

**Only \$46
a unit**

SPRING 2018

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



SPRING 2018 SCHEDULE

Sailing, Keelboat and Surfing

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.

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					
601349 ES/A223 E1	2/3 to 5/12	9:30am-12:40pm	I	Sat	D Flint
601353 ES/A224 E1		601357 ES/A225 E1			
601351 ES/A223 E3	2/3 to 5/12	12:30pm-3:40pm	I	Sat	D Gutowski
601355 ES/A224 E3		601359 ES/A225 E3			
601350 ES/A223 E2	2/4 to 5/13	9:30am-12:40pm	I	Sun	D Flint
601354 ES/A224 E2		601358 ES/A225 E2			

Weekdays

601352 ES/A 223 E4	3/13 to 5/17	5:30pm-7:45pm	I	TTH	D Flint
601356 ES/A 224 E4		601360 ES/A 225 E4			

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

Weekends

601361 ES/A 226A E1	2/3 to 5/12	1:30pm-4:40pm	I	Sat	D Flint
601362 ES/A 226B E1		601363 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					
601370 ES/A238 E1	2/3 to 5/12	8:30am-11:40am	I	Sat	C DePeralta
601376 ES/A239 E1		601382 ES/A240 E1			
601375 ES/A238 E8	2/3 to 5/12	8:30am-11:40am	I	Sat	J Ramos
601381 ES/A239 E8		601387 ES/A240 E8			
601371 ES/A238 E3	2/4 to 5/13	8:30am-11:40am	I	Sun	G Souza
601377 ES/A239 E3		601383 ES/A240 E3			
601372 ES/A238 E4	2/3 to 5/12	11:50am-3:00pm	I	Sat	C DePeralta & J Ramos
601378 ES/A239 E4		601384 ES/A240 E4			
Weekdays					
601373 ES/A238 E5	2/2 to 5/11	8:30am-11:40am	I	Fri	C DePeralta
601379 ES/A239 E5		601385 ES/A240 E5			
601374 ES/A238 E6	3/13 to 5/17	5:30pm-7:45pm	I	TTh	E McMahon
601380 ES/A239 E6		601386 ES/A240 E6			

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**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 2018 SCHEDULE

Kayak, Outrigger, Sand Volleyball & Stand Up Paddle

Call (619) 575-6176 for Information

E-mail: CCAC@swccd.edu

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

<u>Class #</u>	<u>Dates</u>	<u>Hours</u>	<u>Units</u>	<u>Days</u>	<u>Instructor</u>
Weekends					
601158 ES/A112 E1	2/3 to 5/12	8:30am-11:40am	1	Sat	A Villanueva
601161 ES/A113 E1					
601159 ES/A112 E2	2/4 to 5/13	8:30am-11:40am	1	Sun	R Flores
601162 ES/A113 E2					
Weekdays					
601160 ES/A112 E3	2/2 to 5/11	8:30am-11:40am	1	Fri	R Flores
601163 ES/A113 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					
601332 ES/A195 E1	2/4 to 5/13	8:30am-11:40am	1	Sun	N Holbrook
601333 ES/A196 E1					
601334 ES/A197 E1					
601335 ES/A198 E1					

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

Weekdays					
601216 ES/A170 E1	2/2 to 5/18	10:00am-1:15pm	1	Fri	A Rock
601217 ES/A171 E1					
601218 ES/A172 E1					
601219 ES/A173 E1					

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					
601364 ES/A231 E1	2/3 to 5/12	8:30am-12:05pm	1	Sat	R Flores
601366 ES/A232 E1					
601365 ES/A231 E2	2/3 to 5/12	12:00pm-3:35pm	1	Sat	A Stone
601367 ES/A232 E2					
Weekdays					
602991 ES/A231 E3	2/2 to 5/11	8:30am-12:05pm	1	Fri	A Stone
602994 ES/A232 E3					
602995 ES/A 233 E2					