

**Only \$46
a unit**

Summer 2017

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!



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



Summer 2017 SCHEDULE **Sailing, Keelboat, and Surfing**

Call (619) 575-6176 for Information

E-mail: CCAC@swccd.edu

Registration Begins May 1st! 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
Weekdays					
11388 ES/A223 E1	6/6 to 8/3	5:30pm-7:45pm	1	TTH	D Flint
11391 ES/A224 E1		11394 ES/A225 E1			
Weekends					
11389 ES/A223 E2	6/10 to 8/6	9:30am-11:45am	1	SaSu	D Flint
11392 ES/A224 E2		11395 ES/A225 E2			
11390 ES/A223 E3	6/10 to 8/6	12:30pm-2:45pm	1	SaSu	Gutowski/Flint
11393 ES/A224 E3		11396 ES/A225 E3			

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

Weekends					
11397 ES/A 226A E1	6/10 to 8/5	12:30pm-4:50pm	1	Sat	D Flint
11398 ES/A 226B E1		11399 ES/A 226C E1			

Surfing (ES/A 238, 239, 240)

Weekdays					
11416 ES/A238 E6	6/5 to 8/2	8:30am-10:45am	1	MW	C DePeralta
11423 ES/A239 E6		11430 ES/A240 E6			
11412 ES/A238 E1	6/5 to 8/2	5:30pm-7:45pm	1	MW	C DePeralta
11419 ES/A239 E1		11426 ES/A240 E1			
11417 ES/A238 E7	6/6 to 8/3	8:30am-10:45am	1	TTH	Mascari/Souza
11424 ES/A239 E7		11431 ES/A240 E7			
Weekends					
11909 ES/A238 E2	6/9 to 8/5	8:30am-10:45am	1	FrSa	Souza/DePeralta
11910 ES/A239 E2		11911 ES/A240 E2			
11912 ES/A238 E3	6/10 to 8/6	8:30am-10:45am	1	SaSu	J Ramos
11913 ES/A239 E3		11914 ES/A240 E3			
11915 ES/A238 E4	6/10 to 8/6	11:15am-1:30pm	1	SaSu	J Mascari
11916 ES/A239 E4		11917 ES/A240 E4			



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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.

Summer 2017 SCHEDULE

Kayak, Outrigger Canoe, Stand Up Paddle

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

<u>Class #</u>	<u>Dates</u>	<u>Hours</u>	<u>Units</u>	<u>Days</u>	<u>Instructor</u>
Weekdays					
I 1905 ES/A231 E1	6/9 to 8/4	8:30am-1:40pm	I	F	R Flores
I 1907 ES/A232 E1		I 1908 ES/A233 E1			
I 1401 ES/A231 E2	6/6 to 8/3	5:30pm-8:05pm	I	TTH	D Gutowski
I 1405 ES/A232 E2		I 1409 ES/A233 E2			
Weekends					
I 1402 ES/A231 E3	6/10 to 8/5	8:30am-1:40pm	I	Sat	R Flores
I 1406 ES/A232 E3		I 1410 ES/A233 E3			
I 1403 ES/A231 E4	6/10 to 8/5	8:30am-1:40pm	I	Sat	A Stone
I 1407 ES/A232 E4		I 1411 ES/A233 E4			

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

Weekdays					
I 1901 ES/A112 E1	6/9 to 8/4	8:30am-12:50pm	I	F	T Pfister
I 1902 ES/A113 E1		I 1904 ES/A114 E1			
Weekends					
I 1354 ES/A112 E2	6/11 to 8/6	8:30am-12:50pm	I	Sun	R Flores
I 1355 ES/A113 E2		I 1356 ES/A114 E2			

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

Weekdays					
I 1384 ES/A195 E1	6/6 to 8/3	5:30pm-7:45pm	I	TTH	N Holbrook
I 1385 ES/A196 E1		I 1386 ES/A197 E1			I 1387 ES/A198 E1