

CITY OF LOS ANGELES DEPARTMENT OF RECREATION AND PARKS CITYWIDE AQUATICS

KAYAK FITNESS

LAKE BALBOA

6300 Balboa Blvd
Van Nuys, CA 91406
(818) 756 9743
Lake.Balboa@lacity.org
www.LAPARKS.org



CITY OF LOS ANGELES
DEPARTMENT OF RECREATION & PARKS



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KAYAK FITNESS PROGRAM TRAINING VERIFICATION

Student Name _____

Lake Balboa on _____

Date _____

_____ has completed the Kayak Fitness Orientation Program at

Student phone number _____

Instructors Name _____

Instructors Signature _____

Date _____

I, _____

agree to abide by the guidelines indicated within this brochure. I further

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

Student Signature _____

Date _____



KAYAK FITNESS PROGRAM

The Benefits

The Kayak Fitness Program is for everyone looking to enjoy the recreational activity of paddling on the water at Lake Balboa. The program allows users to rent kayaks at Lake Balboa without the inconvenience of bringing and storing kayak equipment at their homes.

Getting Started...

- Interested riders **must** participate in a 30-minute kayak orientation session designed to familiarize paddlers with Lake Balboa, the program guidelines, and basic paddling techniques to measure the rider's ability.

Program Guidelines...

- Kayaks are available starting at 9:00 a.m. and must exit the lake 45 minutes before (sunset) closure.
- The lake may close due to inclement weather at staff's discretion.

- Must provide the Program Kayak Pass and Personal Identification.
- Minimum age is 12 years of age.
- **Always** wear a Coast Guard-approved PFD, as its manufacturer intends
- Avoid water contact as it is reclaimed water treated by the Tillman Water Reclamation Plant.
- Only one person per single kayak.
- Avoid contact with the lake's sides, fishermen's fishing lines, obstacles, other watercraft, and aquatic wildlife.
- Obey all instructions and orders from the lifeguarding staff.
- Double Kayaks are available to Kayak Fitness Participants.

Kayak Fitness Orientation Session

\$ 25.00/ person

Times: Saturday or Sunday
10 am or 12 pm

Kayak Pass (30 Admission)

- | | |
|-----------------------------|------|
| • Youth (Ages 12+) | \$25 |
| • Adult (Age 18- 49) | \$88 |
| • Adults (Age 50+) | \$25 |
| • Persons with Disabilities | \$25 |

Class fees must be paid in advance at the time of reservation. Online reservations for classes and kayaking passes are available at swimla.org or daily at the Lake Balboa lifeguard station.

