

**Only \$46
a unit**

Summer 2018

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! 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 2018 SCHEDULE

Sailing, Keelboat, and Surfing

Call (619) 575-6176 for Information

E-mail: CCAC@swccd.edu

Registration Begins April 30!

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
Weekdays					
603703 ES/A223 E1	6/5 to 8/2	5:30pm-7:45pm	1	TTH	D Flint
603706 ES/A224 E1		603709 ES/A225 E1			
Weekends					
603704 ES/A223 E2	6/9 to 8/5	9:30am-11:45am	1	SaSu	D Flint
603707 ES/A224 E2		603710 ES/A225 E2			
603708 ES/A223 E3	6/9 to 8/5	12:30pm-2:45pm	1	SaSu	Gutowski/Flint
603708 ES/A224 E3		603711 ES/A225 E3			

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

Weekends

603712 ES/A 226A E1	6/9 to 8/4	12:30pm-4:50pm	1	Sat	D Flint
603713 ES/A 226B E1		603714 ES/A 226C E1			

Surfing (ES/A 238, 239, 240)

Weekdays

603727 ES/A238 E1	6/4 to 8/1	8:30am-10:45am	1	MW	G Souza
603733 ES/A239 E1		603739 ES/A240 E1			
603728 ES/A238 E2	6/4 to 8/1	5:30pm-7:45pm	1	MW	E McMahon
603734 ES/A239 E2		603740 ES/A240 E2			
603729 ES/A238 E3	6/5 to 8/2	8:30am-10:45am	1	TTH	C DePeralta
603735 ES/A239 E3		603741 ES/A240 E3			

Weekends

603730 ES/A238 E4	6/8 to 8/4	8:30am-10:45am	1	FrSa	C DePeralta
603736 ES/A239 E4		603742 ES/A240 E4			
606837 ES/A238 E5	6/9 to 8/5	8:30am-10:45am	1	SaSu	J Ramos
606838 ES/A239 E5		606839 ES/A240 E5			
603731 ES/A238 E6	6/9 to 8/5	11:15am-1:30pm	1	SaSu	E McMahon
603737 ES/A239 E6		603743 ES/A240 E6			

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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.

Sea Kayaking III:

Continue to increase skills and stamina in this third level of kayaking.



Stand Up Paddle Board (SUP):

Learn paddle techniques, proper stance, turns and board control. Understand hazards and rescue methods. Develop stamina and skill in three levels.



Outrigger Canoe:

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



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Kayak, Outrigger Canoe, Stand Up Paddle, Hike & Kayak

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New Class: Hike & Kayak (ES/A 282)

Explore San Diego's trails and unique environment coupled with kayaking in beautiful San Diego Bay.

Weekdays

607287 ES/A 282 EI 6/19 to 8/2 8:30am-2:20pm 3 TTH **T Pfister**

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					
603715 ES/A231 EI	6/8 to 8/3	8:30am-1:40pm	1	F	A Stone
603719 ES/A232 EI		603723 ES/A233 EI			
603716 ES/A231 E2	6/5 to 8/2	5:30pm-8:05pm	1	TTH	D Gutowski
603720 ES/A232 E2		603724 ES/A233 E2			
Weekends					
603717 ES/A231 E3	6/9 to 8/4	8:30am-1:40pm	1	Sat	R Flores
603721 ES/A232 E3		603725 ES/A233 E3			
603718 ES/A231 E4	6/9 to 8/4	8:30am-1:40pm	1	Sat	A Stone
603722 ES/A232 E4		603726 ES/A233 E4			

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

Weekdays

603699 ES/A195 EI 6/5 to 8/2 5:30pm-7:45pm 1 TTH **N Holbrook**
603700 ES/A196 EI 603701 ES/A197 EI 603702 ES/A198 EI

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

Weekdays

603656 ES/A112 EI 6/8 to 8/3 8:30am-12:50pm 1 F **T Pfister/R Flores**
603658 ES/A113 EI 603660 ES/A114 EI

Weekends

603657 ES/A112 E2 6/10 to 8/5 8:30am-12:50pm 1 Sun **R Flores**
603659 ES/A113 E2 603661 ES/A114 E2