

**Only \$46
a unit**

Summer 2019



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



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.



Sand Volleyball:

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



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.

Summer 2019 SCHEDULE
Sailing, Keelboat, Sand Volleyball and Surfing
Call (619) 575-6176 for Information
E-mail: CCAC@swccd.edu
Registration Begins May 6! ONLINE : www.swccd.edu
For more, visit: www.swccd.edu/ccac

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>
Weekdays					
612599 ES/A223 EI	6/11 to 8/8	5:30pm-7:45pm	1	TTH	D Gutowski
612601 ES/A224 EI		612603 ES/A225 EI			
Weekends					
612600 ES/A223 E2	6/15 to 8/11	9:30am-11:45am	1	SaSu	D Flint
612602 ES/A224 E2		612604 ES/A225 E2			

Keelboat (ES/A 226A, 226B, 226C) **(Class meets at Pier 32)**

<u>Class #</u>	<u>Dates</u>	<u>Hours</u>	<u>Units</u>	<u>Days</u>	<u>Instructor</u>
Weekends					
612605 ES/A 226A EI	6/15 to 8/10	1:00pm-5:20pm	1	Sat	D Flint
612606 ES/A 226B EI		612607 ES/A 226C EI			

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					
619621 ES/A170 EI	6/11 to 8/1	1:10pm-4:15pm	1	TTH	L Ratto
619622 ES/A171 EI		619623 ES/A172 EI		619624 ES/A173 EI	

Surfing (ES/A 238, 239, 240)

<u>Class #</u>	<u>Dates</u>	<u>Hours</u>	<u>Units</u>	<u>Days</u>	<u>Instructor</u>
Weekdays					
612611 ES/A238 EI	6/10 to 8/7	8:30am-10:45am	1	MW	G Souza/ E McMahon
612612 ES/A238 E2	6/10 to 8/7	5:30pm-7:45pm	1	MW	E McMahon
612613 ES/A238 E3	6/11 to 8/8	8:30am-10:45am	1	TTH	G Souza
612617 ES/A239 EI		612623 ES/A240 EI			
612618 ES/A239 E2		612624 ES/A240 E2			
612619 ES/A239 E3		612625 ES/A240 E3			
Weekends					
612614 ES/A238 E4	6/14 to 8/10	8:30am-10:45am	1	FrSa	C DePeralta
612615 ES/A238 E5	6/15 to 8/11	8:30am-10:45am	1	SaSu	J Ramos
612616 ES/A238 E6	6/15 to 8/11	11:15am-1:30pm	1	SaSu	J Ramos/ C DePeralta
612620 ES/A239 E4		612626 ES/A240 E4			
612621 ES/A239 E5		612627 ES/A240 E5			
612622 ES/A239 E6		612628 ES/A240 E6			

**Only \$46
a unit**

Summer 2019



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



Class Overview



Hike & Paddle:

Stay in shape while enjoying this Outdoor Education Activity in South Bay and San Diego.



Sea Kayaking I, II, III:

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



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.

Summer 2019 SCHEDULE

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

Call (619) 575-6176 for Information

E-mail: CCAC@swccd.edu

Registration Begins May 6! ONLINE : www.swccd.edu

For more, visit: www.swccd.edu/ccac

Be sure to check WebAdvisor for any updated course information.

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

Explore San Diego's trails and unique environment coupled with kayaking in beautiful San Diego Bay. (travel time included in class hours)

Weekdays

616497 ES/A 282 EI 6/14 to 8/3 7:30am-12:20pm 3 F/Sat T Pfister

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

Class #	Dates	Hours	Units	Days	Instructor
Weekdays					
615867 ES/A231 EI	6/14 to 8/9	8:30am-1:40pm	1	F	A Stone
615872 ES/A232 EI		615876 ES/A233 EI			
Weekends					
615859 ES/A231 E3	6/16 to 8/11	8:30am-1:40pm	1	Sun	D Gutowski
615868 ES/A232 E3		615875 ES/A233 E3			
612608 ES/A231 E4	6/15 to 8/10	8:30am-1:40pm	1	Sat	A Stone
612609 ES/A232 E4		612610 ES/A233 E4			

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

Weekdays

612595 ES/A195 EI 6/11 to 8/8 5:30pm-7:45pm 1 TTH C DePeralta
612596 ES/A196 EI 612597 ES/A197 EI 612598 ES/A198 EI

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

Weekdays

612540 ES/A112 EI 6/14 to 8/9 8:30am-12:50pm 1 F R Flores
612542 ES/A113 EI 612544 ES/A114 EI

Weekends

612541 ES/A112 E2 6/16 to 8/11 8:30am-12:50pm 1 Sun R Flores
612543 ES/A113 E2 612545 ES/A114 E2