



LIFEGUARDING

Spring 2024 • PED 198 001

Provides entry-level participants the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until EMS personnel take over.

Prerequisites: Minimum age – 15 years; swim 300 yards continuously; tread water for two minutes using only the legs; complete a timed event within 1 minute, 40 seconds by starting in the water, swimming 20 yards, surface dive to a depth of 10 to 12 feet to retrieve a 10-pound object, return to the surface and swim 20 yards on the back to return to the starting point, exit the water without using steps or a ladder.

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

PED 198 001 Thursday, Friday • 5-10 p.m., Saturday • 9 a.m.-5 p.m. • May 16-18, 2024

For more information, call (708) 456-0300, Ext. 3130.



Triton College
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