

**Only \$46
a unit**

Summer 2016

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!



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



Summer 2016 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)

<u>Class #</u>	<u>Dates</u>	<u>Hours</u>	<u>Units</u>	<u>Days</u>	<u>Instructor</u>
Weekdays					
0624 ES/A223 E1	6/7 to 8/4	5:30pm-7:45pm	I	TTH	D Flint
06311 ES/A224 E1		06312 ES/A225 E1			
Weekends					
06241 ES/A223 E2	6/11 to 8/7	9:30am-11:45am	I	SaSu	D Flint
06313 ES/A224 E2		06314 ES/A225 E2			
06242 ES/A223 E3	6/11 to 8/7	12:30pm-2:45pm	I	SaSu	D Gutowski/ D Flint
06315 ES/A224 E3		06316 ES/A225 E3			

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

Weekends

06243 ES/A 226A E1	6/11 to 8/6	12:30pm-4:50pm	I	Sat	D Flint
06317 ES/A 226B E1		06318 ES/A 226C E1			

Surfing (ES/A 238, 239, 240)

Weekdays

06254 ES/A238 E6	6/6 to 8/3	8:30am-10:45am	I	MW	Staff
06334 ES/A239 E6		06335 ES/A240 E6			
06248 ES/A238 E1	6/6 to 8/3	5:30pm-7:45pm	I	MW	C DePeralta
06324 ES/A239 E1		06325 ES/A240 E1			
06255 ES/A238 E7	6/7 to 8/4	8:30am-10:45am	I	TTH	Staff
06336 ES/A239 E7		06337 ES/A240 E7			
06249 ES/A238 E2	6/7 to 8/4	5:30pm-7:45pm	I	TTH	E McMahon
06326 ES/A239 E2		06327 ES/A240 E2			
06250 ES/A238 E3	6/8 to 8/5	8:30am-10:45am	I	WF	Staff
06328 ES/A239 E3		06329 ES/A240 E3			

Weekends

06256 ES/A238 E8	6/11 to 8/7	5:30pm-7:45pm	I	SaSu	Staff
06338 ES/A239 E8		06339 ES/A240 E8			
06251 ES/A238 E4	6/11 to 8/6	8:30am-11:20am	I	Sat	Staff
06330 ES/A239 E4		06331 ES/A240 E4			
Additional 16 hours to be scheduled					
06257 ES/A238 E9	6/11 to 8/6	Noon-2:50pm	I	Sat	Staff
06340 ES/A239 E9		06341 ES/A240 E9			
Additional 16 hours to be scheduled					
06252 ES/A238 E5	6/12 to 8/7	8:30am-11:20am	I	Sun	J Ramos
06332 ES/A239 E5		06333 ES/A240 E5			
Additional 16 hours to be scheduled					
06258 ES/A238 E10	6/11 to 8/6	Noon-2:50pm	I	Sun	J Ramos
06342 ES/A239 E10		06343 ES/A240 E10			
Additional 16 hours to be scheduled					

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Class Overview

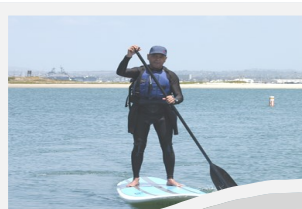


Sea Kayaking I:

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.



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Kayak, Outrigger, Stand Up Paddle & Sand Volleyball

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Sea Kayaking (ES/A 231, 232, 233)

<u>Class #</u>	<u>Dates</u>	<u>Hours</u>	<u>Units</u>	<u>Days</u>	<u>Instructor</u>
Weekdays					
06244 ES/A231 EI	6/6 to 8/3	8:30am-11:20am	I	MW	T Pfister
06320 ES/A232 EI		06352 ES/A233 EI			
06245 ES/A231 E2	6/7 to 8/4	5:30pm-8:20pm	I	TTH	Staff
06321 ES/A232 E2		06353 ES/A233 E2			
Weekends					
06246 ES/A231 E3	6/11 to 8/6	8:30am-1:40pm	I	Sat	R Flores
06322 ES/A232 E3		06354 ES/A233 E3			
06259 ES/A231 E4	6/11 to 8/6	8:30am-1:40pm	I	Sat	A Stone
06344 ES/A232 E4		06356 ES/A233 E4			
06247 ES/A231 E5	6/12 to 8/7	8:30am-1:20pm	I	Sun	R Flores/ A Stone
06323 ES/A232 E5		06355 ES/A233 E5			

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

Weekdays					
06236 ES/A112 EI	6/6 to 8/3	5:30pm-7:45pm	I	MW	Staff
06302 ES/A113 EI		06303 ES/A114 EI			
06237 ES/A112 E2	6/7 to 8/4	5:30pm-7:45pm	I	TTH	Staff
06304 ES/A113 E2		06305 ES/A114 E2			
Weekends					
06238 ES/A112 E3	6/12 to 8/7	8:30am-12:50pm	I	Sun	T Pfister
06306 ES/A113 E3		06307 ES/A114 E3			

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

Weekdays					
06239 ES/A195 EI	6/7 to 8/4	5:30pm-7:45pm	I	TTH	N Holbrook
06308 ES/A196 EI		06309 ES/A197 EI			06310 ES/A198 EI

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

Weekdays					
06260 ES/A170 EI	6/6 to 8/3	2:00pm-4:05pm	I	MTW	A Rock
06345 ES/A171 EI		06346 ES/A172 EI			06347 ES/A173 EI

Adaptive Aquatic Sport (Kayak)

Weekdays					
06264 ES/L 101 EI	6/6 to 8/3	11:30am-2:05am	I	MW	T Pfister