

Special Needs Programs

Bellflower Parks and Recreation provides activities for teens and adults who are developmentally disabled or autistic.

Call (562) 866-5684 for information on all programs
(must be a Bellflower resident)

SHARE PROGRAM AT THOMPSON PARK

Enjoy crafts, sports, cooking, and recreational fun!
Mondays 6:00-8:00 p.m.

RECREATION THERAPY PROGRAM

Activities include monthly excursions and special events.
Tuesday thru Thursday, 4:00-5:00 p.m. Programs takes place at Ruth R. Caruthers Park, 10500 E. Flora Vista St.
Transportation available. \$12/month

SPECIAL OLYMPICS TRAINING

Training is for ages 8 years and older with special needs who would like to participate in sports tournaments.*

SWIMMING

Bellflower Aquatic Center
January 29 - September
Fridays, 6:30 - 8:00 p.m.

*All Swimming held at the
Bellflower Aquatic Center
14001 S. Bellflower Blvd.
(562) 866-2015



CARUTHERS PARK

10500 E. FLORA VISTA STREET
(next to the river bed)

OPEN DAILY FROM DAWN TO DUSK

RULES:

**Helmet (fastened), knee & elbow pads required.
Skateboards, in-lines & rollerskates only; NO
bikes/scooters. Under 14 w/ adult.
Unsupervised - skate at your own risk.**

Adult Sports Leagues

**Formed teams only. Register at the
Caruthers Park Sports Office 10500 E. Flora Vista Street (562) 866-7550**

Office hours: Monday—Friday 9:00 a.m.—5:00 p.m. Call the Sports Office to receive information by mail.

ADULT "5-on-5" BASKETBALL

All games are played at Thompson Park or Simms Park on Monday, Wednesday, Thursday or Friday evenings. Spring season is as follows:

Mandatory Coaches Meeting & Team registration:
February 26 at 7:00 p.m. at Caruthers Park

Classification Games: 3/1, 3/3, 3/4, 3/5
League starts: 3/8, 3/10, 3/11, 3/12

League Fee: \$350 — Bellflower resident team
\$375 — Bellflower business team
\$400 — Non-Bellflower team
\$ 25 — Late registration fee

Special League Note: League will be limited to twelve teams only on each night offered. Team admission priorities apply. Game times will be 6:00 p.m., 7:00 p.m., and 8:00 p.m. only (No late games). Team must be available to play any of the offered nights.



CO-ED SLO PITCH

All games are played at Simms Park on Wednesday evenings. Spring season is as follows:

Team registration begins February 26 at Caruthers Park.

Classification Games: 3/3
League starts: 3/10

League Fee: \$375 — Bellflower resident team
\$400 — Bellflower business team
\$425 — Non-Bellflower team
\$ 25 — Late registration fee

Special League Note: League will be limited to eight teams only. Team admission priorities apply. Game times will be 6:45 p.m. and 7:50 p.m. only (No late games).

MEN'S SLO-PITCH

All games are played at Thompson Park or Simms Park on Thursday or Friday evenings. Spring season is as follows:

Team registration begins February 26 at Caruthers Park.

Classification Games: 3/4, 3/5
League starts: 3/11, 3/12

League Fee: \$375 — Bellflower resident team
\$400 — Bellflower business team
\$425 — Non-Bellflower team
\$ 25 — Late registration fee

Special League Note: League will be limited to twelve teams only on each night offered. Team admission priorities apply. Game times will be 6:45 p.m. and 7:50 p.m. only (No late games). Team must be available to play Thursdays or Fridays.

All Bellflower adult sports leagues observe zero-tolerance for all major rule violations.