

KAYAK FITNESS PROGRAM

The Benefits....

The Kayaking Fitness Program is for everyone looking to enjoy the fresh breeze of paddling on the water at Lake Balboa. The program allows users to rent kayaks at Lake Balboa without the inconvenience of storing kayak equipment at their homes.

Getting Started....

1) Interested riders are required to participate in a 30 minute kayak orientation session designed to familiarize paddlers with Lake Balboa, program guidelines, basic paddling techniques and measure rider's ability.

2) Paddlers must obtain a "Limited Kayaking Pass" redeemable for individual paddling sessions.

Program Guidelines....

- 1) Kayaks are available starting at 9:00am. The lake may close during inclement weather. Kayaks must exit the lake 45 minutes before park closure.
- 2) Paddles must provide:
 - a) Training Verification
 - b) Program Kayak Pass
 - 3) Paddlers must wear PFD at all times.



Kayak Fitness Orientation Session

Session Fee: \$25.00

Times: 9am or 12pm (Saturday & Sunday)

Class fees must be paid in advance at time of reservation online or at Lifeguard Station

Limited Kayak Pass (30 Admissions)

Masters (Adult ages 18 - 64) \$88

Youth (Ages 12+) \$25

Seniors \$25

Persons with Disabilities (all ages) \$25

Online reservation for classes and kayaking passes are available at swimla.org or daily at the Lake Balboa lifeguard station. The kayak pass functions as a debit card for individual kayaking sessions.



General Information

Anthony C. Beilenson Park is an 80 acre water recreation facility within the Sepulveda Flood Control basin. The centerpiece of the park, Lake Balboa, is a 27 acre lake filled with water reclaimed from the Tillman Water Reclamation Plant.

While enjoying the advantages of outdoor water sports, it is important to be prepared and wear the appropriate attire, stay hydrated and apply sunscreen. Also, observing wildlife from a distance, in their natural habit, will preserve their way of life and safety of the public.