

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 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

ES/A 112 E2 (Beg.)
ES/A 113 E2 (Int.)
ES/A 114 E2 (Adv.)

Dates

2/08 to 5/10

Hours

8:30 am-12:00 pm

Days

SAT

Units

1

Sea Kayaking



Class

ES/A 231 E4 (Beg.)
ES/A 232 E4 (Int.)
ES/A 233 E4 (Adv.)

Dates

2/09 to 5/11

Hours

8:30 am-12:45 pm

Days

SUN

Units

1

Outrigger Canoe



Class

ES/A 195 E1 (Beg.)
ES/A 196 E1 (Int.)
ES/A 197 E1 (Adv.)
ES/A 198 E1 (Fin.)

Dates

2/09 to 5/11

Hours

8:30 am-12:00 pm

Days

SUN

Units

1

Surfing



Class

ES/A 238 E2 (Beg.)
ES/A 239 E2 (Int.)
ES/A 240 E2 (Adv.)

Dates

2/08 to 5/10

Hours

8:30 am-12:00 pm

Days

SAT

Units

1

ES/A 238 E4 (Beg.)
ES/A 239 E4 (Int.)
ES/A 240 E4 (Adv.)

2/09 to 5/11

8:30 am-12:00 pm

SUN

1

ES/A 238 E6 (Beg.)
ES/A 239 E6 (Int.)
ES/A 240 E6 (Adv.)

2/07 to 5/09

8:30 am-11:35 am

FRI

1

Stand-Up Paddle Yoga



Class

ES/A 267 E1 (Beg.)
ES/A 268 E1 (Int.)

Dates

2/09 to 5/11

Hours

8:30 am-12:45 pm

Days

SUN

Units

1

Sand Volleyball



Class

ES/A 170 E2 (Beg.)
ES/A 171 E2 (Int.)
ES/A 172 E2 (Adv.)
ES/A 173 E2 (Fin.)

Dates

2/07 to 5/16

Hours

9:00 am-12:50 pm

Days

FRI

Units

1

Beach Soccer



Class

ES/A 176 E1 (Beg.)
ES/A 177 E1 (Int.)
ES/A 178 E1 (Adv.)

Dates

2/03 to 5/30

Hours

8:35 am-11:45 am

Days

FRI

Units

1

5000 Highway 75, Coronado CA 92118

Silver Strand State Beach