

VARS 160 Women's Varsity Swimming

VARS 160 WOMEN'S VARSITY SWIMMING

Consists of Intercollegiate Women's Swimming competition in the Coast Conference. The team also participates in regional invitationals, the Northern California Championship, and the CCCAA State Championship. Employs advanced training including conditioning and swim stroke mechanics at an intercollegiate level. May be repeated for credit up to 3 times. *Grade Option (Letter Grade or Pass/No Pass). Degree Credit.*

Units: 3

Hours/semester: 144-162 Lab

Prerequisites: Demonstrated ability. Student-athletes must be enrolled in 12 units.

AA/AS Degree Requirements: Physical Education

Transfer Credit: CSU, UC*

