

**Only \$46
a unit**

FALL 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, docking, race rules and tactics.

Surfing: ES/A 238, 239, 240

Grab your wetsuit! Our fully transferable surfing classes are back this Fall! 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



FALL 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

Sailing (ES/A 223, 224, 225)

Class #	Dates	Hours	Units	Days	Instructor
Weekends					
98644 ES/A223 E1	8/29 to 12/5	9:30am-12:40pm	I	Sat	D Flint
98939 ES/A224 E1		98940 ES/A225 E1			
98646 ES/A223 E3	8/29 to 12/5	12:30pm-3:40pm	I	Sat	D Gutowski
98943 ES/A224 E3		98944 ES/A225 E3			
98645 ES/A223 E2	8/30 to 12/6	9:30am-12:40pm	I	Sun	D Flint
98941 ES/A224 E2		98942 ES/A225 E2			
98647 ES/A 223 E4	8/30 to 12/6	1:30pm-4:40pm	I	Sun	D Flint
98950 ES/A 224 E4		98951 ES/A 225 E4			

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

Weekends

98648 ES/A 226A E1	8/29 to 12/5	1:30pm-4:40pm	I	Sat	D Flint
98952 ES/A 226B E1		98953 ES/A 226C E1			

Surfing (ES/A 238, 239, 240)

Weekends

98654 ES/A238 E1	8/29 to 12/5	8:30am-11:40am	I	Sat	D Gutowski
98962 ES/A239 E1		98664 ES/A240 E1			
98655 ES/A238 E2	8/29 to 12/5	11:50am-3:00pm	I	Sat	E McMahon
98963 ES/A239 E2		98966 ES/A240 E2			
98658 ES/A238 E3	8/30 to 12/6	8:30am-11:40am	I	Sun	J Ramos
98967 ES/A239 E3		98968 ES/A240 E3			
98659 ES/A238 E4	8/30 to 12/6	11:50am-3:00pm	I	Sun	C DePeralta
98969 ES/A239 E4		98970 ES/A240 E4			
98656 ES/A238 E7	8/29 to 12/5	8:30am-11:40am	I	Sat	C DePeralta
98964 ES/A239 E7		98975 ES/A240 E7			
98657 ES/A238 E8	8/29 to 12/5	11:50am-3:00pm	I	Sat	G Souza
98965 ES/A239 E8		98976 ES/A240 E8			
98660 ES/A238 E9	8/30 to 12/6	8:30am-11:40am	I	Sun	G Souza
98977 ES/A239 E9		98978 ES/A240 E9			
98661 ES/A238 E10	8/30 to 12/6	11:50am-3:00pm	I	Sun	J Ramos
98979 ES/A239 E410		98980 ES/A240 E10			

Weekdays

98662 ES/A238 E5	8/28 to 12/4	8:30am-11:20am	I	Fri	E McMahon
98971 ES/A239 E5		98972 ES/A240 E5			
98663 ES/A238 E6	8/25 to 10/22	5:00pm-7:15pm	I	TTh	E McMahon
98973 ES/A239 E6		98974 ES/A240 E6			

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Class Overview



Sea Kayaking I:

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:

A new advanced level is now available.



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. This is a great competitive sport! Levels include Intro, Beginning, Intermediate and Advanced. Check club news at: swcoutrigger.com.



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Kayak, Outrigger, Stand Up Paddle & Sand Volleyball

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

KAYAKING HAS A NEW LEVEL— CHECK IT OUT!

<u>Class #</u>	<u>Dates</u>	<u>Hours</u>	<u>Units</u>	<u>Days</u>	<u>Instructor</u>
Weekends					
98650 ES/A231 E1	8/29 to 12/5	8:30am-11:55am	1	Sat	R Flores
98954 ES/A232 E1		98955 ES/A233 E1			
98651 ES/A231 E2	8/29 to 12/5	12:00pm-3:25pm	1	Sat	A Stone
98956 ES/A232 E2		98957 ES/A233 E2			
99264 ES/A231 E5	8/30 to 12/6	8:30am-12:05pm	1	Sun	A Stone
99265 ES/A232 E5		99266 ES/A233 E5			
Weekdays					
98653 ES/A231 E4	8/24 to 10/21	5:00pm-7:35pm	1	MW	T Pfister
98960 ES/A232 E4		98961 ES/A 233 E4			

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					
98638 ES/A112 E1	8/29 to 12/5	8:30am-11:40am	1	Sat	A Villanueva
98927 ES/A113 E1		98928 ES/A114 E1			
98640 ES/A112 E2	8/30 to 12/6	8:30am-11:40am	1	Sun	R Flores
98929 ES/A113 E2		98930 ES/A114 E2			
Weekdays					
98641 ES/A112 E3	8/25 to 10/22	5:00pm-7:15pm	1	TTH	R Flores
98931 ES/A113 E3		98932 ES/A114 E3			

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

Weekends

98643 ES/A195 E1	8/30 to 12/7	8:30am-11:40am	1	Sun	C DePeralta
98936 ES/A196 E1		98937 ES/A197 E1			98938 ES/A198 E1
ES/A195 E2	8/30 to 12/7	5:00pm-7:15pm	1	TTH	C DePeralta
ES/A196 E2		ES/A197 E2			ES/A198 E2

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					
98642 ES/A170 E1	8/25 to 10/29	2:00pm-4:10pm	1	TTH	A Rock
98933 ES/A171 E1		98934 ES/A172 E1			98935 ES/A173 E1