

**Only \$46
a unit**



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



Class Overview



Stand Up Paddle Board (SUP):

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



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.



Sea Kayaking I, II, III:

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

Fall 2021 SCHEDULE

Surfing, Kayaking, & Stand Up Paddle

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.

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					
ES/A112 E1	08/28 to 11/20	8:30am-11:30am	1	Sat	A Villanueva
ES/A113 E1			ES/A114 E1		
ES/A112 E2	09/05 to 11/21	8:30am-11:55am	1	Sun	D Gutowski
ES/A113 E2			ES/A114 E2		

Surfing (ES/A 238, 239, 240)

<u>Class #</u>	<u>Dates</u>	<u>Hours</u>	<u>Units</u>	<u>Days</u>	<u>Instructor</u>
Weekends					
ES/A 238 E1	8/28 to 11/20	8:30am-11:30am	1	Sat	C DePeralta
ES/A239 E1			ES/A 240 E1		
ES/A 238 E3	9/05 to 11/21	8:30am-11:55am	1	Sun	G Souza
ES/A 239 E3			ES/A 240 E3		
ES/A238 E7	8/28 to 11/20	8:30am-11:30am	1	Sat	J Ramos
ES/A239 E7			ES/A240 E7		
Weekdays					
ES/A238 E5	8/27 to 11/19	8:30am-11:30am	1	Fri	E McMahon
ES/A239 E5			ES/A240 E5		

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					
ES/A231 E1	8/28 to 12/11	8:30am-11:40am	1	Sat	R Flores
ES/A232 E1			ES/A 233 E1		
ES/A231 E3	8/29 to 12/12	8:30am-11:40am	1	Sun	R Flores
ES/A232 E3			ES/A 233 E3		