

**Only \$46
a unit**

Class Overview



Stand Up Paddle Board (SUP):

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

Sailing:

Get the basics: terminology, rigging, boat handling and boating safety.



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.

Fall 2022 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 www.swccd.edu/crowncove

Be sure to check WebAdvisor for any updated course information.

Stand Up Paddle Board

Class #	Dates	Hours	Days	Units
ES/A 112 E1 (Beg.)	8/27 to 11/19	8:30am-11:30am	Sat	1
ES/A 113 E1 (Int.)				
ES/A 114 E1 (Adv.)				
ES/A 112 E2 (Beg.)	8/28 to 11/20	8:30am-11:30am	Sun	1
ES/A 113 E2 (Int.)				
ES/A 114 E2 (Adv.)				

Sailing

Class #	Dates	Hours	Days	Units
ES/A 223 E1 (Beg.)	8/27 to 11/19	10:00am-1:00pm	Sat	1
ES/A 224 E1 (Int.)				
ES/A 225 E1 (Adv.)				

Surfing

Class #	Dates	Hours	Days	Units
ES/A 238 E1 (Beg.)	8/27 to 11/19	8:30am-11:30am	Sat	1
ES/A 239 E1 (Int.)				
ES/A 240 E1 (Adv.)				
ES/A 238 E3 (Beg.)	8/28 to 11/20	8:30am-11:30am	Sun	1
ES/A 239 E3 (Int.)				
ES/A 240 E3 (Adv.)				
ES/A 238 E5 (Beg.)	8/26 to 11/18	8:30am-11:30am	Fri	1
ES/A 239 E5 (Int.)				
ES/A 240 E5 (Adv.)				
ES/A 238 E6 (Beg.)	8/23 to 10/20	5:00pm-7:25pm	Tue/Thr	1
ES/A 239 E6 (Int.)				
ES/A 240 E6 (Adv.)				

Sea Kayaking

Class #	Dates	Hours	Days	Units
ES/A 231 E1 (Beg.)	8/27 to 11/19	8:30am-12:20pm	Sat	1
ES/A 232 E1 (Int.)				
ES/A 233 E1 (Adv.)				
Class #	Dates	Hours	Days	Units
ES/A 231 E3 (Beg.)	8/28 to 11/20	8:30am-12:20pm	Sun	1
ES/A 232 E3 (Int.)				
ES/A 233 E3 (Adv.)				



**Southwestern College
Crown Cove Aquatic Center**
5000 Highway 75, Coronado CA 92118
Silver Strand State Beach

