

## Pasadena, California Site Information

**CLOSEST AIRPORT:** Burbank -Bob Hope Airport (BUR) is 20 -50 minutes away depending on traffic: Los Angeles International Airport (LAX) is 40-90 minutes away from the course site depending on traffic: Long Beach Airport (LGB) is 45-100 minutes away from the course depending on traffic.

**HOTELS:** There are multiple hotels within 15 miles of the course site. The nightly rate ranges from \$80 to \$200+. Contact your favorite online travel site for details.

CLASS LOCATION/ DATE/ TIME: Rose Bowl Aquatic Center - 360 N Arroyo Blvd - Pasadena CA 91103

Friday April 12<sup>th:</sup> 8am-6:30pm (7:45am check in – in Yoga room upstairs)

Saturday April 13th: 8am-6:30pm

Sunday April 14th: 8am - 3:30pm

**PARKING:** Free and plenty.

**FOOD/SNACKS**: There are restaurants within a few miles of the facility. Light snacks and drinks (water, juice, energy bars, cookies etc) will be available during the course but breakfast, lunch and dinner will be on your own. At some courses if participants are interested, the lab assistant will find local lunch delivery options and collect money in morning and coordinate lunch deliver. If you are interested in this option please bring cash (small bills desired so we have correct change for all).



## AQUATICS CENTER OUTDOOR POOL!

## Bring hat, sunscreen (and/or rash guard) and sunglasses



For questions or more detail; please e-mail aquaticspt@apta.org