

**Only \$46
a unit**

FALL 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, docking, race rules and tactics.

Surfing: ES/A 238, 239, 240

Grab your wetsuit and join us on the water. -**Beginning, Intermediate and Advanced** classes are perfect for all levels. 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 A WAVE!



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



FALL 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 go to www.swccd.edu/crowncove

Sailing (ES/A 223, 224, 225)

Class #	Dates	Hours	Units	Days	Instructor
Weekends					
04868 ES/A223 E1	8/27 to 11/19	9:30am-12:40pm	I	Sat	D Flint
04872 ES/A224 E1		04876 ES/A225 E1			
04870 ES/A223 E3	8/27 to 11/19	12:30pm-3:40pm	I	Sat	D Gutowski
04874 ES/A224 E3		04878 ES/A225 E3			
04869 ES/A223 E2	8/28 to 11/20	9:30am-12:40pm	I	Sun	D Flint
04873 ES/A224 E2		04877 ES/A225 E2			
04871 ES/A 223 E4	8/28 to 11/20	1:30pm-4:40pm	I	Sun	D Flint
04875 ES/A 224 E4		04879 ES/A 225 E4			

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

Weekends

(Meets at Pier 32)

04880 ES/A 226A E1	8/27 to 11/19	1:30pm-4:40pm	I	Sat	D Flint
04881 ES/A 226B E1		04882 ES/A 226C E1			

Surfing (ES/A 238, 239, 240)

Weekends

04896 ES/A238 E1	8/27 to 11/19	8:30am-11:40am	I	Sat	D Gutowski
04906 ES/A239 E1		04916 ES/A240 E1			
04898 ES/A238 E2	8/27 to 11/19	11:50am-3:00pm	I	Sat	C DePeralta/ G Souza
04908 ES/A239 E2		04918 ES/A240 E2			
04899 ES/A238 E3	8/28 to 11/20	8:30am-11:40am	I	Sun	J Ramos
04909 ES/A239 E3		04919 ES/A240 E3			
04900 ES/A238 E4	8/28 to 11/20	11:50am-3:00pm	I	Sun	J Ramos
04910 ES/A239 E4		04920 ES/A240 E4			
04903 ES/A238 E7	8/27 to 11/19	8:30am-11:40am	I	Sat	C DePeralta
04913 ES/A239 E7		04923 ES/A240 E7			
04905 ES/A238 E9	8/28 to 11/20	8:30am-11:40am	I	Sun	G Souza
04915 ES/A239 E9		04925 ES/A240 E9			

Weekdays

04901 ES/A238 E5	8/26 to 11/18	8:30am-11:40am	I	Fri	C DePeralta
04911 ES/A239 E5		04921 ES/A240 E5			
04902 ES/A238 E6	8/23 to 10/20	5:30pm-7:45pm	I	TTh	E McMahon
04912 ES/A239 E6		04922 ES/A240 E6			

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Class Overview



Stand Up Paddle Board (SUP):

Learn paddle techniques, proper stance, turns and board control. Understand hazards and rescue methods.



Outrigger Canoe:

Learn the culture of the Hawaiian outrigger, basic paddle strokes, steering techniques and teamwork.



Sea Kayaking I, II, III:

Learn basic safety & paddling techniques and develop skills through longer bay trips.



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Kayak, Outrigger Canoe, & Stand Up Paddle

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

<u>Class #</u>	<u>Dates</u>	<u>Hours</u>	<u>Units</u>	<u>Days</u>	<u>Instructor</u>
Weekends					
04606 ES/A112 E1	8/27 to 11/19	8:30am-11:40am	1	Sat	A Villanueva
04608 ES/A113 E1		04610 ES/A114 E1			
04607 ES/A112 E2	8/28 to 11/20	8:30am-11:40am	1	Sun	R Flores
04609 ES/A113 E2		04611 ES/A114 E2			

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

Weekends					
04842 ES/A195 E1	8/28 to 11/20	8:30am-11:40am	1	Sun	N Holbrook
04844 ES/A196 E1		04846 ES/A197 E1			04848 ES/A198 E1
04843 ES/A195 E2	8/23 to 10/20	5:30pm-7:45pm	1	TTH	N Holbrook
04845 ES/A196 E2		04847 ES/A197 E2			04849 ES/A198 E2

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>
Weekends					
04883 ES/A231 E1	8/27 to 11/19	8:30am-11:55am	1	Sat	R Flores
04887 ES/A232 E1		04891 ES/A233 E1			
04884 ES/A231 E2	8/27 to 11/19	12:00pm-3:25pm	1	Sat	A Stone
04888 ES/A232 E2		04892 ES/A233 E2			
04886 ES/A231 E5	8/28 to 11/20	8:30am-12:20pm	1	Sun	A Stone
04890 ES/A232 E5		04894 ES/A233 E5			
Weekdays					
04885 ES/A231 E4	8/23 to 10/20	5:30pm-8:05pm	1	TTH	T Pfister
04889 ES/A232 E4		04893 ES/A 233 E4			