

# 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 2026 SCHEDULE

Call (619) 575-6176 for Information

E-mail: [CCAC@swccd.edu](mailto:CCAC@swccd.edu)

**REGISTER EARLY!** ONLINE : [www.swccd.edu](http://www.swccd.edu)

For all CCAC programs/events go to: [swccd.edu/crown-cove-aquatic-center](http://swccd.edu/crown-cove-aquatic-center)

Activity	Class #	Dates	Hours	Days	Units
Stand Up Paddle Board	ES/A 112 E1 (Beg.) ES/A 113 E1 (Int.) ES/A 114 E1 (Adv.)	6/13 to 8/9	8:30 am-10:45 am	SAT/SUN	1
Sea Kayaking	ES/A 231 E1 (Beg.) ES/A 232 E1 (Int.) ES/A 233 E1 (Adv.)	6/13 to 8/9	8:30 am-11:20 am	SAT/SUN	1
Sailing	ES/A 223 E1 (Beg.) ES/A 224 E1 (Int.) ES/A 225 E1 (Adv.)	6/13 to 8/9	10:00 am-12:15 pm	SAT/SUN	1
Outrigger Canoe	ES/A 195 E1 (Beg.) ES/A 196 E1 (Int.) ES/A 197 E1 (Adv.) ES/A 198 E1 (Fin.)	6/13 to 8/9	8:30 am-10:45 am	SAT/SUN	1
Surfing	ES/A 238 E1 (Beg.) ES/A 239 E1 (Int.) ES/A 240 E1 (Adv.)	6/12 to 8/8	8:30 am-10:45 am	FRI/SAT	1
	ES/A 238 E2 (Beg.) ES/A 239 E2 (Int.) ES/A 240 E2 (Adv.)	6/13 to 8/9	8:30 am-10:45 am	SAT/SUN	1
	ES/A 238 E3 (Beg.) ES/A 239 E3 (Int.) ES/A 240 E3 (Adv.)	6/9 to 8/6	8:30 am-11:00 am	TUE/THU	1
SUP Yoga	ES/A 267 E1 (Beg.) ES/A 268 E1 (Int.)	6/11 to 8/7	8:30 am-11:45 am	THU/FRI	1
Sand Volleyball	ES/A 170 E1 (Beg.) ES/A 171 E1 (Int.) ES/A 172 E1 (Adv.) ES/A 173 E1 (Fin.)	6/11 to 8/7	9:00 am-12:15 pm	THU/FRI	1
Beach Soccer	ES/A 176 E1 (Beg.) ES/A 177 E1 (Int.) ES/A 178 E1 (Adv.) ES/A 179 E1 (Fin.)	6/10 to 8/7	8:35 am-11:25 am	WED/FRI	1
Biking	ES/A 115A E1 (Beg.) ES/A 115B E1 (Int.) ES/A 115C E1 (Adv.) ES/A 115D E1 (Fin.)	6/13 to 8/9	8:30 am-11:20 am	SAT/SUN	1

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Silver Strand State Beach