

**Only \$46
a unit**

Summer 2015

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,



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!
Surfing is back!



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



Summer 2015 SCHEDULE

Sailing, Keelboat and Surfing

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.

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					
97708 ES/A223 E1	6/9 to 8/6	5:30pm-7:45pm	I	TTH	D Flint
97824 ES/A224 E1		97825 ES/A225 E1			
Weekends					
97709 ES/A223 E2	6/6 to 8/2	9:30am-11:45am	I	SaSu	D Flint
97826 ES/A224 E2		97827 ES/A225 E2			
97710 ES/A223 E3	6/6 to 8/2	12:30pm-2:45pm	I	SaSu	A Villanueva/ D Flint
97828 ES/A224 E3		97829 ES/A225 E3			

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

Weekends					
97711 ES/A 226A E1	6/6 to 8/8	12:30pm-4:50pm	I	Sat	D Flint
97830 ES/A 226B E1		97831 ES/A 226C E1			

Adaptive Aquatic Sport

97722 ES/L 101 E1	6/9 to 8/5	11:30am-2:20pm	I	TTH	T Pfister
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Surfing (ES/A 238, 239, 240)

Weekdays

97718 ES/A238 E1	6/8 to 8/5	5:30pm-7:45pm	I	MW	C DePeralta
97839 ES/A239 E1		97988 ES/A240 E1			
97719 ES/A238 E2	6/9 to 8/6	5:30pm-7:45pm	I	TTH	E McMahon
97840 ES/A239 E2		97989 ES/A240 E2			
97720 ES/A238 E3	6/10 to 8/7	8:30am-10:45am	I	WF	E McMahon
97841 ES/A239 E3		97990 ES/A240 E3			

Weekends

97770 ES/A238 E4	6/6 to 8/9	8:30am-11:45am	I	Sat	D Gutowski
97986 ES/A239 E4		97991 ES/A240 E4			
Additional 12 hrs, 15 min TBA at SSSB Camping					
97771 ES/A238 E5	6/7 to 8/9	8:30am-11:45am	I	Sun	D Gutowski
97998 ES/A239 E5		97992 ES/A240 E5			
Additional 12 hrs, 15 min TBA at SSSB Camping					

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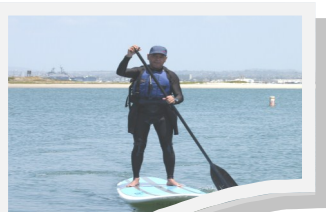


Sea Kayaking I:

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.



Stand Up Paddle Board (SUP):

Enjoy a great new sport! Learn paddle techniques, proper stance, turns and board control. Understand hazards and rescue methods.



Outrigger Canoe:

Catch the team spirit! Learn the culture of the Hawaiian outrigger, basic paddle strokes, steering techniques and teamwork. New levels include Introduction, Beginning, Intermediate and Advanced.



Sand Volleyball: ES/A 170-173

Learn rules, terminology and strategies from our pros. Develop serving and setting skills and practice blocking and offensive techniques.



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Kayak, Outrigger, Stand Up Paddle & Sand Volleyball

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Sea Kayaking (ES/A 231, 232)

<u>Class #</u>	<u>Dates</u>	<u>Hours</u>	<u>Units</u>	<u>Days</u>	<u>Instructor</u>
Weekdays					
97713 ES/A231 E1	6/9 to 8/6	9:00am-11:15am	1	TTH	T Pfister
97832 ES/A232 E1					
97714 ES/A231 E2	6/9 to 8/6	5:30pm-7:45pm	1	TTH	A Stone/ R Flores
97835 ES/A232 E2					
Weekends					
97715 ES/A231 E3	6/6 to 8/8	8:30am-1:20pm	1	Sat	R Flores
97836 ES/A232 E3					
97716 ES/A231 E4	6/6 to 8/8	8:30am-1:20pm	1	Sat	A Stone
97837 ES/A232 E4					
97717 ES/A231 E5	6/7 to 8/9	8:30am-1:20pm	1	Sun	R Flores/ A Stone
97838 ES/A232 E5					

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

Weekdays					
97702 ES/A112 E1	6/8 to 8/5	5:30pm-7:45pm	1	MW	A Villanueva
97804 ES/A113 E1		97805 ES/A114 E1			
97703 ES/A112 E2	6/9 to 8/6	5:30pm-7:45pm	1	TTH	T Pfister
97806 ES/A113 E2		97807 ES/A114 E2			
Weekends					
97704 ES/A112 E3	6/6 to 8/9	8:30am-10:45am	1	SaSu	C DePeralta/ J Ramos
97808 ES/A113 E3		97809 ES/A114 E3			

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

Weekdays					
97707 ES/A195 E1	6/9 to 8/6	5:30pm-7:45pm	1	TTH	C DePeralta
97821 ES/A196 E1		97822 ES/A197 E1		97823 ES/A198 E1	

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

Weekdays					
97705 ES/A170 E1	6/8 to 8/5	9:00am-11:50am	1	MW	A Rock
97813 ES/A171 E1		97814 ES/A172 E1		97815 ES/A173 E1	
Weekends					
97706 ES/A170 E2	6/7 to 8/9	12:30pm-3:50pm	0.5	Sun	Staff
97816 ES/A171 E2		97820 ES/A172 E2		97819 ES/A173 E2	