



EXPERIENTIAL LEARNING & ADVENTURE CENTER

UC 136, 619-260-4709, www.sandiego.edu/explore

SNORKELING LA JOLLA COVE

DESCRIPTION:

Come explore San Diego's undersea world! Swim with the abundant marine life within this natural preserve which hugs the La Jolla coastline. No previous snorkeling experience is required but participants should be comfortable, confident swimmers.

BRIEF ITINERARY:

Meet at the Experiential Education & Adventure Center (previously Outdoor Programs) in UC 136, 9 a.m., Saturday, Sept. 19. Guides will give a short orientation/safety talk before we begin snorkeling. We will return to USD by 2 p.m.

COST

\$18 for USD ID cardholders (students, faculty, staff, alumni)

\$25 for the general public

INCLUDES:

We will provide wetsuits, transportation, snorkel equipment and guides.

FOOD:

Snacks or lunch are NOT provided. Participants can bring a snack if they think they'll need one. Bring lots of water.

EQUIPMENT & CLOTHING:

Participants are responsible for bringing their own bathing suits (board shorts for males, one or two-piece suits for females) to wear underneath wetsuits, which we will provide. It is recommended that participants bring extra clothes for after surfing, a towel, sunscreen and lots of water.

RISKS & HAZARDS:

There are a variety of risks and hazards associated with adventuring outdoors. General risks are listed on our liability waiver. Specific risks/hazards for this outing include: rough and windy open ocean waters and cold water temperatures.

RULES OF CONDUCT & SAFETY POLICIES:

DRUGS AND ALCOHOL ARE PROHIBITED AT ANY TIME DURING THE TRIP. Appropriate footwear is required at all times, and you must always stay together. We ask that you respect and follow the safety instructions of the guides.

PHYSICAL ABILITY/PREREQUISITES:

Participants should be comfortable, confident swimmers, in good physical condition, and able to swim in cold, open water. No snorkeling experience required.

GROUP EXPERIENCE:

Plan on being a contributing member of a group. We will share the work (i.e. loading and unloading the van, etc.) equally as **one group**. If you are the independent type who prefers to do things alone this trip may not meet your needs or desires.