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STUDENT
FOR EVERY
COMMUNITY

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Triton College

For immediate release: **July 19, 2023**

Triton College Offers Lifeguarding Classes this Fall

Triton College will be offering an entry-level lifeguarding course 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 non-stop; 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, then complete the exercise by exiting the water without using steps or a ladder.

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

- PED 198 002 – Thursday, Oct. 19 and Friday, Oct. 20, 5-10 p.m.; and Saturday, Oct. 21, 9 a.m.-5 p.m.

To register, visit <http://triton.edu/fall>.

For more information, contact juliannemurphy@triton.edu or (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/>.