

**Only \$46
a unit**

Summer 2019

Class Overview



Sea Kayaking I:

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

Sea Kayaking II:

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

Sea Kayaking III:

Continue to increase skills and stamina in this third level of kayaking.



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.



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



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 all CCAC programs/events go to www.swccd.edu/crowncove

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

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
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Weekdays

615867 ES/A231 EI	6/14 to 8/9	8:30am-1:40pm	1	F	
615872 ES/A232 EI		615876 ES/A233 EI			

Weekends

615859 ES/A231 E3	6/16 to 8/11	8:30am-1:40pm	1	Sun	
615868 ES/A232 E3		615875 ES/A233 E3			
612608 ES/A231 E4	6/15 to 8/10	8:30am-1:40pm	1	Sat	
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	
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	
612542 ES/A113 EI		612544 ES/A114 EI			

Weekends

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



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Sailing, Keelboat, and Surfing

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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>
Weekdays					
612599 ES/A223 EI	6/11 to 8/8	5:30pm-7:45pm	1	TTH	
612601 ES/A224 EI		612603 ES/A225 EI			

Weekends

612600 ES/A223 E2	6/15 to 8/11	9:30am-11:45am	1	SaSu	
612602 ES/A224 E2		612604 ES/A225 E2			

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

Weekends

612605 ES/A 226A EI	6/15 to 8/10	1:00pm-5:20pm	1	Sat	
612606 ES/A 226B EI		612607 ES/A 226C EI			

Surfing (ES/A 238, 239, 240)

Weekdays

612611 ES/A238 EI	6/10 to 8/7	8:30am-10:45am	1	MW	
612617 ES/A239 EI		612623 ES/A240 EI			
612612 ES/A238 E2	6/10 to 8/7	5:30pm-7:45pm	1	MW	
612618 ES/A239 E2		612624 ES/A240 E2			
612613 ES/A238 E3	6/11 to 8/8	8:30am-10:45am	1	TTH	
612619 ES/A239 E3		612625 ES/A240 E3			

Weekends

612614 ES/A238 E4	6/14 to 8/10	8:30am-10:45am	1	FrSa	
612620 ES/A239 E4		612626 ES/A240 E4			
612615 ES/A238 E5	6/15 to 8/11	8:30am-10:45am	1	SaSu	
612621 ES/A239 E5		612627 ES/A240 E5			
612616 ES/A238 E6	6/15 to 8/11	11:15am-1:30pm	1	SaSu	
612622 ES/A239 E6		612628 ES/A240 E6			