

**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.

Sand Volleyball:

Develop serving and setting skills and practice blocking and offensive techniques.

Summer 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 EI (Beg.)	6/25 to 8/07	8:30am-11:20am	Sat/Sun	1
ES/A 113 EI (Int.)				
ES/A 114 EI (Adv.)				

Sailing

ES/A 223 E2 (Beg.)	6/25 to 8/07	10:00am-12:45pm	Sat/Sun	1
ES/A 224 E2 (Int.)				
ES/A 225 E2 (Adv.)				

Surfing

Class #	Dates	Hours	Days	Units
ES/A 238 E2 (Beg.)	6/25 to 8/07	8:30am-11:20am	Sat/Sun	1
ES/A 239 E2 (Int.)				
ES/A 240 E2 (Adv.)				
ES/A 238 E3 (Beg.)	6/20 to 8/03	8:30am-11:30am	Mon/Wed	1
ES/A 239 E3 (Int.)				
ES/A 240 E3 (Adv.)				
ES/A 238 EI (Beg.)	6/24 to 8/06	8:30am-11:20am	Fri/Sat	1
ES/A 239 EI (Int.)				
ES/A 240 EI (Adv.)				

Sea Kayaking

Class #	Dates	Hours	Days	Units
ES/A 231 EI (Beg.)	6/25 to 8/07	8:30am-12:00pm	Sat/Sun	1
ES/A 232 EI (Int.)				
ES/A 233 EI (Adv.)				

Sand Volleyball

Class #	Dates	Hours	Days	Units
ES/A 170 EI (I)	6/23 to 8/05	10:00am-1:30pm	Th/Fri	1
ES/A 171 EI (II)				
ES/A 172 EI (III)				
ES/A 173 EI (IV)				



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

