## City of Los Angeles Department of Recreation and Parks

## YOUTH AND ADAPTIVE YOUTH SPORTS Spring 2025- Learn to Strift

Program Requirements: Ages 9-17 years and swim 100 yards must be done prior to registration.

Learn to Surf is a program designed for youth to learn basic ocean safety through surf education. Participants will learn:

- Identification of hazards at the beach Body surfing
- Paddling in and around the surf zone
   Popping up

All necessary equipment will be provided to participants which includes surfboards and wetsuits. Each participant will also receive a rash guard, t-shirt and shorts.



Level 1 Beginner

No prior surfing experience.

Level 2 Advance Beginner

- Familiar with surfing with some prior experience.
- Needs assistance with standing on the board.

Level 3 Intermediate

- Can catch waves the majority of time without assistance.
- Riding in waves for a duration of 10 seconds.









Pick-up time 8:00 AM\* Onsite at beach location 9:00 AM to 2:00 PM\*

Drop-off time back to original site 3:00 PM\*

\*All times are estimates

Session	Dates	Registration	Locations	<b>Beach Locations</b>
#1a	Saturdays: 3/8, 3/15, 3/22, 3/29	February 22	Celes King III & Venice Beach*	Venice Beach
#1b	Sundays: 3/9, 3/16, 3/23, 3/30	February 22	VNSO & Venice Beach*	Venice Beach
#2a	Saturdays: 4/5, 4/12, 4/19, 4/26	March 1	Glassell Pool & Venice Beach*	Venice Beach
#2b	Sundays: 4/6, 4/13, 4/20, 4/27	March 1	Van Ness & Venice Beach*	Venice Beach
#3a	Sundays: 5/3, 5/10, 5/17, 5/24	March 29	H Humphrey Pool & Venice Beach*	Venice Beach
#3b	Sundays: 5/4, 5/11, 5/18, 5/25	March 29	Roosevelt Pool & Venice Beach*	Venice Beach

Note: Transportation services are not available for participants registered out of Venice Beach.

If registered at this site, no accommodations will be made to opt in to transportation services at a different location. No exceptions.

Visit: www.laparks.org/discover-activities to register.

\* Registration opens @ 9:00 AM online and on-site.

If transportation is needed from the pick-up location to the beach location select "Yes" when registering.

Persons with disabilities are welcome to participate in our aquatic programs.

Reasonable accommodations will be made with prior arrangements.

Made possible by the LA28 Olympic and Paralympic Games















