



SUMMER 2014

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.



Surfing: ES/A 238, 239, 240

Perfect for all levels from beginning to advanced. Learn surfing techniques, selection and safe use of equipment.



Stand Up Paddle Board (SUP):

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



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



SUMMER 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					
86765 ES/A 223 E2	6/14 to 8/3	9:30am-11:35am	1	Sat/Sun	D Flint
86769 ES/A 224 E2	"	"	"	"	"
86773 ES/A 225 E2	"	"	"	"	"
86766 ES/A 223 E3	6/14 to 8/2	1:00pm-6:15pm	1	Sat	A Villanueva
86770 ES/A 224 E3	"	"	"	"	"
86774 ES/A 225 E3	"	"	"	"	"
86767 ES/A 223 E4	6/15 to 8/3	1:00pm-6:15pm	1	Sun	D Flint
86771 ES/A 224 E4	"	"	"	"	"
86775 ES/A 225 E4	"	"	"	"	"
Weekdays					
86764 ES/A 223 E1	6/9 to 8/6	5:30pm-7:35pm	1	MW	D Flint
86768 ES/A 224 E1	"	"	"	"	"
86772 ES/A 225 E1	"	"	"	"	"

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

Weekends

86776 ES/A 226A E1	6/14 to 8/2	1:00pm-5:55pm	1	Sat	D Flint
86777 ES/A 226B E1	"	"	"	"	"
86778 ES/A 226C E1	"	"	"	"	"

Surfing (ES/A 238) IT'S BACK!!!!

<u>Class #</u>	<u>Dates</u>	<u>Hours</u>	<u>Units</u>	<u>Days</u>	<u>Instructor</u>
Weekends					
90141 ES/A 238 E1	6/14 to 8/3	8:30am-10:35am	1	Sat/Sun	J Ramos/ C dePeralta

(Please note: This class is not transferable this summer.
 Surf classes will be transferable beginning Fall 2014)

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					
86732 ES/A112 E1	6/9 to 8/6	5:30pm-7:05pm	1.5	MTW	S Yeager
86733 ES/A113 E1	"	"	"	"	"
86734 ES/A114 E1	"	"	"	"	"

**Only \$46
a unit**

SUMMER 2014

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!



Outrigger Canoe: ES/A 195-198

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.



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.



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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					
90024 ES/A 231 E6	6/14 to 8/2	8:30am-1:45pm	I	Sat	R Flores
89976 ES/A 232 E6	"	"	"	"	"
90025 ES/A 231 E7	6/14 to 8/2	8:30am-1:45pm	I	Sat	A Stone
89973 ES/A 232 E7	"	"	"	"	"
90080 ES/A 231 E8	6/15 to 8/3	8:30am-1:45pm	I	Sun	T Pfister
89980 ES/A 232 E8	"	"	"	"	"
Weekdays					
89967 ES/A 231 E1	6/10 to 8/7	9:00am-11:15am	I	TTh	A Villanueva
89968 ES/A 232 E1	"	"	"	"	"
86779 ES/A 231 E2	6/10 to 8/7	5:30pm-7:45pm	I	TTh	A Villanueva
86780 ES/A 232 E2	"	"	"	"	"

Outrigger Canoe (ES/A 195) WE'RE BACK!!!

<u>Class #</u>	<u>Dates</u>	<u>Hours</u>	<u>Units</u>	<u>Days</u>	<u>Instructor</u>
Weekdays					
90142 ES/A195 E1	6/10 to 8/7	5:30pm-7:45pm	I	TTh	C dePeralta

(Please note: This class is not transferable this summer.
Outrigger classes will be transferable beginning Fall 2014)

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					
86743 ES/A170 E1	6/15 to 8/3	12:30pm-3:35pm	0.5	Sun	S Yeager
86745 ES/A171 E1	"	"	"	"	"
86747 ES/A172 E1	"	"	"	"	"
86749 ES/A173 E1	"	"	"	"	"
Weekdays					
86744 ES/A170 E2	6/10 to 8/7	9:00am-11:50am	I	TTh	A Rock
86746 ES/A171 E2	"	"	"	"	"
86748 ES/A172 E2	"	"	"	"	"
86750 ES/A173 E2	"	"	"	"	"