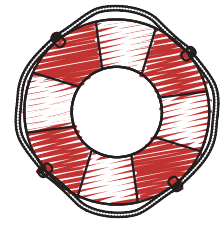


# Welcome to



# Lifeguard Training!

## AMERICAN RED CROSS LIFEGUARD CERTIFICATION HELPFUL COURSE INFORMATION



5pm - 9pm: **Veterans Park Event Center**  
508 N. Lincoln St. Cabot, AR 72023



8am - 6pm: **Jacksonville Community Center (8am - 1pm)**  
5 Municipal Dr. Jacksonville, AR 72076  
**Cabot Community Center (1pm - 6pm)**

508 N. Lincoln St. Cabot, AR 72023

\*\*If plans change/time delays/etc. our Aquatics Director will communicate with all parents. Times may vary depending on class size.



12pm - 6pm: **Veterans Park Event Center**  
508 N. Lincoln St. Cabot, AR 72023

### PARTICIPANTS WILL NEED:

- Suits (one-piece for females), (jammers or swim trunks for males) NO SPEEDOS
- Towels and change of clothes
- Snacks, bottled water and sports drinks are encouraged. We spend hours in the water and need participants to remain hydrated and have plenty of energy.
- If the participant does not drive, please make sure they bring a lunch with them or have money to either order food or go with someone to get food. Lunch is not provided with this course.
- Participants **must have completed the online portion of the course** and provide proper documentation (print the completion page or take a picture of it).
- Loaner manuals will be available for all participants and will need to be returned on Sunday after course completion.



Questions? Contact Kelly Lewis, Aquatics Director  
klewis@cabotparks.com or (501) 743-0069

