

**Only \$46
a unit**

SPRING 2014



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



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

SPRING Schedule 2014

Sailing, Surfing and SUP Classes

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

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					
84433 ES/A223 E1	2/8 to 5/17	9:30am-11:55am	1	Sat	D Flint
84436 ES/A224 E1		84439 ES/A225 E1			
85740 ES/A223 E2	2/9 to 5/18	9:30am-11:55am	1	Sun	D Flint
85741 ES/A224 E2		85742 ES/A225 E2			
84435 ES/A223 E7	2/8 to 5/17	1:00pm-3:15pm	1	Sat	A Villanueva
84438 ES/A224 E7		84441 ES/A225 E7			
86191 ES/A 223 E9	2/9 to 5/18	1:30pm-3:45pm	1	Sun	D Flint
86192 ES/A 224		86193 ES/A 225			
Weekdays					
84434 ES/A223 E4	3/25 to 5/15	1:00pm-2:55pm	1	TTH	D Flint
84437 ES/A 224 E4		84440 ES/A 225 E4			

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

<u>Class #</u>	<u>Dates</u>	<u>Hours</u>	<u>Units</u>	<u>Days</u>	<u>Instructor</u>
Weekends					
85744 ES/A 226A E1	2/8 to 5/17	1:30pm-4:20pm	1	Sat	D Flint
85745 ES/A 226B E1		85746 ES/A 226C E1			

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>
Weekdays					
84274 ES/A112 E1	1/25 to 5/17	8:30am-11:40am	1.5	Sat	A Villanueva
85638 ES/A113 E1		85640 ES/A114 E1			
84275 ES/A112 E2	1/26 to 5/18	8:30am-11:40am	1.5	Sun	S Yeager
85639 ES/A113 E2		85641 ES/A114 E2			

Surfing

Open to the Public
Fee-Funded Surfing Classes

Saturdays 8:30am-10:30am (Starting date TBD)

Includes certified staff and equipment. Cost TBD

To register, please call 619-575-6176

Maximum 16 participants. Minimum Age 10 (must be proficient swimmer).

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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. Class can be taken 4 times.



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.

Spring Schedule 2014

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**

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					
84445 ES/A231 E1	2/8 to 5/17	8:30am-10:45am	1	Sat	R Flores
84449 ES/A232 E1					
84448 ES/A231 E6	2/8 to 5/17	8:30am-10:45am	1	Sat	A Stone
83215 ES/A232 E6					
84446 ES/A231 E2	2/9 to 5/18	8:30am-10:45am	1	Sun	R Flores
84450 ES/A232 E2					
Weekdays					
84447 ES/A231 E5	3/24 to 5/21	5:30pm-7:10pm	1	MW	T Pfister
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>
Weekdays					
84327 ES/A170 E1	1/24 to 4/25	11:00am-2:50pm	1	Fri	A Rock
84328 ES/A171 E1		84329 ES/A172 E1	84330 ES/A173 E1		

Wilderness First Responder (EMT 125)

<u>Class #</u>	<u>Dates</u>	<u>Hours</u>	<u>Units</u>	<u>Days</u>	<u>Instructor</u>
84093 EMT125 E1	1/28 to 3/13	6:00pm-10:35pm	4	TTH	J Jackson
(additional weekend meetings 8:00am-6:00pm on 3/2, 3/8 & 3/9)					

Hawaiian Outrigger Canoe

Fee-Funded Outrigger Class

Sundays 8:30am-10:30am Starting Date TBD

Includes certified staff and equipment

To register, please call 619-575-6176

12 participant minimum required for class to run.