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**CITY OF LOS ANGELES  
DEPARTMENT OF RECREATION AND PARKS**

**CITYWIDE AQUATICS DIVISION**

# Lake Balboa

**6300 Balboa Blvd.  
Van Nuys, CA 91406  
(818) 756-9743**

## Kayak Fitness Program



**PARK PROUD LA**

**[www.LAPARKS.org](http://www.LAPARKS.org)**

Persons with disabilities are welcome to participate in programs and classes. Reasonable accommodations will be provided upon request. To ensure availability, you are advised to make your request at least 72 hours prior to the program or class you wish to participate.

If you have a concern, complaint, or compliment about the facility or programs, please feel free to speak to the manager or contact the Citywide Aquatics Office at:

3401 Riverside Dr. L.A., CA 90027

(323) 906-7953

### **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 \_\_\_\_\_  
Participants Name Date

\_\_\_\_\_ Pool Manager Signature \_\_\_\_\_ Date

\_\_\_\_\_ City of Los Angeles Facility

\_\_\_\_\_ Participants Phone Number

\_\_\_\_\_ Participants Mailing Address

## What It's All About

The *Kayak Fitness Program* provides kayaks for use by the general public 12 years and above. 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 “Masters Limited Kayaking Pass” or “Seniors Limited Kayaking Pass” redeemable for individual paddling sessions.

## Program Guidelines

- 1) Kayaks are available starting at 9:00 a.m. The lake may close during inclement weather. Kayaks must exit the lake 45 minutes before park closure.
- 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

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 11:00 AM or  
12:00 PM to 2:00 PM  
First Saturday of each month.

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.....

(30 Admissions)

Masters (Adults ages 18 - 64)	\$87.50
Youth (Ages 12+)	\$25.00
Seniors (65 & older)	\$25.00
Persons with Disabilities (All ages)	\$25.00

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.

