

**Only \$46
a unit**

SPRING 2019



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



Class Overview



Stand Up Paddle Board (SUP):

Learn paddle techniques, proper stance, turns and board control. Understand hazards and rescue methods.



Outrigger Canoe:

Learn the culture of the Hawaiian outrigger, basic paddle strokes, steering techniques and teamwork.



Sand Volleyball:

Develop serving and setting skills and practice blocking and offensive techniques.



Sea Kayaking I, II, III:

Learn basic safety & paddling techniques and develop skills through longer bay trips.

SPRING 2019 SCHEDULE

Kayak, Outrigger, Sand Volleyball & Stand Up Paddle

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.

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

<u>Class #</u>	<u>ates</u>	<u>Hours</u>	<u>Units</u>	<u>Days</u>	<u>Instructor</u>
Weekends					
608472 ES/A112 EI	2/2 to 5/11	8:30am-11:40am	1	Sat	A Villanueva
608475 ES/A113 EI					
608473 ES/A112 E2	2/3 to 5/12	8:30am-11:40am	1	Sun	R Flores
608476 ES/A113 E2					
608479 ES/A114 E2					
Weekdays					
608474 ES/A112 E3	2/1 to 5/17	8:30am-11:20am	1	Fri	R Flores
608477 ES/A113 E3					
608480 ES/A114 E3					

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

<u>Class #</u>	<u>Dates</u>	<u>Hours</u>	<u>Units</u>	<u>Days</u>	<u>Instructor</u>
Weekends					
608697 ES/A195 EI	2/3 to 5/12	8:30am-11:20am	1	Sun	TBA
608698 ES/A196 EI					
608699 ES/A197 EI					
608700 ES/A198 EI					

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					
608564 ES/A170 EI	2/1 to 5/17	10:00am-1:30pm	1	Fri	L Ratto
608565 ES/A171 EI					
608566 ES/A172 EI					
608567 ES/A173 EI					

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>
Weekends					
608723 ES/A231 EI	2/2 to 5/11	8:30am-12:20pm	1	Sat	A Stone
608724 ES/A232 EI					
608725 ES/A 233 EI					
612181 ES/A231 E2	2/3 to 5/12	8:30am-12:20pm	1	Sun	A Stone
612199 ES/A232 E2					
612201 ES/A 233 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>
Weekends					
608705 ES/A223 E1	2/2 to 5/11	9:30am-12:20pm	I	Sat	D Flint
608709 ES/A224 E1		608713 ES/A225 E1			
608707 ES/A223 E3	2/2 to 5/11	12:30pm-3:20pm	I	Sat	D Gutowski
608711 ES/A224 E3		608715 ES/A225 E3			
608706 ES/A223 E2	2/3 to 5/12	9:30am-12:20pm	I	Sun	D Flint
608710 ES/A224 E2		608714 ES/A225 E2			
Weekdays					
608708 ES/A 223 E4	3/12 to 5/16	5:30pm-7:45pm	I	TTH	D Gutowski
608712 ES/A 224 E4		608716 ES/A 225 E4			

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

Held at Pier 32

Weekends					
608717 ES/A 226A E1	2/2 to 5/11	1:30pm-4:20pm	I	Sat	D Flint
608718 ES/A 226B E1		608719 ES/A 226C E1			

Surfing (ES/A 238, 239, 240)

<u>Class #</u>	<u>Dates</u>	<u>Hours</u>	<u>Units</u>	<u>Days</u>	<u>Instructor</u>
Weekends					
608727 ES/A238 E1	2/2 to 5/11	8:30am-11:20am	I	Sat	C DePeralta
608733 ES/A239 E1		608739 ES/A240 E1			
612027 ES/A238 E2	2/2 to 5/11	8:30am-11:20am	I	Sat	J Ramos
612030 ES/A239 E2		612031 ES/A240 E2			
608728 ES/A238 E3	2/3 to 5/12	8:30am-11:20am	I	Sun	G Souza
608734 ES/A239 E3		608740 ES/A240 E3			
Weekdays					
608730 ES/A238 E5	2/1 to 5/17	8:30am-11:10am	I	Fri	C DePeralta
608736 ES/A239 E5		608742 ES/A240 E5			
608731 ES/A238 E6	3/12 to 5/16	5:30pm-7:45pm	I	TTh	E McMahon
608737 ES/A239 E6		608743 ES/A240 E6			