

**Only \$46
a unit**

FALL 2017

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 2017 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					
13386 ES/A223 E1	8/26 to 11/18	9:30am-12:40pm	I	Sat	D Flint
13390 ES/A224 E1		13394 ES/A225 E1			
13388 ES/A223 E3	8/26 to 11/18	12:30pm-3:40pm	I	Sat	D Gutowski
13392 ES/A224 E3		13396 ES/A225 E3			
13387 ES/A223 E2	8/27 to 11/19	9:30am-12:55pm	I	Sun	D Flint
13391 ES/A224 E2		13395 ES/A225 E2			
13389 ES/A 223 E4	8/27 to 11/19	1:30pm-4:55pm	I	Sun	D Flint
13393 ES/A 224 E4		13397 ES/A 225 E4			

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

Weekends

(Meets at Pier 32)

13398 ES/A 226A E1	8/26 to 11/18	1:30pm-4:40pm	I	Sat	D Flint
13399 ES/A 226B E1		13400 ES/A 226C E1			

Surfing (ES/A 238, 239, 240)

Weekends

13410 ES/A238 E1	8/26 to 11/18	8:30am-11:40am	I	Sat	D Gutowski
13418 ES/A239 E1		13426 ES/A240 E1			
13411 ES/A238 E2	8/26 to 11/18	12:00pm-3:10pm	I	Sat	J Mascari
13419 ES/A239 E2		13427 ES/A240 E2			
13412 ES/A238 E3	8/27 to 11/19	8:30am-11:40am	I	Sun	J Ramos
13420 ES/A239 E3		13428 ES/A240 E3			
13413 ES/A238 E4	8/27 to 11/19	12:00pm-3:10pm	I	Sun	J Ramos
13421 ES/A239 E4		13429 ES/A240 E4			
13416 ES/A238 E7	8/26 to 11/18	8:30am-11:40am	I	Sat	G Souza
13424 ES/A239 E7		13432 ES/A240 E7			
13417 ES/A238 E9	8/27 to 11/19	8:30am-11:40am	I	Sun	C DePeralta
13425 ES/A239 E9		13433 ES/A240 E9			

Weekdays

13414 ES/A238 E5	8/25 to 11/17	8:30am-11:55am	I	Fri	C DePeralta
13422 ES/A239 E5		13430 ES/A240 E5			
13415 ES/A238 E6	8/22 to 10/19	5:30pm-7:45pm	I	TTh	C DePeralta
13423 ES/A239 E6		13431 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					
13207 ES/A112 E1	8/26 to 11/18	8:30am-11:40am	1	Sat	A Villanueva
13209 ES/A113 E1		13211 ES/A114 E1			
13208 ES/A112 E2	8/27 to 11/19	8:30am-11:55am	1	Sun	R Flores
13210 ES/A113 E2		13212 ES/A114 E2			
Weekdays					
14888 ES/A112 E3	8/25 to 11/17	8:30am-11:55am	1	Fri	R Flores
14889 ES/A113 E3		14890 ES/A114 E3			

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

Weekends					
13374 ES/A195 E1	8/27 to 11/19	8:30am-11:55am	1	Sun	N Holbrook
13376 ES/A196 E1		13378 ES/A197 E1			13380 ES/A198 E1
13375 ES/A195 E2	8/22 to 10/19	5:30pm-7:45pm	1	TTH	N Holbrook
13377 ES/A196 E2		13379 ES/A197 E2			13381 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					
13401 ES/A231 E1	8/26 to 11/18	8:30am-11:55am	1	Sat	R Flores
13404 ES/A232 E1		13407 ES/A233 E1			
13402 ES/A231 E2	8/26 to 11/18	12:00pm-3:25pm	1	Sat	A Stone
13405 ES/A232 E2		13408 ES/A233 E2			
13403 ES/A231 E3	8/27 to 11/19	8:30am-12:20pm	1	Sun	A Stone
13406 ES/A232 E3		13409 ES/A233 E3			