Only $46 a unit

SPRING 2016

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.



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!

SPRING 2016 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)

Class #	Dates	Hours	Units	Days	Instructor
Weekends					
01399 ES/A223 E1	2/6 to 5/14	9:30am-12:40pm	1	Sat	D Flint
01401 ES/A224 E1		01402 ES/A225 E1			
01407 ES/A223 E3	2/6 to 5/14	12:30pm-3:40pm	1	Sat	D Gutowski
01408 ES/A224 E3		01409 ES/A225 E3			
01404 ES/A223 E2	2/7 to 5/15	9:30am-12:40pm	1	Sun	D Flint
01405 ES/A224 E2		01406 ES/A225 E2			
Weekdays					
01410 ES/A 223 E4	3/15 to 5/19	1:00pm-3:15pm	1	TTH	D Flint
01411 ES/A 224 E4		01412 ES/A 225 E4			

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

Weekends					
01414 ES/A 226A E1	2/6 to 5/14	1:30pm-4:40pm	1	Sat	D Flint
01415 ES/A 226B E1		01416 ES/A 226C E1			

Surfing (ES/A 238, 239, 240)

Weekends					
01436 ES/A238 E1	2/6 to 5/14	8:30am-11:40am	1	Sat	C DePeralta
01437 ES/A239 E1		01438 ES/A240 E1			
02535 ES/A238 E8	2/6 to 5/14	8:30am-11:40am	1	Sat	G Souza
02536 ES/A239 E8		02537 ES/A240 E8			
01440 ES/A238 E2	2/6 to 5/14	11:50am-3:00pm	1	Sat	E McMahon
01441 ES/A239 E2		01442 ES/A240 E2			
01443 ES/A238 E3	2/7 to 5/15	8:30am-11:40am	1	Sun	J Ramos
01444 ES/A239 E3		01445 ES/A240 E3			
02538 ES/A238 E9	2/7 to 5/15	8:30am-11:40am	1	Sun	G Souza
02539 ES/A239 E9		02540 ES/A240 E9			
01446 ES/A238 E4	2/7 to 5/15	11:50am-3:00pm	1	Sun	J Ramos
01447 ES/A239 E4		01448 ES/A240 E4			
01427 ES/A238 E7	3/19 to 5/15	12:00pm-2:15pm	1	SaSu	Staff
01428 ES/A239 E7		01432 ES/A240 E7			
Weekdays					
01449 ES/A238 E5	2/5 to 5/13	8:30am-11:40am	1	Fri	E McMahon
01450 ES/A239 E5		01451 ES/A240 E5			
01452 ES/A238 E6	3/15 to 5/19	5:30pm-7:45pm	1	TTh	E McMahon
01453 ES/A239 E6		01454 ES/A240 E6			
02541 ES/A238 E10	3/14 to 5/18	5:30pm-7:45pm	1	MW	E McMahon
02542 ES/A239 E10		02543 ES/A240 E10			

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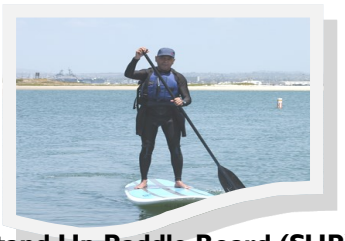
5000 Highway 75, Coronado CA 92118
Silver Strand State Beach

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.



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.

SPRING 2016 SCHEDULE

Kayak, Outrigger, Stand Up Paddle & Sand Volleyball

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

Class #	Dates	Hours	Units	Days	Instructor
Weekends					
01417 ES/A231 E1	2/6 to 5/14	8:30am-12:05pm	1	Sat	R Flores
01418 ES/A232 E1		01419 ES/A 233 E1			
01420 ES/A231 E2	2/6 to 5/14	12:00pm-3:35pm	1	Sat	A Stone
01421 ES/A232 E2		01422 ES/A 233 E2			
01423 ES/A231 E3	2/7 to 5/15	8:30am-12:05pm	1	Sun	A Stone
01424 ES/A232 E3		01425 ES/A 233 E3			
Weekdays					
01426 ES/A231 E4	3/14 to 5/18	5:30pm-8:05pm	1	MW	T Pfister
01433 ES/A232 E4		01435 ES/A 233 E4			
02544 ES/A231 E5	2/5 to 5/13	8:30am-12:05pm	1	Fri	C DePeralta
02545 ES/A232 E5		02546 ES/A 233 E5			

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

Weekends					
01376 ES/A112 E1	2/6 to 5/14	8:30am-11:40am	1	Sat	A Villanueva
01377 ES/A113 E1		01378 ES/A114 E1			
01379 ES/A112 E2	2/7 to 5/15	8:30am-11:40am	1	Sun	R Flores
01380 ES/A113 E2		01381 ES/A114 E2			
Weekdays					
02532 ES/A112 E3	3/14 to 5/18	5:00pm-7:15pm	1	MW	Staff
02533 ES/A113 E3		02534 ES/A114 E3			

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

Weekends					
01391 ES/A195 E1	2/7 to 5/15	8:30am-11:40am	1	Sun	C DePeralta
01393 ES/A196 E1		01392 ES/A197 E1		01394 ES/A198 E1	
Weekdays					
01395 ES/A195 E2	3/15 to 5/19	5:30pm-7:45pm	1	TTH	C DePeralta
01396 ES/A196 E2		01397 ES/A197 E2		01398 ES/A198 E2	

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

Weekdays					
01385 ES/A170 E1	2/1 to 4/27	2:00pm-4:05pm	1	MW	A Rock
01386 ES/A171 E1		01388 ES/A172 E1		01389 ES/A173 E1	