



Marina Aquatic Center

310-823-0048/310-305-1576

14001 Fiji Way Marina del Rey, CA 90292

CLASS INFORMATION FLYER

Class meets first day in the middle of the parking lot at west end of Rose Ave. Parking Lot, Venice Beach. <http://venice311.org/venice-beach-park/parking-restrooms/>

First class meets at 7:30am. Make sure to bring money for parking. If you aren't able to find the White Dodge Ram pickup with Shell call us at the MAC at 310-823-0048!

What to Bring

General Items

Sunscreen/hat/sunglasses

Change of clothes, shoes

Towel

Surfing

Bathing suit or shorts & t-shirt

Wetsuit (we provide wetsuit but if you have your own bring it)

Booties, watersocks. closed-toed shoes

Swimming Proficiency

To participate in any water-based activity, you must be "water safe," able to swim 100 yards and tread water for 5 minutes, and capable of calmly handling yourself in the water. If you have any question as to whether you are "water safe," we encourage you to take advantage of a complimentary swim test, offered at any one of the campus pools during open swimming hours.

Important Please Read

- Injuries to participants in watercraft programs may occur from risks inherent in the sports or activities, from placing stress on the body that it has not been prepared for; from accidents in learning or practicing techniques, from failing to follow training, safety or racing rules; and from the administration of first aid.
- For example, you might slip and fall; you might be struck by a part of a boat; your boat may capsize and/or you might be thrown overboard into cold water; or you might be injured in a collision if your boat hits another boat, or runs into an obstruction or the shore.
- Boating can be fun, relaxing and enjoyable. By observing rules and boating etiquette and demonstrating care and caution for yourself and others, you will reduce your exposure to injuries and help insure that your boating experience is a pleasurable one.
- You will be asked to sign a release on the first day of your course, stating that you are watersafe (see swimming proficiency statement) and understand the risks involved in boating.