

**Only \$46
a unit**

SUMMER 2013

Class Overview



Sea Kayaking I: ES/A 231

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

Sea Kayaking II: ES/A 232

Develop skills through longer bay trips and practice bracing, turning and rafting. Enjoy!



Outrigger Canoe: ES/A 199abcd

Catch the team spirit! Learn the culture of the Hawaiian outrigger, basic paddle strokes, steering techniques and teamwork. This is a great competitive sport! Check out the club website: swcoutrigger.com.



Sand Volleyball: ES/A 170-173

Bump! Set! Spike! It's time for Sand Volleyball. Get in shape as you learn techniques and strategies from our pros.



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



SUMMER Schedule 2013

Kayak, Outrigger Canoe & 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/crown_cove

Sea Kayaking (ES/A 231, 232)

<u>Class #</u>	<u>Dates</u>	<u>Hours</u>	<u>Units</u>	<u>Days</u>	<u>Instructor</u>
Weekends					
82226 ES/A231 E6	6/1 to 7/20	8:30am-1:20pm	1	Sat	R Flores
82230 ES/A232 E6	"	"	"	"	"
82228 ES/A231 E7	6/1 to 7/20	8:30am-1:20pm	1	Sat	A Stone
82231 ES/A232 E7	"	"	"	"	"
82229 ES/A231 E8	6/2 to 7/21	8:30am-1:20pm	1	Sun	R Flores
82232 ES/A232 E8	"	"	"	"	"
Weekdays					
81795 ES/A231 E1	6/4 to 7/25	9:00am-11:40am	1	TTh	A Villanueva
81885 ES/A232 E1	"	"	"	"	"
81796 ES/A231 E2	6/4 to 7/25	5:30pm-8:10pm	1	TTh	A Villanueva
81886 ES/A232 E2	"	"	"	"	"

Hawaiian Outrigger (ES/A 199abcd)

<u>Class #</u>	<u>Dates</u>	<u>Hours</u>	<u>Units</u>	<u>Days</u>	<u>Instructor</u>
Weekends					
81770 ES/A199 E2	6/9 to 7/21	8:30am-10:25am	0.5	Sun	N Holbrook
81772 ES/A199 E3	6/9 to 7/21	11:00am-12:55pm	0.5	Sun	N Holbrook
Weekdays					
81769 ES/A199 E1	6/4 to 7/18	5:30pm-7:45pm	1	TTh	N Holbrook

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

<u>Class #</u>	<u>Dates</u>	<u>Hours</u>	<u>Units</u>	<u>Days</u>	<u>Instructor</u>
Weekends					
81767 ES/A170 E1	6/9 to 7/21	12:30pm-4:00pm	.5	Sun	S Yeager
81856 ES/A171 E1	"	"	"	"	"
81857 ES/A172 E1	"	"	"	"	"
81858 ES/A173 E1	"	"	"	"	"
Weekdays					
81768 ES/A170 E2	6/4 to 7/25	9:00am-12:20pm	1	TTh	A Rock
81865 ES/A171 E2	"	"	"	"	"
81866 ES/A172 E2	"	"	"	"	"
81867 ES/A173 E2	"	"	"	"	"

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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 to our 22' Catalinas in these three classes.



Surfing: ES/A 207abcd

Perfect for all levels from beginning to advanced. Learn surfing techniques, selection and safe use of equipment.



Stand Up Paddle Board (SUP):

Enjoy a great new sport! Learn paddle techniques, proper stance, turns and board control. Understand hazards and rescue methods.



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SUMMER Schedule 2013

Sailing, Surfing and SUP Classes

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Sailing (ES/A 223, 224, 225)

<u>Class #</u>	<u>Dates</u>	<u>Hours</u>	<u>Units</u>	<u>Days</u>	<u>Instructor</u>
Weekends					
81790 ES/A223 E2	6/8 to 7/21	9:30am-12:05pm	I	Sat/Sun	D Flint
81870 ES/A224 E2	"	"	"	"	"
81871 ES/A225 E2	"	"	"	"	"
81791 ES/A223 E3	6/8 to 7/20	1:00pm-6:35pm	I	Sat	A Villanueva
81872 ES/A224 E3	"	"	"	"	"
81873 ES/A225 E3	"	"	"	"	"
81792 ES/A223 E4	6/9 to 7/21	1:00pm-6:35pm	I	Sun	D Flint
81875 ES/A224 E4	"	"	"	"	"
81876 ES/A225 E4	"	"	"	"	"
Weekdays					
81789 ES/A223 E1	6/3 to 7/24	5:30pm-7:35pm	I	MW	D Flint
81868 ES/A224 E1	"	"	"	"	"
81869 ES/A225 E1	"	"	"	"	"

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

Weekends					
81793 ES/A 226A E1	6/8 to 7/20	1:00pm-6:35pm	I	Sat	D Flint
81877 ES/A 226B E1	"	"	"	"	"
81878 ES/A 226C E1	"	"	"	"	"

Surfing (ES/A 207abcd)

<u>Class #</u>	<u>Dates</u>	<u>Hours</u>	<u>Units</u>	<u>Days</u>	<u>Instructor</u>
Weekends					
81776 ES/A207 E4	6/8 to 7/20	8:30am-10:25am	0.5	Sat	J Ramos
81777 ES/A207 E5	6/8 to 7/20	11:00am-12:55pm	0.5	Sat	J Ramos
81778 ES/A207 E6	6/9 to 7/21	8:30am-10:25am	0.5	Sun	C dePeralta
81779 ES/A207 E7	6/9 to 7/21	11:00am-12:55pm	0.5	Sun	C dePeralta
Weekdays					
81773 ES/A207 E1	6/3 to 7/17	5:30pm-7:25pm	I	MW	M Barbier
81774 ES/A207 E2	6/4 to 7/18	9:00am-11:15am	I	TTh	E McMahon
81775 ES/A207 E3	6/4 to 7/18	5:30pm-7:45pm	I	TTh	E McMahon

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>
Weekdays					
81766 ES/A112 E1	6/3-7/24	5:30pm-7:10pm	1.5	MTW	S Yeager
81854 ES/A113 E1	"	"	"	"	"
81855 ES/A114 E1	"	"	"	"	"