

Bellflower Aquatic Center

Effective February 8 - June 19

14001 S. Bellflower Blvd. (562) 866-2015

***Due to the economic downturn, the outdoor pool will be closed through the dates specified above.**

The Bellflower Aquatic Center provides a great variety of fitness and recreation programs as well as a comprehensive YMCA swimming lesson program. Get all the benefits of an aerobic workout while using the resistance and buoyancy of the water. Excellent for seniors, moms-to-be, triathletes, arthritis patients and children.

No floatation devices may be used in the pool, and only patrons with proper swim suits will be allowed in the water. (See dress code below.)

Recreation Swim

Wet and wild fun for all ages. Children under 45 inches must be accompanied by an adult in the water.
Fee: General Admission

Saturday 12:30-2:30 p.m.
(only open the 1st and 3rd Saturday of each month)

Lap Swimming

Open to adults 18 and over, from novices to accomplished swimmers...even non-swimmers! Water walkers and aquatic exercisers are welcome in the shallow end of the pool. Patrons may also use the weight room, same session only, at no additional charge.
Fee: General admission.

Mon.-Fri.: 5:30-7:30 a.m. & 11:00 a.m.-1:00 p.m.
Mon.-Thurs.: 7:00-8:00 p.m.
Saturday: 7:00-9:00 a.m.

Lap Swimming, Jr.

Pre-schoolers ages infant to 5 years can enjoy their first water experience with a parent in a quiet, non-threatening environment. This is an excellent opportunity for you to practice and reinforce lessons learned in swim class. No floatation devices, please.
Fee: General admission

Tue. & Thurs.: 11:00-11:45 a.m. Shallow pool.

GENERAL ADMISSION FEES

Bellflower Resident
18-54 years: \$1.00 under 18/over 55: 50¢

Those wishing to receive the resident discount must purchase a resident card, available at the Aquatic Center for \$1. Card valid for 1 year from date of purchase. Proof of residency is required.

Non-Resident
18-54 years: \$1.50 under 18/over 55: \$1.00



Weight Room

Knowledgeable staff are available to show you the safe way to incorporate weight training into your fitness program. A full weight room is available.

Weight Room Hours (18 and over)

Mon.-Fri.: 5:30-7:30 a.m. & 11:00 a.m.-1:00 p.m.
Mon.-Thurs.: 5:00-8:00 p.m.
Friday: 4:00-7:00 p.m.
Saturday: 7:00-9:00 a.m. & 12:30-2:30 p.m.

Teen Weight-Lifting Program

A "drop-in" program for teens 13-18 years (school I.D. required), designed to teach safe techniques of weight training and conditioning. Parental waiver required. Fee: General admission.

Mon. & Wed.: 4:00-5:00 p.m., Sat.: 12:30-2:30 p.m.

ANNUAL PASS

Entitles cardholder to unlimited admission into the Bellflower Aquatic Center during lap and recreation swim session and weight room session during non-class hours. Passes are valid for 1 year from the date of purchase.

	Bellflower Resident	Non-Resident
Adult (18 - 54 yrs.)	\$75	\$165
Senior (55 yrs. - up)	\$45	\$90
Child (17 yrs. - under)	\$45	\$90
Family (Immediate)	\$120	\$240

AQUATIC CENTER DRESS CODE (strictly enforced)

MALES: Swim trunks or Speedo-type briefs only. NO cut-offs, shorts with zippers, bicycle shorts or T-shirts. NO exposed underwear, street clothes, or shorts that go beyond the TOP of the knee. Gym shorts with drawstrings are o.k. **FEMALES:** One or two-piece swim suits only. NO shorts, T-shirts, Leotards, bicycle shorts. NO exposed underwear or street clothes allowed. Board shorts or swim trunks may be worn OVER swim suits. **INFANTS:** Infants must wear swim suit bottoms or trunks. NO diapers or underwear are allowed. Rubber pants over swim suit bottoms is recommended. Disposable swim trunks are permitted.

YMCA SWIMMING LESSONS & CLASSES

Spring 2010

All swimming lessons and water aerobics are taught by the **Los Cerritos YMCA**. Classes and registration conducted year-round at the Bellflower Aquatic Center. **Pre-registration is required.**

Come in or call during office hours.

14001 Bellflower Blvd.
Bellflower, CA 90706
(562) 925-1331 or (562) 925-1292

Office Hours

Tuesday and Thursday
4:00 p.m. - 7:30 p.m.
Saturday 9:00 a.m. - 11:30 a.m.



TUES/THURS CLASSES


4 week sessions begin
1/4, 2/1, 3/1, 3/29, 4/26, 5/24

SATURDAY CLASSES

6 week sessions begin
1/9, 2/20, 4/3, 5/15

SWIMMING LESSON SCHEDULE	TUES/THURS CLASSES (4 WKS)								SAT CLASSES (6 WKS)							
	8:15-9 AM	4-4:30 PM	4:30-5 PM	5-5:30 PM	5:30-6 PM	6:00-6:45 PM	6-6:30 PM	6:30-7 PM	7-7:45 PM	9-9:30 AM	9:05-9:50 AM	9:30-10 AM	10-10:30 AM	10:30-11 AM	11-11:30 AM	11-11:45 AM
PARENT & ME (6 MO.-3 YR.)							X					X				
TINY TOT (3-5 YR.)		X	X	X	X		X	X		X		X	X	X		
POLLIWOG (6-11 YR.)		X	X	X	X		X	X		X		X	X	X		
GUPPY (6-11 YR.)			X		X			X		X			X			
MINNOW (6-11 YR.)				X	X		X				X		X			
FISH (6-11 YR.)				X	X		X				X		X			
FLYING FISH (6-11 YR.)				X				X				X				
SHARK (6-11 YR.)				X				X				X				
PORPOISE (6-UP)						X										
ADULT (12-UP)															X	
WATER AEROBICS (12-UP)	X										X					
DEEP AEROBICS (12-UP)																X

Private lessons available Mondays and Wednesdays. A minimum of four classes required. Please call for more information.

CLASS FEES plus \$8 per student annual registration	BELLFLOWER RESIDENTS		NON-RESIDENTS		Class times subject to change without notice- NO refunds, NO make-ups
	M-TH	SAT	M-TH	SAT	
PARENT & ME	\$44	\$36	\$51	\$41	
TINY TOT	\$44	\$36	\$51	\$41	
POLLIWOG-SHARK	\$41	\$33	\$47	\$38	
ADULT & PORPOISE	\$44	\$36	\$51	\$41	
WATER AEROBICS	\$27	\$27	\$29	\$29	
WATER AEROBICS, SR	\$23	\$23	\$25	\$25	

Parent & me: 6 mo. - 3 years. Parents become confident handling their babies in the water while teaching water movement skills. **Tiny Tot:** 3 - 5 years. Children learn water movement skills and self confidence. **Polliwog:** Beginners 6 - up. Teaches fundamentals of swimming. **Guppy:** Adv beginners. Must swim 12 yards unassisted in deep water, breath to side, float on front and back, kick and glide. **Minnow:** Can swim 25 yards front crawl, breath to side and swim back crawl. **Fish:** Can complete 25 yards front and back crawl, and be able to dive. **Flying Fish:** Can complete 50 yards front and back crawl, 50 yards breast kick, dolphin kick, and sculling. **Shark:** Can complete 50 yards each; butterfly, backstroke, breast-stroke, and freestyle. **Porpoise:** Must complete shark level. **Adult:** All levels available. **Water Aerobics:** A low impact water exercise class for everyone. **Deep Water Aerobics:** A low impact water aerobics class conducted in deep water with flotation devices. Water Aerobic classes are aimed at improving your flexibility, strength and endurance.