Only $46 a unit

SPRING 2015

Class Overview



Beginning Sailing: ES/A 223
Get the basics: terminology, rigging, boat handling and boating safety.

Intermediate Sailing: ES/A 224
Improve sailing skills: learn rules of the road and sailing courtesy.

Advanced Sailing: ES/A 225
Set your sails for wind conditions and trim for speed. Get the most from your boat.

Keelboat Sailing: ES/A 226A/B/C
Apply your sailing knowledge in our Catalina-22s with these three classes. Learn boat handling, points of sail, wind,



Surfing: ES/A 238, 239, 240
Grab your wetsuit! Classes are perfect for all levels -**Beginning, Intermediate and Advanced.** 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.

CATCH THE WAVE!
Surfing is back!

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

SPRING 2015 SCHEDULE
Sailing, Keelboat and Surfing

Call (619) 575-6176 for Information
E-mail: CCAC@swccd.edu

REGISTER EARLY! ***ONLINE : www.swccd.edu***

For all CCAC programs/events go to www.swccd.edu/crowncove

Be sure to check WebAdvisor for any updated course information.

Sailing (ES/A 223, 224, 225)

Class #	Dates	Hours	Units	Days	Instructor
Weekends					
94167 ES/A223 E1	1/31 to 5/9	9:30am-12:40pm	1	Sat	D Flint
94183 ES/A224 E1		94188 ES/A225 E1			
94170 ES/A223 E7	1/31 to 5/9	12:30pm-3:40pm	1	Sat	A Villanueva
94186 ES/A224 E7		94191 ES/A225 E7			
94169 ES/A223 E2	2/1 to 5/10	9:30am-12:40pm	1	Sun	D Flint
94185 ES/A224 E2		94190 ES/A225 E2			
94171 ES/A 223 E9	2/1 to 5/10	1:30pm-4:40pm	1	Sun	D Flint
94187 ES/A 224 E9		94192 ES/A 225 E9			
Weekdays					
94168 ES/A 223 E14	3/17 to 5/14	1:00pm-3:15pm	1	TTH	D Flint
94184 ES/A 224 E14		94189 ES/A 225 E14			

Keelboat (ES/A 226A, 226B, 226C)

Weekends					
94193 ES/A 226A E1	1/31 to 5/9	1:30pm-4:40pm	1	Sat	D Flint
94194 ES/A 226B E1		94195 ES/A 226C E1			

Surfing (ES/A 238, 239, 240)

Weekends					
94219 ES/A238 E1	1/31 to 5/9	8:30am-11:40am	1	Sat	C DePeralta
94225 ES/A239 E1		94231 ES/A240 E1			
94220 ES/A238 E2	1/31 to 5/9	11:30am-2:40pm	1	Sat	C DePeralta
94226 ES/A239 E2		94232 ES/A240 E2			
94221 ES/A238 E3	2/1 to 5/10	8:30am-11:40am	1	Sun	D Gutowski
94227 ES/A239 E3		94233 ES/A240 E3			
94222 ES/A238 E4	2/1 to 5/10	11:30am-2:40pm	1	Sun	D Gutowski
94228 ES/A239 E4		94234 ES/A240 E4			
Weekdays					
94223 ES/A238 E5	2/6 to 5/15	8:30am-11:40am	1	Fri	E McMahon
94229 ES/A239 E5		94235 ES/A240 E5			
94224 ES/A238 E6	3/17 to 5/14	5:30pm-7:45pm	1	TTh	E McMahon
94230 ES/A239 E6		94236 ES/A240 E6			

Only $46 a unit

SPRING 2015

Southwestern College
Crown Cove Aquatic Center

5000 Highway 75, Coronado CA 92118
Silver Strand State Beach

Class Overview



Sea Kayaking I:
An excellent activity for all ages. Learn basic safety & paddling techniques as you tour the bay using single & double kayaks.

Sea Kayaking II:
Develop skills through longer bay trips and practice bracing, turning and rafting.



Stand Up Paddle Board (SUP):
Enjoy a great new sport! Learn paddle techniques, proper stance, turns and board control. Understand hazards and rescue methods.



Outrigger Canoe:
Catch the team spirit! Learn the culture of the Hawaiian outrigger, basic paddle strokes, steering techniques and teamwork. New levels include Introduction, Beginning, Intermediate and Advanced.



Sand Volleyball: ES/A 170-173
Learn rules, terminology and strategies from our pros. Develop serving and setting skills and practice blocking and offensive techniques.

SPRING 2015 SCHEDULE

Kayak, Outrigger, Stand Up Paddle & Sand Volleyball

Call (619) 575-6176 for Information
E-mail: CCAC@swccd.edu

REGISTER EARLY! ***ONLINE : www.swccd.edu***

For all CCAC programs/events go to www.swccd.edu/crowncove

Be sure to check WebAdvisor for any updated course information.

Sea Kayaking (ES/A 231, 232)

Class #	Dates	Hours	Units	Days	Instructor
Weekends					
94196 ES/A231 E1	1/31 to 5/9	8:30am-11:40am	1	Sat	R Flores
94201 ES/A232 E1					
94200 ES/A231 E6	1/31 to 5/9	8:30am-11:40am	1	Sat	A Stone
94204 ES/A232 E6					
94198 ES/A231 E2	2/1 to 5/10	8:30am-11:40am	1	Sun	R Flores
94203 ES/A232 E2					
Weekdays					
94197 ES/A231 E15	3/16 to 5/13	5:30pm-7:45pm	1	MW	T Pfister
94202 ES/A232 E15					
94217 ES/A231 E3	3/17 to 5/14	4:00pm-6:15pm	1	TTH	J Sousley
94218 ES/A232 E3					

Stand Up Paddle Board (ES/A 112,113,114)

Weekends					
94173 ES/A112 E1	1/31 to 5/9	8:30am-11:40am	1	Sat	Staff
94175 ES/A113 E1		94177 ES/A114 E1			
94174 ES/A112 E2	2/1 to 5/10	8:30am-11:40am	1	Sun	J Ramos
94176 ES/A113 E2		94178 ES/A114 E2			
Weekdays					
94205 ES/A112 E3	3/16 to 5/13	5:30pm-7:45pm	1	MW	A Villanueva
94207 ES/A113 E3		94208 ES/A114 E3			

Outrigger Canoe (ES/A 195,196,197,198)

Weekends					
94209 ES/A195 E1	2/1 to 5/10	8:30am-11:40am	1	Sun	C DePeralta
94211 ES/A196 E1	94213 ES/A197 E1	94215 ES/A198 E1			
Weekdays					
94210 ES/A195 E2	3/17 to 5/14	5:30pm-7:45pm	1	TTH	C DePeralta
94212 ES/A196 E2	94214 ES/A197 E2	94216 ES/A198 E2			

Sand Volleyball (ES/A 170, 171, 172, 173)

Weekdays					
94180 ES/A170 E1	1/23 to 4/24	11:00am-2:50pm	1	Fri	A Rock
94179 ES/A171 E1	94181 ES/A172 E1	94182 ES/A173 E1			