

What It's All About

The *Kayak Fitness Program* provides kayaks for use by the general public. This makes it possible to use “paddling” as a daily fitness activity. We call it “the perfect complement to jogging” because kayaking exercises the upper body muscles.

How To Get Involved

- 1) New paddlers are required to perform a prerequisite ten minute safety swim at any City operated swimming pool.
- 2) Complete a two and a half hour orientation session designed to familiarize paddlers with Lake Balboa, program guidelines and basic paddling skills.
- 3) Paddlers must obtain a “Masters Limited Kayaking Pass” for individual paddling sessions.

Program Guidelines

- 1) Kayaks are available from 9:00 AM to one hour before lake closing every day. The lake may close during periods of inclement weather.
- 2) Paddlers must provide:
 - A) Picture identification (held as deposit).
 - B) Safety swim/training verification, (kept on file).
 - C) Program punch card.
- 3) Paddlers must wear PFD at all times.

Ten Minute Safety Swim Locations

The safety swim can be performed at any City operated swimming pool including....

Van Nuys-Sherman Oaks Pool 14201 Huston Street Van Nuys, CA 91423 (818) 783-6721	Cleveland High School Pool 8120 Vanalden Avenue Reseda, CA 91335 (818) 756-9798
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For a complete listing of City operated swimming pools and their operating hours, contact (323) 906-7953. Bring the attached “Safety Swim Verification” form to the pool for signature. A pool admission fee is required.

Kayak Fitness Orientation Session

Lake Balboa Lifeguard Station 6300 Balboa Blvd. Van Nuys, CA 91406 (818) 756-9743	Session Fee: \$25.00 9:00 to 11:30 AM or 12:00 PM to 2:30 PM First Saturday of each month.
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Class fee must be paid in advance at time of reservation. The completed swim verification must be presented to register for the orientation class.

Limited Kayaking Pass.....

Masters (Adults)	30 uses	\$ 55.00
Senior Citizens and persons with disabilities.....	No charge	

The Kayaking Pass Available for purchase daily at the Lake Balboa lifeguard station. The pass functions as a debit card for individual kayaking sessions. Program participants must be twelve years of age.

Program and prices subject to change without notice.

CITY OF LOS ANGELES
DEPARTMENT OF RECREATION AND PARKS

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SAFETY SWIM VERIFICATION

Pool Manager: Please conduct a ten minute safety swim check for the Kayak Fitness Program candidate. While wearing long-legged pants and t-shirt, candidate must float or swim for ten minutes. Candidate may not touch pool bottom or sides at any time.

_____ has successfully completed the ten minute safety swim on _____ Date

Student Name

Pool Manager Name

Pool Manager Signature

Date

City of Los Angeles Facility

Student Phone Number

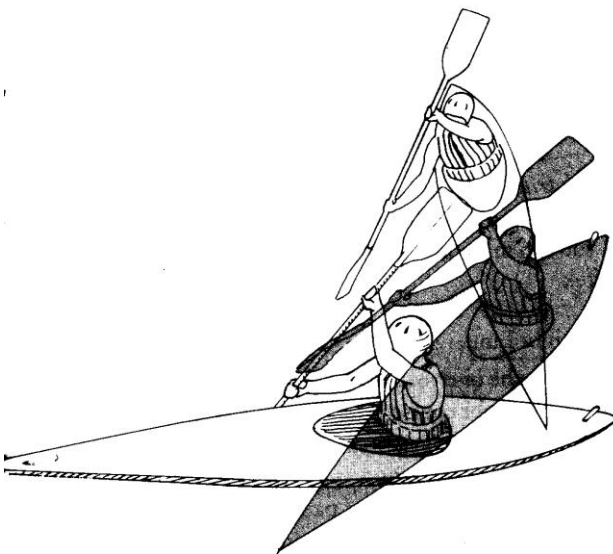
Student Mailing Address



CITY OF LOS ANGELES
 DEPARTMENT OF RECREATION AND PARKS
 COMMUNITY SERVICES BRANCH
 CITYWIDE AQUATICS DIVISION

PROGRAM AND PRICES SUBJECT TO CHANGE WITHOUT NOTICE

LAKE BALBOA



KAYAK FITNESS PROGRAM

Department of Recreation and Parks
 CITYWIDE AQUATICS M/S 672
 3401 Riverside Drive
 Los Angeles, CA 90027

KAYAK FITNESS PROGRAM TRAINING VERIFICATION

Student Name _____ has completed the Kayak Fitness Orientation Program at _____

Lake Balboa on _____ Date _____ Student phone number: _____

Instructor Name _____ Instructor Signature _____ Date _____

I, _____ Student Name _____ agree to abide by the guidelines indicated within this brochure. I further

acknowledge the Lake Balboa Kayak Fitness Program is conducted in reclaimed water.

Student Signature _____ Date _____