

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.

Spring 2024 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
Stand Up Paddle Board 	ES/A 112 E2 (Beg.)	2/10 to 5/11	8:30 am-12:00 pm	SAT	1
	ES/A 113 E2 (Int.)				
	ES/A 114 E2 (Adv.)				
	ES/A 112 E4 (Beg.)	2/11 to 5/12	8:30 am-12:00 pm	SUN	1
	ES/A 113 E4 (Int.)				
	ES/A 114 E4 (Adv.)				
Sea Kayaking 	ES/A 112 E1 (Beg.)	2/09 to 5/10	8:30 am-12:00 pm	Fri	1
	ES/A 113 E1 (Int.)				
	ES/A 114 E1 (Adv.)				
	ES/A 231 E2 (Beg.)	2/10 to 5/11	8:30 am-12:45 pm	SAT	1
	ES/A 232 E2 (Int.)				
	ES/A 233 E2 (Adv.)				
	ES/A 231 E4 (Beg.)	2/11 to 5/12	8:30 am-12:45 pm	SUN	1
	ES/A 232 E4 (Int.)				
	ES/A 233 E4 (Adv.)				
Outrigger Canoe 	ES/A 195 E1 (Beg.)	2/11 to 5/12	8:30 am-12:00 pm	SUN	1
	ES/A 196 E1 (Int.)				
	ES/A 197 E1 (Adv.)				
	ES/A 198 E1 (Fin.)				
	ES/A 238 E2 (Beg.)	2/10 to 5/11	8:30 am-12:00 pm	SAT	1
	ES/A 239 E2 (Int.)				
	ES/A 240 E2 (Adv.)				
	ES/A 238 E4 (Beg.)	2/11 to 5/12	8:30 am-12:00 pm	SUN	1
	ES/A 239 E4 (Int.)				
	ES/A 240 E4 (Adv.)				
	ES/A 238 E6 (Beg.)	2/09 to 5/10	8:30 am-12:00 pm	FRI	1
	ES/A 239 E6 (Int.)				
	ES/A 240 E6 (Adv.)				
	ES/A 267 E1 (Beg.)	2/09 to 5/10	9:00 am-1:35 pm	FRI	1
	ES/A 268 E1 (Int.)				
Stand-Up Paddle Yoga 					



Southwestern College
Crown Cove Aquatic Center

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Silver Strand State Beach

