

**Only \$46
a unit**

SPRING 2020

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



SPRING 2020 SCHEDULE

Sailing, Keelboat and Surfing

Call (619) 575-6176 for Information
E-mail: CCAC@swccd.edu

Be sure to check WebAdvisor for any updated course information.

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					
618137 ES/A223 E1	2/1 to 5/09	9:00am-12:45pm	1	Sat	D. Flint
618140 ES/A224 E1					
618139 ES/A223 E3	2/1 to 5/09	12:30pm-3:15pm	1	Sat	D. Gutowski
618142 ES/A224 E3					
618138 ES/A223 E2	2/2 to 5/10	9:30am-12:15pm	1	Sun	D. Flint
618141 ES/A224 E2					

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

Held at Pier 32

Weekends

618146 ES/A 226A E1	2/1 to 5/9	1:30pm-4:15pm	1	Sat	D. Flint
618147 ES/A 226B E1					
618148 ES/A 226C E1					

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					
618164 ES/A238 E1	2/1 to 5/9	8:30am-11:15am	1	Sat	C. DePeralta
618168 ES/A239 E1					
618165 ES/A238 E2	2/1 to 5/9	8:30am-11:15am	1	Sat	J. Ramos
618169 ES/A239 E2					
618166 ES/A238 E3	2/2 to 5/10	8:30am-11:15am	1	Sun	G. Souza
618170 ES/A239 E3					
Weekdays					
618167 ES/A238 E5	1/31 to 5/08	8:30am-11:20am	1	Fri	C. DePeralta
618171 ES/A239 E5					
618175 ES/A240 E5					

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SPRING 2020

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.



Sand Volleyball:

Develop serving and setting skills and practice blocking and offensive techniques.



Sea Kayaking I, II, III:

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



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5000 Highway 75, Coronado CA 92118
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SPRING 2020 SCHEDULE

Kayak, Outrigger, Sand Volleyball & Stand Up Paddle

Call (619) 575-6176 for Information

E-mail: CCAC@swccd.edu

REGISTER EARLY! ONLINE : www.swccd.edu

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					
617949 ES/A112 E1	2/1 to 5/9	8:30am-11:15am	1	Sat	A. Villanueva
617950 ES/A113 E1			617951 ES/A114 E1		
621400 ES/A112 E3	2/2 to 5/10	8:30am-11:15am	1	Sun	R. Flores
621401 ES/A113 E2			621402 ES/A114 E2		
Weekdays					
619916 ES/A112 E2	1/31 to 5/8	8:30am-11:25am	1	Fri	R. Flores
619917 ES/A113 E3			619918 ES/A114 E3		

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

<u>Class #</u>	<u>Dates</u>	<u>Hours</u>	<u>Units</u>	<u>Days</u>	<u>Instructor</u>
Weekends					
618133 ES/A195 E1	2/2 to 5/10	8:30am-11:15am	1	Sun	C. DePeralta
618134 ES/A196 E1		618135 ES/A197 E1	618136 ES/A198 E1		

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>
Weekdays					
618013 ES/A170 E1	1/31 to 5/15	10:00am-1:30pm	1	Fri	L. Ratto
618014 ES/A171 E1		618015 ES/A172 E1	618016 ES/A173 E1		

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					
618157 ES/A231 E1	2/1 to 5/9	8:30am-12:05pm	1	Sat	A. Stone
618159 ES/A232 E1			618161 ES/A 233 E1		
618158 ES/A231 E2	2/2 to 5/10	8:30am-12:05pm	1	Sun	A. Stone
618160 ES/A232 E2			618162 ES/A 233 E2		