



## CLASS INFORMATION FLYER

### Getting to the Marina Aquatic Center (MAC)

Located in Marina del Rey, the Marina Aquatic Center (MAC) is about 5 miles west of campus.

Take the 90 (Marina Freeway) west to the end. Turn left on Mindanao, left on Lincoln, then right on Fiji Way - all the way to the end, past the Sheriff/Coast Guard Station. Go about 3/4 of the way around the traffic circle, turn right into the driveway for the Villa Venetia apartment building, follow the drive all the way to the end along the bike path until you come to the MAC.

**Due to the volume of car, bike and pedestrian traffic on the weekends, you may need to park at Fisherman's Village (75¢/hour or \$7 all day) or at Dock 52 (free). We apologize for any inconvenience and appreciate your understanding.** We strongly encourage you to carpool, bike, rollerblade, walk or use public transit. For more detailed info including links to maps, bus schedules and bike routes, please call the MAC for at 310.823.0048 or e-mail us at: [OA@ucla.edu](mailto:OA@ucla.edu)

**WEEKEND SURFING CLASSES DO NOT MEET AT THE MAC!** They meet in the parking lot at the west end of Rose Ave (Rose ends at the beach). Rose is between Venice and Pico; meet in the middle of the lot. **WEEKDAY surfing classes meet at the MAC.**

### What to Bring

#### **General Items (for ALL classes)**

- Sunscreen/hat/sunglasses
- Change of clothes, shoes
- Towel
- Closed-toed shoes required, (no sandals)
- Padlock for day use lockers

#### **Sailing**

- Sweatshirt or windbreaker
- Long nylon pants or shorts (wetsuits available)
- Boat shoes or deck shoes

#### **Kayaking/Windsurfing/Surfing**

- Bathing suit or shorts & t-shirt
- Wetsuit (available on a first-come-first-serve basis)
- Booties, watersocks. closed-toed shoes

#### **Rowing**

- Workout clothes (shorts/tights, t-shirt)
- Long-sleeved shirt or Windbreaker
- Socks

## IMPORTANT PLEASE READ OTHER SIDE

## ***Refunds***

- Student cancellations must be received at least 5 days prior to the first class meeting. They will be processed minus a \$10 cancellation fee per registration. For only a \$5 cancellation fee, you may receive a transfer towards another class in the same UCLA quarter. **There are no refunds or transfers after this point.**
- If a class is cancelled by our office, you will be eligible for a full refund or deferment.
- Classes will not necessarily be cancelled when it rains; cancellation decisions are based on safety issues, such as wind and lightning. If there is questionable weather, you may call the Marina Aquatic Center at (310) 823-0048 one hour before class is scheduled to begin.

## ***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. Coast Guard approved personal flotation devices are provided by the Center and are required to be worn during the following activities:

- sailing
- canoeing
- kayaking
- monohull sailing
- catamaran sailing
- at the instructor's or dockmaster's discretion

Lifejackets are also available upon request for rowers and windsurfers during rentals and lessons.

## ***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.