

**Only \$46
a unit**

FALL 2018

Class Overview



Wilderness First Responder
Learn first aid and CPR in a wilderness setting.



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.



Sea Kayaking I, II, III:
Learn basic safety & paddling techniques and develop skills through longer bay trips.



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



FALL 2018 SCHEDULE
Kayak, Outrigger Canoe, & Stand Up Paddle
Call (619) 575-6176 for Information
E-mail: CCAC@swccd.edu
REGISTER EARLY! ONLINE : www.swccd.edu
For all CCAC programs go to www.swccd.edu/crowncove

Wilderness First Responder (EMT 125)

Intensive 9-day course: Aug. 9 to Aug. 18 4 units

610131 EMT 125 EI 8:00am-6:50pm MTWThFSSu J Jackson

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

Class #	Dates	Hours	Units	Days	Instructor
Weekends					
605147 ES/A112 EI	8/25 to 11/17	8:30am-11:40am	1	Sat	A Villanueva
605150 ES/A113 EI		605153 ES/A114 EI			
605148 ES/A112 E2	8/26 to 11/18	8:30am-11:55am	1	Sun	R Flores
605151 ES/A113 E2		605154 ES/A114 E2			
Weekdays					
605149 ES/A112 E3	8/24 to 11/16	8:30am-11:40am	1	Fri	R Flores
605152 ES/A113 E3		605155 ES/A114 E3			

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

Weekends

605317 ES/A195 EI	8/26 to 11/18	8:30am-11:55am	1	Sun	C DePeralta
605318 ES/A196 EI		605319 ES/A197 EI		605320 ES/A198 EI	

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

Class #	Dates	Hours	Units	Days	Instructor
Weekends					
605342 ES/A231 EI	8/25 to 11/17	8:30am-11:55am	1	Sat	R Flores
605345 ES/A232 EI		605348 ES/A233 EI			
605343 ES/A231 E2	8/25 to 11/17	12:00pm-3:25pm	1	Sat	A Stone
605346 ES/A232 E2		605349 ES/A233 E2			
605344 ES/A231 E3	8/26 to 11/18	8:30am-12:20pm	1	Sun	A Stone
605347 ES/A232 E3		605350 ES/A233 E3			

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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 and join us on the water. -**Beginning, Intermediate and Advanced** classes are perfect for all levels. 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 A WAVE!

FALL 2018 SCHEDULE

Sailing, Keelboat and Surfing

Call (619) 575-6176 for Information

E-mail: CCAC@swccd.edu

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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					
605327 ES/A223 E1	8/25 to 11/17	9:30am-12:40pm	1	Sat	D Flint
605331 ES/A224 E1		605335 ES/A225 E1			
605329 ES/A223 E3	8/25 to 11/17	12:30pm-3:40pm	1	Sat	Staff
605333 ES/A224 E3		605337 ES/A225 E3			
605328 ES/A223 E2	8/26 to 11/18	9:30am-12:55pm	1	Sun	Staff
605332 ES/A224 E2		605336 ES/A225 E2			
605330 ES/A 223 E4	8/26 to 11/18	1:30pm-4:55pm	1	Sun	D Gutowski
605334 ES/A 224 E4		605338 ES/A 225 E4			

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

Weekends

(Meets at Pier 32)

605339 ES/A 226A E1	8/25 to 11/17	1:30pm-4:40pm	1	Sat	D Flint
605340 ES/A 226B E1		605341 ES/A 226C E1			

Surfing (ES/A 238, 239, 240)

Weekends

605351 ES/A238 E1	8/25 to 11/17	8:30am-11:40am	1	Sat	J Ramos
605358 ES/A239 E1		605365 ES/A240 E1			
605352 ES/A238 E3	8/26 to 11/18	8:30am-11:40am	1	Sun	D Gutowski
605359 ES/A239 E3		605366 ES/A240 E3			
605353 ES/A238 E4	8/25 to 11/17	12:00pm-3:10pm	1	Sat	C DePeralta
605360 ES/A239 E4		605367 ES/A240 E4			
605356 ES/A238 E7	8/25 to 11/17	8:30am-11:40am	1	Sat	C DePeralta
605363 ES/A239 E7		605370 ES/A240 E7			

Weekdays

605354 ES/A238 E5	8/24 to 11/16	8:30am-11:55am	1	Fri	C DePeralta
605361 ES/A239 E5		605368 ES/A240 E5			
605355 ES/A238 E6	8/21 to 10/18	5:30pm-7:45pm	1	TTh	E McMahon
605362 ES/A239 E6		605369 ES/A240 E6			