

**Only \$46  
a unit**

## Class Overview



### **Stand Up Paddle Board (SUP):**

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

### **Sailing: ES/A 238/239/240**

Get the basics: terminology, rigging, boat handling and boating safety.



### **Surfing: ES/A 238, 239, 240**

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.

### **Sand Volleyball:**

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

## **Spring 2022 SCHEDULE**

**Surfing, Kayaking, Volleyball, Sailing, & Stand Up Paddle**

**Call (619) 575-6176 for Information**

**E-mail: CCAC@swccd.edu**

**REGISTER EARLY! ONLINE : [www.swccd.edu](http://www.swccd.edu)**

**For all CCAC programs/events go to [www.swccd.edu/crowncove](http://www.swccd.edu/crowncove)**

**Be sure to check WebAdvisor for any updated course information.**

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

| Class #         | Dates        | Hours          | Units | Days | Instructor   |
|-----------------|--------------|----------------|-------|------|--------------|
| <b>Weekends</b> |              |                |       |      |              |
| ES/A 112 E1     | 2/05 to 5/14 | 8:30am-11:30am | 1     | Sat  | A Villanueva |
| ES/A 113 E1     |              |                |       |      |              |
| ES/A 112 E2     | 2/06 to 5/15 | 8:30am-11:30am | 1     | Sun  | D Gutowski   |
| ES/A 113 E2     |              |                |       |      |              |

### **Sailing (ES/A 223, 224,225)**

| Class #         | Dates        | Hours          | Units | Days | Instructor |
|-----------------|--------------|----------------|-------|------|------------|
| <b>Weekends</b> |              |                |       |      |            |
| ES/A 223 E1     | 2/05 to 5/14 | 10:00am-2:25pm | 1     | Sat  | D Gutowski |
| ES/A 224 E1     |              |                |       |      |            |
| ES/A 225 E1     |              |                |       |      |            |

### **Surfing (ES/A 238, 239, 240)**

| Class #         | Dates        | Hours          | Units | Days | Instructor  |
|-----------------|--------------|----------------|-------|------|-------------|
| <b>Weekends</b> |              |                |       |      |             |
| ES/A 238 E1     | 2/05 to 5/14 | 8:30am-11:35am | 1     | Sat  | C DePeralta |
| ES/A 239 E1     |              |                |       |      |             |
| ES/A 238 E3     | 2/06 to 5/15 | 8:30am-11:35am | 1     | Sun  | G Souza     |
| ES/A 239 E3     |              |                |       |      |             |
| <b>Weekdays</b> |              |                |       |      |             |
| ES/A 238 E5     | 2/04 to 5/13 | 8:30am-11:35am | 1     | Fri  | E McMahon   |
| ES/A 239 E5     |              |                |       |      |             |

### **Sea Kayaking (ES/A 231, 232, 233)**

| Class #         | Dates        | Hours          | Units | Days | Instructor |
|-----------------|--------------|----------------|-------|------|------------|
| <b>Weekends</b> |              |                |       |      |            |
| ES/A 231 E1     | 2/05 to 5/14 | 8:30am-12:05pm | 1     | Sat  | R Flores   |
| ES/A 232 E1     |              |                |       |      |            |
| ES/A 231 E3     | 2/06 to 5/15 | 8:30am-12:05pm | 1     | Sun  | R Flores   |
| ES/A 232 E3     |              |                |       |      |            |

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

| Class #         | Dates        | Hours          | Units | Days | Instructor |
|-----------------|--------------|----------------|-------|------|------------|
| <b>Weekends</b> |              |                |       |      |            |
| ES/A 170 E1     | 2/04 to 5/13 | 9:00am-12:50am | 1     | Fri  | T Reeves   |
| ES/A 171 E1     |              |                |       |      |            |
| ES/A 172 E1     |              |                |       |      |            |
| ES/A 173 E1     |              |                |       |      |            |



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

