

CLASS OVERVIEW



Stand Up Paddle Board (SUP):

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



Beach Soccer (Spring and Summer):

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 (Spring and Summer):

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



Southwestern College

Crown Cove Aquatic Center

Fall 2025 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

Stand Up Paddle Board	Class #	Dates	Hours	Days	Units
	ES/A 112 E1 (Beg.) ES/A 113 E1 (Int.) ES/A 114 E1 (Adv.)	8/30 to 11/22	8:30 am-11:30 am	SAT	1
Sea Kayaking	Class #	Dates	Hours	Days	Units
	ES/A 112 E2 (Beg.) ES/A 113 E2 (Int.) ES/A 114 E2 (Adv.)	8/31 to 11/23	8:30 am-12:10 pm	SUN	1
Outrigger Canoe	Class #	Dates	Hours	Days	Units
	ES/A 231 E1 (Beg.) ES/A 232 E1 (Int.) ES/A 233 E1 (Adv.)	8/30 to 11/22	8:30 am-12:20 pm	SAT	1
Surfing	Class #	Dates	Hours	Days	Units
	ES/A 231 E2 (Beg.) ES/A 232 E2 (Int.) ES/A 233 E2 (Adv.)	8/31 to 11/23	8:30 am-12:45 pm	SUN	1
Stand-Up Paddle Yoga	Class #	Dates	Hours	Days	Units
	ES/A 195 E1 (Beg.) ES/A 196 E1 (Int.) ES/A 197 E1 (Adv.) ES/A 198 E1 (Fin.)	8/31 to 11/23	8:30 am-12:00 pm	SUN	1
Surfing	Class #	Dates	Hours	Days	Units
	ES/A 238 E1 (Beg.) ES/A 239 E1 (Int.) ES/A 240 E1 (Adv.)	8/30 to 11/22	8:30 am-11:30am	SAT	1
Stand-Up Paddle Yoga	Class #	Dates	Hours	Days	Units
	ES/A 238 E3 (Beg.) ES/A 239 E3 (Int.) ES/A 240 E3 (Adv.)	8/31 to 11/23	8:30 am-12:10 pm	SUN	1
Stand-Up Paddle Yoga	Class #	Dates	Hours	Days	Units
	ES/A 238 E5 (Beg.) ES/A 239 E5 (Int.) ES/A 240 E5 (Adv.)	8/29 to 11/21	8:30 am-11:30am	FRI	1
Stand-Up Paddle Yoga	Class #	Dates	Hours	Days	Units
	ES/A 267 E1 (Beg.) ES/A 268 E1 (Int.)	8/31 to 11/23	8:30 am-12:45 pm	SUN	1



Ask us about our Non-Credit CPR classes!

Direct email for CPR: cpr4you@swccd.edu

5000 Highway 75, Coronado CA 92118

Silver Strand State Beach

