	None
May 8	6:00-9:00	Alfred	None

**Requires Fulfilling Our Mission**

## Shelter Operations

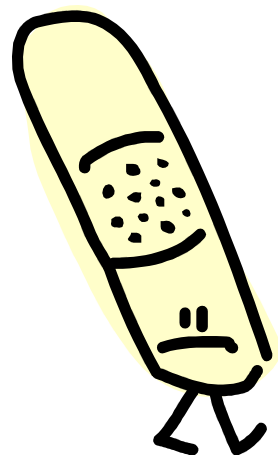
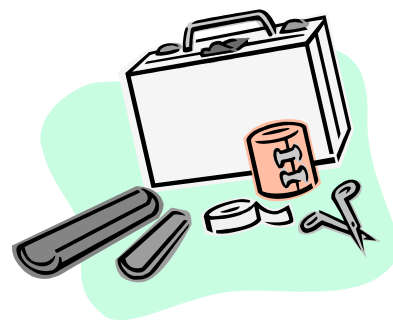
Date(s)	Lesson Times	Location	Fee
Apr 17	5:30-8:30	Lewiston	None
May 14	6:00-9:00	Portland	None
May 15	6:00-9:00	Alfred	None

**Requires Fulfilling our Mission**

## Weapons of Mass Destruction

Date(s)	Lesson Times	Location	Fee
Apr 30	6:00-9:00	Portland	None
May 1	6:00-9:00	Alfred	None

**Requires Fulfilling our Mission**



## **Where Else Can I Take A Course?**

Please contact the following locations directly for information and to register.

Aquatics	Babysitting
Cape Elizabeth Community Services 799-2868	Berwick Recreation 698-1101
Casco Bay YMCA – Freeport – 865-9600	Bridgton Comm. Services 647-3116
Cumberland County YMCA 874-1111	Arundel Recreation 286-9241
Riverton Pool – Portland 874-8456	Saco Parks & Rec 282-8210
Saint Joseph College – Windham 893-6669	Biddeford Recreation 283-0841
Town of Cumberland Recreation 829-2208	Cape Elizabeth Community Services 799-2868
Westbrook Recreation 854-0676	Town of Cumberland Recreation 829-2208
Northern York County YMCA - Biddeford 283-0100	Falmouth Community Programs 781-5253
Univ. of New England – Biddeford 283-0170	Freeport Recreation & Education 865-6171
Wells Recreation 646-5826	Gorham Recreation 839-5034
YMCA Sanford/Springvale 324-4942	Martin’s Point Health Care 791-3736
	No York CtyYMCA - Biddeford 283-0100
	Old Orchard Beach Recreation 934-0860
	Scarborough Community Services 730-4156
	South Portland Parks & Recreation 767-7655
	Ron & Karen Vire 205-5177
	Wells Recreation - 646-5826
	Yarmouth Community Services 846-2406
	Windham Recreation 892-1905
	<b>PET FIRST AID</b>
	At Your Barkin’ Call, 657-0647
<b>First Aid &amp; CPR</b>	
Buxton Recreation 929-8381	
Cape Elizabeth Community Services 799-2868	
Casco Bay YMCA – Freeport – 865-9600	
Town of Cumberland Recreation 829-2208	
Falmouth Community Programs 781-5253	
MSAD#61-Adult & Comm. Ed-Bridgton 647-5054	
Port Resources – Portland 828-0048	
Safety Educators of Maine 939-4554	
Shalom House - Portland 874-1080	
Sunrise Associates - Wells 985-2526	
Sweetser – Saco 294-4761	
Ben Towne – 228-8104	
Westbrook Recreation 854-0676	
Windham Adult Education 892-1819	