

What It's All About.....

The 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 hour orientation session designed to familiarize paddlers with Lake Balboa, program guidelines and basic paddling skills.
- 3) Paddlers must obtain a "lap pass" punch card redeemable for individual paddling sessions. The card may also be used for admission to City operated swimming pools.

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.

When, Where and How Much.....

Ten Minute Safety Swim

Any City operated swimming pool including....

Hubert Humphrey Pool 12560 Filmore St. Pacoima, CA 91331 (818) 896-0067	Cleveland High School Pool 8120 Vanalden Avenue Reseda, CA 91335 (818) 756-9798
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Call for pool operating hours. Bring the attached form for signature. 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: \$15.00 9:00 to 11:00 AM or 11:30 AM to 1:30 PM First Saturday of each month.
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Class fee must be paid in advance at time of reservation. Cashier hours at Lake Balboa are 11:00 AM to 3:00 PM on Saturdays and Sundays.

Punch Pass Cards.....

Adult	25 uses	\$ 25.00
Seniors & persons with disabilities	25 uses	\$ 10.00

Available at any City operated swimming pool or at Lake Balboa. Call ahead for cashier hours. The pass may also be used for pool admission. Program participants must be twelve years of age.

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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

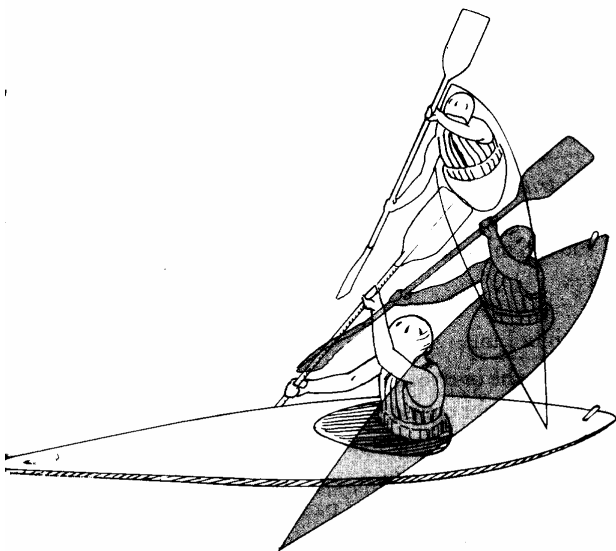
_____ Date

Pool Manager Name



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

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 _____