

There's
a place
for you.



Triton College

For immediate release: **March 27, 2024**

Get FIT this Summer at Triton College
Enroll in 2024 Summer Health Classes

RIVER GROVE, Ill. – Are you ready to get fit this summer? Triton College is offering several health classes to help students prepare for beach days and fun in the sun.

Health, Sport and Exercise Science

First Aid and CPR (HTH 281 001) will be on Mondays and Wednesdays, 9-10:25 a.m., beginning June 10. All classes will be held in the R Building (Room R-217). This is a one-credit-hour class.

This course will teach the fundamentals of first aid, cardiopulmonary resuscitation (CPR) and the use of automated external defibrillator (AED) for adults, children and infants. Students earn the American Heart Association Heartsaver First Aid and Basic Life Support (BLS) for Healthcare Provider Certificate.

Online Health Courses (No class visits required.)

Triton College will be offering multiple online personal health and sports classes this summer. Please refer to the class schedule for times.

- (HTH 104 070) Science of Personal Health, beginning June 10.
- (HTH 120 770) Nutrition Science, beginning June 10.
- (HTH 120 771) Nutrition Science, beginning May 28.
- (HTH 175 270) Drug and Alcohol, beginning July 1.
- (PED 194 070) Principles of Coaching, beginning June 10.

Physical Activity Classes

Students Can Earn One College Credit Hour

The college will also be offering several fitness classes this summer. Get in shape during the summer months!

Hatha Yoga (PED 101 001) will be on Tuesdays and Thursdays, 10:30 a.m.-12:15 p.m., beginning June 11. The class will be held in the R Building (Room R-229).

This class teaches hatha yoga techniques for muscular strength, flexibility, endurance and concentration. Students will also learn breathing techniques, postures and meditation.

Boot Camp Fitness (PED 105 001) on Mondays, Wednesdays and Thursdays, noon-1:15 p.m., beginning June 10. The class will be held in the R Building (Room R-101C).

This class will improve cardiovascular fitness, build strength and flexibility, and improve body composition. The course will focus on improving components of mental, social and physical wellness.

Total Fitness for credit (PED 106) will be held in Triton's Fitness Center in the R Building.

Total Fitness teaches students the safe and effective way to use strength and cardio exercise equipment. The goal of the class is to improve body composition, physiological strength and flexibility. The course can be repeated for a maximum of four accrued credits.

Aquacize (PED 113 001) will be on Mondays and Wednesdays, 5:20-7 p.m., beginning June 10. The class will be held in the pool, R Building (Room R-POOL).

This swim class combines low-impact and high-energy challenges in shallow water to improve cardiorespiratory endurance, muscular strength, flexibility, balance and coordination. Students should feel comfortable in shallow water.

Walking for Fitness (PED 117 001) will be on Mondays and Wednesdays, 10-11:55 p.m., beginning June 10. The class will be held in the R Building (Room R-104).

Experience the joy and health benefits of walking while having fun! Meeting new people, socializing and listening to music is emphasized during walks. Triton's indoor and outdoor track will be utilized depending on weather.

Boxing for Fitness (PED 125 001) will be on Mondays and Wednesdays, noon-1:50 p.m., beginning June 10. The class will be held in the R Building (Room R-101B).

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

Lifeguarding (PED 198 001) will be on Thursday and Friday, 5-10 p.m., and Saturday 9 a.m.-5 p.m., July 11-13. This class is 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.

To register for any of these classes, visit <http://triton.edu/summer>.

For more information, please email juliannemurphy@triton.edu or call (708) 456-0300, Ext. 3130.

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ABOUT TRITON COLLEGE

Triton College is an institution of higher education dedicated to student success. Triton offers more than 120 degree and certificate programs designed for students to realize their career aspirations and effectively compete in a global economy. The college campus spans 110 acres in River Grove, Illinois, holds classes at satellite locations and offers online learning opportunities. Triton's exemplary faculty and staff work to provide high-quality, convenient and affordable educational opportunities to more than 10,000 students each year. Triton College is a member of The Community Colleges of Illinois and accredited by the Higher Learning Commission. Learn more at <http://triton.edu/>.