

**Only \$20  
a unit**

**FALL 2009**

## Class Overview



### Kayaking

#### Sea Kayaking I ES/A 231

Introduction to kayaking covering basic safety, paddling techniques, using single and double kayaks.

#### Sea Kayaking II ES/A 232

Skill review, bracing, longer trips, surf zone & off shore trips.



### Sailing

#### Beginning Sailing ES/A 223

Safety afloat, basic rigging & boat handling, rules of the road.

#### Intermediate Sailing ES/A 224

Single handing, man over board, capsizing recovery, & intro to racing.

#### Advanced Sailing ES/A 225

Sail trim for speed, racing, crew duties, racing rules.

#### Keelboat Sailing ES/A 226A/B

Into to keelboat handling, points of sail, safety rules of the road.



#### Surfing ES/A 207abcd

Instruction in beginning surf boarding, knee boarding, body boarding, and body surfing. Selection and safe use of equipment, self-rescue and wave selection.

#### Hawaiian Outrigger ES/A 199abcd

The cultural aspects of outrigger, basic outrigger paddle strokes, helmsmanship, rigging, safety, teamwork, communication, physical fitness and an introduction to competitive strategies.



**Southwestern College**  
**Crown Cove Aquatic Center**  
5000 Highway 75, Coronado CA 92118  
Silver Strand State Beach



### *Fall Schedule 2009*

### **Sailing & Surfing Classes**

**Call (619) 575-6176 for Information**

**E-mail: CCAC@swccd.edu**

**REGISTER EARLY!**

**ONLINE : [www.swccd.edu](http://www.swccd.edu)**

**IN PERSON: daily at CCAC**

### **Sailing (I,II,& III)**

<u>Class #</u>	<u>Dates</u>	<u>Hours</u>	<u>Units</u>	<u>Days</u>	<u>Instructor</u>
<b>Weekends</b>					
48738 ES/A223 E6	8/22 to 10/31	10:00 a.m.-1:05 p.m.	1	Sat	D Flint
48742 ES/A224 E6	"	"	"	"	"
48746 ES/A225 E6	"	"	"	"	"
48739 ES/A223 E7	8/22 to 10/31	1:30 p.m.- 4:35 p.m.	1	Sat	D Flint
48743 ES/A224 E7	"	"	"	"	"
48747 ES/A225 E7	"	"	"	"	"
48737 ES/A223 E5	8/23 to 11/1	12:30 p.m.-3:50 p.m.	1	Sun	M Rafferty
48741 ES/A224 E5	"	"	"	"	"
48745 ES/A225 E5	"	"	"	"	"
<b>Weekends Mid-Semester</b>					
48740 ES/A223 E 8	11/7 to 12/12	12:00 noon-3:20 p.m.	.5	Sat	A Villanueva
48744 ES/A224 E 8	"	"	"	"	"
48748 ES/A225 E 8	"	"	"	"	"

### **\*\*NEW\*\* Keelboat I & II \*\*NEW\*\***

#### **Weekends**

50541 ES/A 226AEI	8/22 to 10/31	1:30 p.m.- 5:05 p.m.	1	Sat	M Rafferty
50542 ES/A 226BEI	8/23 to 11/1	12:30 p.m.- 4:20 p.m.	1	Sun	D Flint

### **Surfing (ES/A 207abcd)**

<u>Class #</u>	<u>Dates</u>	<u>Hours</u>	<u>Units</u>	<u>Days</u>	<u>Instructor</u>
<b>Weekends</b>					
48712 ES/A207 E1	8/22to12/12	8:30 a.m.-10:45 a.m.	1	Sat	J Ramos
48713 ES/A207 E10	8/22to12/12	8:30 a.m.-10:45 a.m.	1	Sat	A Villanueva
48716 ES/A207 E2	8/22to12/12	11:00 a.m.-1:15 p.m.	1	Sat	C dePeralta
48714 ES/A207 E11	8/22to12/12	11:00 a.m.-1:15 p.m.	1	Sat	J Ramos
48719 ES/A207 E6	8/23to12/13	8:30 a.m.-10:45 a.m.	1	Sun	J Ramos
48715 ES/A207 E12	8/23to10/11	4:00p.m.-6:10 p.m.	.5	Sun	J Ramos
<b>Weekends Mid-Semester</b>					
48720 ES/A207 E 8	10/24 to 12/12	8:30 a.m.-10:45 a.m.	.5	Sat	J Ramos
48721 ES/A207 E9	10/24 to 12/12	11:00 a.m.-1:15 p.m.	.5	Sat	C dePeralta
<b>Weekdays</b>					
48717 ES/A207 E3	8/19 to 10/9	9:00 a.m.-11:10 a.m.	1	WF	C dePeralta
48718 ES/A207 E4	8/17 to 10/7	4:00 p.m.- 6:15 p.m.	1	MW	C dePeralta

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**FALL 2009**

**Class Overview**



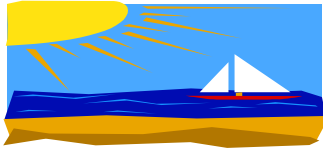
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**Kayak, Outrigger Canoe & Sand Volleyball**

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IN PERSON: daily at CCAC

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<b>Weekends</b>					
48749 ES/A231 E1	8/22 to 12/12	8:30 a.m.-10:45 a.m.	1	Sat	R Flores
48755 ES/A232 E1	"	"	"	"	"
48751 ES/A231 E2	8/22 to 12/12	11:00 a.m.-12:50 p.m.	1	Sat	R Flores
48757 ES/A232 E2	"	"	"	"	"
48750 ES/A231 E10	8/22 to 12/12	11:00 a.m.-12:50 p.m.	1	Sat	J Williams
48756 ES/A232 E10	"	"	"	"	"

**Weekends Mid-Semester**

48753 ES/A231 E6	10/24 to 12/12	8:30 a.m.-10:45 a.m.	.5	Sat	R Flores
48759 ES/A232 E6	"	"	"	"	"
48754 ES/A231 E7	10/24 to 12/12	11:00 a.m.-1:15 p.m.	.5	Sat	R Flores
48760 ES/A232 E7	"	"	"	"	"

**Hawaiian Outrigger (ES/A 199abcd)**

<u>Class #</u>	<u>Dates</u>	<u>Hours</u>	<u>Units</u>	<u>Days</u>	<u>Instructor</u>
<b>Weekends</b>					
48708 ES/A199 E1	8/23 to 12/13	8:15 a.m.-10:30 a.m.	1	Sun	N Holbrook
48709 ES/A199 E2	8/23 to 12/13	10:45 a.m.-1:00 p.m.	1	Sun	N Holbrook
<b>Weekends Mid-Semester</b>					
48710 ES/A199 E3	10/25 to 12/13	8:15 a.m.-10:30 a.m.	.5	Sun	N Holbrook
<b>Weekdays</b>					
48711 ES/A199 E4	8/18 to 10/8	5:30 p.m.- 7:40 p.m.	1	TTh	N Holbrook

**Sand Volleyball (ES/A 170abcd)**

<u>Class #</u>	<u>Dates</u>	<u>Hours</u>	<u>Units</u>	<u>Days</u>	<u>Instructor</u>
<b>Weekdays</b>					
ES/A 170 E1	8/17 to 12/16	9:30 a.m.-10:45 a.m.	1	M/W	A Rock