Only $46 a unit

SPRING 2013

Southwestern College
Crown Cove Aquatic Center

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. Enjoy!

Hawaiian Outrigger Canoe:
Learn the culture of the Hawaiian outrigger, basic paddle strokes, steering techniques and teamwork. Class can be taken 4 times.
Check out: **swcoutrigger.com**.

Sand Volleyball I, II, III, IV:
Bump! Set! Spike! It's time for Sand Volleyball. Get in shape as you learn techniques and strategies from our pros. Each level builds on the previous course.

Wilderness First Responder:
Learn to care for the sick and injured in remote environments. This is an important course for anyone who hikes or camps in the back country. CPR certification is included.

Spring Schedule 2013

Kayak , Outrigger, Sand Volleyball
& Wilderness First Responder

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

Sea Kayaking (ES/A 231, 232)

Class #	Dates	Hours	Units	Days	Instructor
Weekends					
77080 ES/A231 E1	3/02 to 5/11	8:30 am-11:45 am	1	Sat	R Flores
77084 ES/A232 E1	"	"		"	"
77083 ES/A231 E6	3/02 to 5/11	8:30 am-11:45 am	1	Sat	A Stone
77087 ES/A232 E6	"	"		"	"
77081 ES/A231 E2	3/03 to 5/12	8:30 am-11:45 am	1	Sun	J Williams
77085 ES/A232 E2	"	"		"	"
Weekdays					
77082 ES/A231 E5	3/19 to 5/16	5:30 pm-7:35 pm	1	TTh	R Flores
77086 ES/A232 E5	"	"		"	"

Hawaiian Outrigger (ES/A 199ABCD)

Class #	Dates	Hours	Units	Days	Instructor
Weekends					
77034 ES/A199 E1	2/03 to 5/12	8:30 am-11:00 am	1	Sun	N Holbrook
Weekdays					
77035 ES/A199 E2	3/19 to 5/16	5:30 pm- 7:30 pm	1	TTh	N Holbrook

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

Class #	Dates	Hours	Units	Days	Instructor
Weekdays					
78911 ES/A170 E1	3/04 to 5/15	2:00 pm-4:30 pm	1	TTh	A. Rock
78912 ES/A171 E1	"	"	"	"	"
78913 ES/A172 E1	"	"	"	"	"
78914 ES/A173 E1	"	"	"	"	"

Wilderness First Responder (EMT 125)

Class #	Dates	Hours	Units	Days	Instructor
Weekdays					
76614 EMT125 E1	1/15 to 2/28	6:00 pm-10:35 pm	4	T/Th	J Jackson

(additional weekend meetings 8:00 am –6:00 pm on 2/10, 2/23 & 2/24)