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STUDENT
FOR EVERY
COMMUNITY

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a place
for you.



Triton College

For immediate release: **Jan. 30, 2024**

Triton College Offering Boxing, Vinyasa Yoga and Lifeguarding Classes this Spring



RIVER GROVE – Exercise your mind and body with Triton College’s boxing, vinyasa yoga and lifeguarding classes this spring. All courses will be held on the college’s campus:

- **Boxing for Fitness** (PED 125 001) will be offered on Mondays and Wednesdays, beginning Feb. 5, noon-12:55 p.m. The class will be held in the R Building (R-101B), which is part of Triton’s George T. Jorndt Athletic Complex. This is a three-credit-hour class.

This course will focus on boxing skills and improve fitness for beginners. Skills learned will include developing balance, coordination, strength and endurance.

- **Vinyasa Yoga** (PED 121 001) will be offered on Tuesdays and Thursdays, beginning March 26, 9:30-10:45 a.m. The class will be held in the R Building (Room R-229) at the George T. Jorndt Athletic Complex. Students can earn one college credit hour.

This class will teach vinyasa yoga poses to help students learn about focus, coordination, balance and strength. Some yoga experience is recommended.

- An entry-level **lifeguarding course** will be offered for individuals ages 15 and up. The course will teach participants the knowledge and skills to prevent, recognize and respond to aquatic emergencies. Students will learn to provide support or aid for breathing and cardiac emergencies, injuries and sudden illness until an EMS responder arrives.

Those who take the course must meet several requirements, such as being able to swim 300 yards nonstop; tread water for two minutes using only their legs; complete a timed event within one minute, 40 seconds, starting in the water; swimming 20 yards; and performing a surface dive to a depth of 10 to 12 feet to retrieve a 10-pound object, then return to the surface and swim 20 yards on their back to return to the starting point and complete the exercise by exiting the water without using steps or a ladder. The course will be taught in Triton's Olympic-size swimming pool.

Those who successfully complete the course will receive an American Red Cross Certificate for Lifeguarding, valid for two years.

- **Lifeguarding** (PED 198 001) – Thursday, Friday, 5-10 p.m.; Saturday, 9 a.m.; May 16-18, 2024.

To register, visit triton.edu/spring or call (708) 456-0300, Ext. 3130.

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ABOUT TRITON COLLEGE

Triton College is a two-year college dedicated to helping members of the 25 Western Cook County communities in our district and beyond to achieve educational, professional and personal success. Located in River Grove, Ill., Triton offers more than 120 degree and certificate programs on its 110-acre campus, featuring a comfortable, friendly and diverse atmosphere. Triton also holds classes at satellite locations and offers online learning opportunities.

Triton's dedicated faculty and staff work to provide high quality, convenient and affordable educational opportunities to more than 14,000 students each year. Triton College is accredited by the Higher Learning Commission. Learn more at <http://www.triton.edu/>.