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FOR EVERY  
COMMUNITY

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a place  
for you.



**Triton College**

For immediate release: **Aug. 1, 2022**

### **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 continuously; tread water for 2 minutes using only their legs; complete a timed event within 1 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.

From Aug. 11-13, the course (PED 198 001) will be held on Thursday and Friday, 5-10 p.m., and Saturday, 9 a.m.-5 p.m. From Oct. 20-22, the course (PED 198 002) will be held on Thursday and Friday, 5-10 p.m., and Saturday, 9 a.m.-5 p.m. From Dec. 8-10 the course (PED 198 003) will be held on Thursday and Friday, 5-10 p.m., and Saturday, 9 a.m.-5 p.m.

For more information, contact [juliannemurphy@triton.edu](mailto:juliannemurphy@triton.edu) or (708) 456-0300, Ext. 3130.

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#### **Media Contact**

Maryann Pisano

Staff Writer

[maryannpisano@triton.edu](mailto:maryannpisano@triton.edu)

(708) 456-0300, Ext. 3202

## **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, IL, Triton offers more than 110 degree and certificate programs on its 110-acre campus, featuring a comfortable, friendly and diverse atmosphere. Triton holds classes at several satellite locations as well and offers online learning opportunities. Triton's dedicated faculty and staff work to provide high quality, convenient and affordable educational opportunities to more than 12,000 students each year. Triton College is accredited by the Higher Learning Commission. Learn more at [www.triton.edu](http://www.triton.edu).