

**Only \$46
a unit**

FALL 2013

Class Overview



Sea Kayaking I: ES/A 231

An excellent activity for all ages. Learn basic safety & paddling techniques as you tour the bay using single & double kayaks.

Sea Kayaking II: ES/A 232

Develop skills through longer bay trips and practice bracing, turning and rafting. Enjoy!



Sand Volleyball: ES/A 170-173

Bump! Set! Spike! It's time for Sand Volleyball. Get in shape as you learn techniques and strategies from our pros.



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! Check out the club website: swcoutrigger.com.



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



FALL Schedule 2013

Kayak, Outrigger Canoe & Sand Volleyball

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/crown_cove

Sea Kayaking (ES/A 231, 232)

<u>Class #</u>	<u>Dates</u>	<u>Hours</u>	<u>Units</u>	<u>Days</u>	<u>Instructor</u>
Weekends					
80465 ES/A231 E1	8/24 to 11/9	8:30am-10:55am	1	Sat	R Flores
80469 ES/A232 E1	"	"	"	"	"
83214 ES/A231 E6	8/24 to 11/9	8:30am-10:20am	1	Sat	A Stone
83215 ES/A232 E6	"	"	"	"	"
80466 ES/A231 E2	8/24 to 11/9	11:15am-1:40pm	1	Sat	R Flores
80470 ES/A232 E2	"	"	"	"	"
80467 ES/A231 E4	8/25 to 11/10	8:30am-10:45am	1	Sun	A Stone
80471 ES/A232 E4	"	"	"	"	"
Weekdays					
80468 ES/A231 E5	8/20 to 10/10	5:30pm-7:15pm	1	TTh	Staff
80472 ES/A232 E5	"	"	"	"	"

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>
Weekends					
83227 ES/A170 E3	8/25 to 12/8	12:30pm-3:35pm	1	Sun	N Holbrook
83228 ES/A171 E3	"	"	"	"	"
83229 ES/A172 E3	"	"	"	"	"
83230 ES/A173 E3	"	"	"	"	"

Wilderness First Responder (EMT 125)

<u>Class #</u>	<u>Dates</u>	<u>Hours</u>	<u>Units</u>	<u>Days</u>	<u>Instructor</u>
82956 EMT125 E2	9/10 to 10/24	6:00pm-10:35pm	4	TTH	J Jackson

(additional weekend meetings 8:00 am –6:00 pm on 10/13, 10/19 & 10/20)

Hawaiian Outrigger Canoe

6-week Fee-Funded Outrigger Class

Sunday 8:30am-10:30am Sept 8, 15, 22, 29, Oct 6, 13

Cost: \$75 Includes instructor, LTA, equipment and parking permit

To register, please call 619-575-6176

12 participant minimum required for class to run

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a unit**

FALL 2013

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 to our 22' Catalinas in these three classes.



Stand Up Paddle Board (SUP):

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



CATCH THE WAVE!

Fee-Funded Surfing Classes



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



FALL Schedule 2013

Sailing, Surfing and SUP Classes

Call (619) 575-6176 for Information

E-mail: CCAC@swccd.edu

REGISTER EARLY! ONLINE : www.swccd.edu

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Sailing (ES/A 223, 224, 225)

Class #	Dates	Hours	Units	Days	Instructor
Weekends					
80450 ES/A223 E1	8/25 to 11/3	9:30am-12:40pm	1	Sun	D Flint
80453 ES/A224 E1	"	"	"	"	"
80456 ES/A225 E1	"	"	"	"	"
80451 ES/A223 E3	8/24 to 11/2	9:30am-12:20pm	1	Sat	D Flint
80454 ES/A224 E3	"	"	"	"	"
80457 ES/A225 E3	"	"	"	"	"
80452 ES/A223 E7	8/24 to 11/2	1:30pm-4:20pm	1	Sat	A Villanueva
80455 ES/A224 E7	"	"	"	"	"
80458 ES/A225 E7	"	"	"	"	"

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

Weekends					
80459 ES/A 226A E1	8/24 to 11/2	1:30pm-5:00pm	1	Sat	D Flint
80461 ES/A 226B E1	"	"	"	"	"
80463 ES/A 226C E1	"	"	"	"	"
80460 ES/A 226A E2	8/25 to 11/3	1:30pm-5:35pm	1	Sun	D Flint
80462 ES/A 226B E2	"	"	"	"	"
80464 ES/A 226C E2	"	"	"	"	"

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

Class #	Dates	Hours	Units	Days	Instructor
Weekdays					
80275 ES/A112 E1	8/24 to 12/14	8:30am-11:20am	1.5	Sat	S Yeager
82593 ES/A113 E1	"	"	"	"	"
82590 ES/A114 E1	"	"	"	"	"
80276 ES/A112 E2	8/25 to 12/15	8:30am-11:45am	1.5	Sun	N Holbrook
82594 ES/A113 E2	"	"	"	"	"
82592 ES/A114 E2	"	"	"	"	"

Surfing

6-week Fee-Funded Surfing Classes

Saturday 8:30am-10:30am Aug 17, 24, Sept 7, 14, 21, 28
Sunday 8:30am-10:30am Aug 18, 25, Sept 8, 15, 22, 29

Cost: \$75 Includes instructor, LTA, equipment and parking permit

To register, please call 619-575-6176

Space Limited! Minimum 12 participants; Maximum 16 participants.