

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 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.

	Class #	Dates	Hours	Days	Units
	ES/A 112 E21 (Beg.)	6/10 to 8/06	8:30 am-10:45 am	SAT/SUN	1
	ES/A 113 E1 (Int.)				
	ES/A 114 E1 (Adv.)				
	ES/A 231 E1 (Beg.)	6/10 to 8/06	8:30 am-11:20 am	SAT/SUN	1
	ES/A 232 E1 (Int.)				
	ES/A 233 E1 (Adv.)				
	ES/A 238 E1 (Beg.)	6/09 to 8/06	8:30 am-10:45 am	Fri/Sat	1
	ES/A 239 E1 (Int.)				
	ES/A 240 E1 (Adv.)				
		ES/A 238 E2 (Beg.)	6/10 to 8/05	8:30 am-10:45 am	Sat/Sun
ES/A 239 E2 (Int.)					
ES/A 240 E2 (Adv.)					
ES/A 238 E3 (Beg.)		6/06 to 8/03	8:30 am-10:45 am	Tue/Thu	1
ES/A 239 E3 (Int.)					
ES/A 240 E3 (Adv.)					
	ES/A 170 E2 (I)	6/10 to 8/04	9:00 am-11:50 am	Thu/Fri	1
	ES/A 171 E2 (II)				
	ES/A 172 E2 (III)				
	ES/A 173 E2 (IV)				



Southwestern College
Crown Cove Aquatic Center

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Silver Strand State Beach

