CITYWIDE AQUATICS



## KAYAK FITNESS









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**LAKEBALBOAAQUATICS** 

9:00AM TO 1/2 HOUR BEFORE **DURING PARK HOURS SUNRISE TO SUNSET** 9:00 AM TO DUSK **LIFEGUARD HOURS** PARK HOURS: **BOATING:** FISHING:

SUNSET



Mastercard DISCOVER

**WE ACCEPT** 

VISA AMERICA EGRE

### KAYAK FITNESS PROGRAM TRAINING VEREFICATION

	has	s completed the Kayak Fitnes	s Orientation Program at
Student Name			
.ake Balboa on		Student phone num	ber
	Date		
Instructor Name		Instructor Signature	Date
	aree to ab	oide by the auidelines indicated w	vithin this brochure. I further

Student Name

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

Student Signature

Date

# AYAK FITNESS PROGRAM

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

### Getting Started....

- orientation session designed to familiarize guidelines, basic paddling techniques and paddlers with Lake Balboa, program 1)Interested riders are required to participate in a 30 minute kayak measure rider's ability.
  - Kayaking Pass" redeemable for individual 2) Paddlers must obtain a "Limited paddling sessions.

### Program Guidelines....

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

## Kayak Fitness Orientation Session

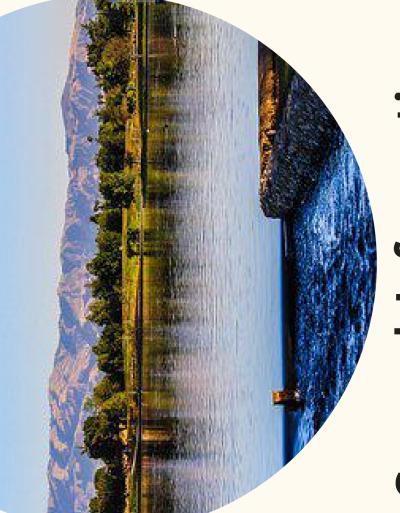
Session Fee: \$25.00

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

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

(2	\$88	\$25	\$25	\$25
dmissions	(49)			(all ages
Limited Kayak Pass (30 Admissions)	Masters (Adult ages 18- 64)	Youth(Ages 12+)		Persons with Disabilities (all ages)
Limitec	Master	Youth(	Seniors	Person

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

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