

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



Summer 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 E1 (Beg.)
ES/A 113 E1 (Int.)
ES/A 114 E1 (Adv.)

Dates

6/14 to 8/10

Hours

8:30 am-10:45 am

Days

SAT/SUN

Units

1

Sea Kayaking



Class

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

Dates

6/14 to 8/10

Hours

8:30 am-11:20 am

Days

SAT/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

6/14 to 8/10

Hours

8:30 am-10:45 am

Days

SAT/SUN

Units

1

Surfing



Class

ES/A 238 E1 (Beg.)
ES/A 239 E1 (Int.)
ES/A 240 E1 (Adv.)

Dates

6/13 to 8/09

Hours

8:30 am-10:45 am

Days

FRI/SAT

Units

1

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

6/14 to 8/10

8:30 am-10:45 pm

SAT/SUN

1

ES/A 238 E3 (Beg.)
ES/A 239 E3 (Int.)
ES/A 240 E3 (Adv.)

6/10 to 8/07

8:30 am-11:00 am

Tue/Thu

1

Stand-Up Paddle Yoga



Class

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

Dates

6/12 to 8/08

Hours

8:30 am-11:45 am

Days

THU/FRI

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

6/12 to 8/08

Hours

9:00 am-12:15 pm

Days

THU/FRI

Units

1

Beach Soccer



Class

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

Dates

6/11 to 8/08

Hours

8:35 am-11:25 am

Days

WED/FRI

Units

1

5000 Highway 75, Coronado CA 92118

Silver Strand State Beach