

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 2026 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 E2 (Beg.) ES/A 113 E2 (Int.) ES/A 114 E2 (Adv.)	2/7 to 5/9	8:30 am-12:00 pm	SAT	1
	ES/A 112 E4 (Beg.) ES/A 113 E4 (Int.) ES/A 114 E4 (Adv.)	2/8 to 5/10	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.)	2/7 to 5/9	8:30 am-12:45 pm	SAT	1
	ES/A 231 E4 (Beg.) ES/A 232 E4 (Int.) ES/A 233 E4 (Adv.)	2/8 to 5/10	8:30 am-12:45 pm	SUN	1
Outrigger Canoe 	Class # ES/A 195 E1 (Beg.) ES/A 196 E1 (Int.) ES/A 197 E1 (Adv.) ES/A 198 E1 (Fin.)	2/8 to 5/10	8:30 am-12:00 pm	SUN	1
Surfing 	Class # ES/A 238 E2 (Beg.) ES/A 239 E2 (Int.) ES/A 240 E2 (Adv.)	2/7 to 5/9	8:30 am-12:00 pm	SAT	1
	ES/A 238 E4 (Beg.) ES/A 239 E4 (Int.) ES/A 240 E4 (Adv.)	2/8 to 5/10	8:30 am-12:00 pm	SUN	1
	ES/A 238 E6 (Beg.) ES/A 239 E6 (Int.) ES/A 240 E6 (Adv.)	2/6 to 5/15	8:30 am-12:00 pm	FRI	1
Yoga 	Class # ES/A 264 E1 (Beg.) ES/A 265 E1 (Int.) ES/A 266 E1 (Adv.)	2/7 to 5/9	8:30 am-12:45 pm	SAT	1
Sand Volleyball 	Class # ES/A 170 E2 (Beg.) ES/A 171 E2 (Int.) ES/A 172 E2 (Adv.) ES/A 173 E2 (Fin.)	2/6 to 5/15	9:00 am-12:50 pm	FRI	1
Beach Soccer 	Class # ES/A 176 E1 (Beg.) ES/A 177 E1 (Int.) ES/A 178 E1 (Adv.)	2/2 to 5/29	8:35 am-11:45 am	FRI	1
Biking 	Class # ES/A 115A E1 (Beg.) ES/A 115B E1 (Int.) ES/A 115C E1 (Adv.) ES/A 115D E1 (Fin.)	2/7 to 5/9	8:30 am-12:15 pm	SAT	1

5000 Highway 75, Coronado CA 92118

Silver Strand State Beach