CLASS OVERVIEW



Stand Up Paddle Board (SUP):

Learn paddle techniques, proper stance, turns and board control.
Understand hazards and rescue methods.



Beach Soccer:

Emphasizes skill development of kicking, trapping, heading, shooting, and dribbling associated with soccer.



Surfing:

Learn surfing techniques, types of waves, conditions and hazards, selection and safe use of equipment.
Foam boards used for beginning surfers.
Experienced surfers encouraged to bring personal boards.



Sea Kayaking I, II, III:

Learn basic safety & paddling techniques and develop skills through longer bay trips.



Sand Volleyball:

Develop serving and setting skills, and practice blocking and offensive techniques.

Southwestern College

Crown Cove Aquatic Center

Spring 2027 SCHEDULE

Call (619) 575-6176 for Information
E-mail: CCAC@swccd.edu

REGISTER EARLY! ONLINE : www.swccd.edu

For all CCAC programs/events go to: swccd.edu/crown-cove-aquatic-center

	Class #	Dates	Hours	Days	Units
Stand Up Paddle Board	ES/A 112 E4 (Beg) ES/A 113 E4 (Int.) ES/A 114 E4 (Adv.)	2/7 to 5/9	8:30 am-11:55 am	SUN	1
Sea Kayaking	ES/A 231 E2 (Beg.) ES/A 232 E2 (Int.) ES/A 233 E2 (Adv.)	2/6 to 5/8	8:30 am-12:45 pm	SAT	1
	ES/A 231 E4 (Beg.) ES/A 232 E4 (Int.) ES/A 233 E4 (Adv.)	2/7 to 5/9	8:30 am-12:45 pm	SUN	1
Sailing	ES/A 223 E2 (Beg.) ES/A 224 E2 (Int.) ES/A 225 E2 (Adv.)	2/5 to 5/7	10:00 am-1:25 pm	FRI	1
	ES/A 223 E1 (Beg.) ES/A 224 E1 (Int.) ES/A 225 E1 (Adv.)	2/6 to 5/8	10:00 am-1:25 pm	SAT	1
Outrigger Canoe	ES/A 195 E1 (Beg.) ES/A 196 E1 (Int.) ES/A 197 E1 (Adv.) ES/A 198 E1 (Fin.)	2/7 to 5/9	8:30 am-11:55 am	SUN	1
Surfing	ES/A 238 E2 (Beg.) ES/A 239 E2 (Int.) ES/A 240 E2 (Adv.)	2/6 to 5/8	8:30 am-11:55 am	SAT	1
	ES/A 238 E4 (Beg.) ES/A 239 E4 (Int.) ES/A 240 E4 (Adv.)	2/7 to 5/9	8:30 am-11:55 am	SUN	1
	ES/A 238 E6 (Beg.) ES/A 239 E6 (Int.) ES/A 240 E6 (Adv.)	2/5 to 5/7	8:30 am-11:55 am	FRI	1
Yoga	ES/A 264 E1 (Beg.) ES/A 265 E1 (Int.) ES/A 266 E1 (Adv.)	2/6 to 5/8	8:30 am-12:45 pm	SAT	1
Sand Volleyball	ES/A 170 E2 (Beg.) ES/A 171 E2 (Int.) ES/A 172 E2 (Adv.) ES/A 173 E2 (Fin.)	2/7 to 5/16	9:00 am-12:50 pm	SUN	1
Beach Soccer	ES/A 176 E1 (Beg.) ES/A 177 E1 (Int.) ES/A 178 E1 (Adv.) ES/A 179 E1 (Fin.)	2/5 to 5/28	8:35 am-11:45 am	FRI	1
Biking	ES/A 115A E1 (Beg.) ES/A 115B E1 (Int.) ES/A 115C E1 (Adv.) ES/A 115D E1 (Fin.)	2/6 to 5/8	8:30 am-12:45 pm	FRI	1

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Silver Strand State Beach