

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.

Fall 2023 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

Be sure to check WebAdvisor for any updated course information.

Stand Up Paddle Board	Class #	Dates	Hours	Days	Units
	ES/A 112 E1 (Beg.)	8/26 to 11/18	8:30 am-11:30 am	SAT	1
	ES/A 113 E1 (Int.)				
	ES/A 114 E1 (Adv.)				
	ES/A 112 E2 (Beg.)	8/27 to 11/19	8:30 am-11:30 am	SUN	1
	ES/A 113 E2 (Int.)				
	ES/A 114 E2 (Adv.)				

Sea Kayaking	Class #	Dates	Hours	Days	Units
	ES/A 231 E1 (Beg.)	8/26 to 11/18	8:30 am-12:20 pm	SAT	1
	ES/A 232 E1 (Int.)				
	ES/A 233 E1 (Adv.)				
	ES/A 231 E2 (Beg.)	8/27 to 11/19	8:30 am-12:20 pm	SUN	1
	ES/A 232 E2 (Int.)				
	ES/A 233 E2 (Adv.)				

Outrigger Canoe	Class #	Dates	Hours	Days	Units
	ES/A 195 E1 (Beg.)	8/27 to 11/19	8:30 am-11:30 am	SUN	1
	ES/A 196 E1 (Int.)				
	ES/A 197 E1 (Adv.)				
	ES/A 198 E1 (Fin.)				

Surfing	Class #	Dates	Hours	Days	Units
	ES/A 238 E1 (Beg.)	8/26 to 11/18	8:30 am-11:30 am	SAT	1
	ES/A 239 E1 (Int.)				
	ES/A 240 E1 (Adv.)				
	ES/A 238 E3 (Beg.)	8/27 to 11/19	8:30 am-11:30 am	SUN	1
	ES/A 239 E3 (Int.)				
	ES/A 240 E3 (Adv.)				
	ES/A 238 E5 (Beg.)	8/25 to 11/17	8:30 am-11:30 am	FRI	1
	ES/A 239 E5 (Int.)				
	ES/A 240 E5 (Adv.)				



CPR and First-Aid Classes are also offered by Southwestern College
For more information email: cpr4you@swccd.edu



Southwestern College
Crown Cove Aquatic Center

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Silver Strand State Beach

