Only $46 a unit

FALL 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 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! Our fully transferable surfing classes are back this Fall! 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!
Surfing is back!

FALL 2014 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

Sailing (ES/A 223, 224, 225)

Class #	Dates	Hours	Units	Days	Instructor
Weekends					
90896 ES/A223 E3	8/23 to 12/6	9:30am-12:20pm	1	Sat	D Flint
90910 ES/A224 E3		90911 ES/A225 E3			
90897 ES/A223 E7	8/23 to 12/6	12:30pm-3:20pm	1	Sat	A Villanueva
90912 ES/A224 E7		90913 ES/A225 E7			
90894 ES/A223 E1	8/24 to 12/7	9:30am-12:40pm	1	Sun	D Flint
90906 ES/A224 E1		90907 ES/A225 E1			
90895 ES/A 223 E5	8/24 to 12/7	1:30pm-4:40pm	1	Sun	D Flint
90908 ES/A 224 E5		90909 ES/A 225 E5			

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

Weekends					
90738 ES/A 226A E1	8/23 to 12/6	1:30pm-4:20pm	1	Sat	D Flint
90914 ES/A 226B E1		90915 ES/A 226C E1			

Surfing (ES/A 238, 239, 240)

Weekends					
90747 ES/A238 E1	8/23 to 12/6	8:30am-11:20am	1	Sat	C DePeralta
90941 ES/A239 E1		90942 ES/A240 E1			
90748 ES/A238 E2	8/23 to 12/6	11:30am-2:20pm	1	Sat	J Ramos
90943 ES/A239 E2		90944 ES/A240 E2			
90749 ES/A238 E3	8/23 to 12/6	2:00pm-4:50pm	1	Sat	E McMahon
90945 ES/A239 E3		90946 ES/A240 E3			
90750 ES/A238 E4	8/24 to 12/7	8:30am-11:40am	1	Sun	D Gutowski
90947 ES/A239 E4		90948 ES/A240 E4			
90751 ES/A238 E5	8/24 to 12/7	11:30am-2:40pm	1	Sun	D Gutowski
90949 ES/A239 E5		90951 ES/A240 E5			
Weekdays					
90752 ES/A238 E6	8/29 to 12/5	8:30am-11:20am	1	Fri	E McMahon
90952 ES/A239 E6		90953 ES/A240 E6			
90754 ES/A238 E7	8/26 to 10/23	5:30pm-7:45pm	1	TTh	E McMahon
90947 ES/A239 E4		90948 ES/A240 E4			

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FALL 2014

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!



Stand Up Paddle Board (SUP):
Enjoy a great new sport! Learn paddle techniques, proper stance, turns and board control. Understand hazards and rescue methods.



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! **New levels include Intro, Beginning, Intermediate and Advanced.** Check club news at: **swcoutrigger.com**.

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FALL 2014 SCHEDULE

Kayak, Outrigger Canoe & Stand Up Paddling

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Sea Kayaking (ES/A 231, 232)

Class #	Dates	Hours	Units	Days	Instructor
Weekends					
90898 ES/A231 E1	8/23 to 12/6	8:30am-11:20am	1	Sat	R Flores
90916 ES/A232 E1					
90900 ES/A231 E3	8/23 to 12/6	8:30am-11:20am	1	Sat	A Stone
90918 ES/A232 E3					
90899 ES/A231 E2	8/23 to 12/6	11:30am-2:20pm	1	Sat	R Flores
90917 ES/A232 E2					
90901 ES/A231 E4	8/24 to 12/7	8:30am-11:40am	1	Sun	A Stone
90919 ES/A232 E4					
Weekdays					
90902 ES/A231 E5	8/25 to 10/22	5:30pm-7:45pm	1	MW	T Pfister
90920 ES/A232 E5					

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

Class #	Dates	Hours	Units	Days	Instructor
Weekends					
90885 ES/A112 E1	8/23 to 12/6	8:30am-11:20am	1	Sat	A Villanueva
90888 ES/A113 E1		90889 ES/A114 E1			
90886 ES/A112 E2	8/24 to 12/7	8:30am-11:40am	1	Sun	J Ramos
90890 ES/A113 E2		90891 ES/A114 E2			
Weekdays					
90887 ES/A112 E2	8/26 to 10/23	5:30pm-7:45pm	1	TTh	A Villanueva
90892 ES/A113 E2		90893 ES/A114 E2			

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

Welcome back to this fully transferable course!

Check out the new levels and new instructor

Weekends
90746 ES/A195 E2 8/24 to 12/7 9:00am-12:10pm 1 Sun **C DePeralta**
90938 ES/A196 E2 90939 ES/A197 E2 90940 ES/A198 E2