

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 25 at 7:00 p.m. at Caruthers Park

Classification Games: 3/2, 3/3, 3/4, 3/7
League starts: 3/9, 3/10, 3/11, 3/14

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: Feb. 23 - Feb. 25 at Caruthers Park.

Classification Games: 3/2
League starts: 3/9

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: Feb. 23 - Feb. 25 at Caruthers Park.

Classification Games: 3/3, 3/4
League starts: 3/10, 3/11

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.

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 take 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
February - September
Fridays, 5:30 - 7:00 p.m.

BOWLING

Keystone Lanes, Norwalk
Saturdays - Begins 9/11
9:30 a.m. - 12:30 p.m.

Senior Activities

Thompson Park Seniors Club

Meets each Tuesday, from 9:00 a.m.-12:00 p.m. in Rooms A & B. Play bingo, cards and more. For information call the park at (562) 866-8614 or visit the general meeting at 11:00 a.m.

Meals-on-Wheels

The Human Services Association will deliver low-cost meals to those confined to their homes due to health problems. For program information and registration call (562) 806-5400.

Senior Nutrition Program

Low cost, nutritious meals are served cafeteria style at 11:30 a.m., Monday through Friday, in the John S. Simms Park auditorium. Call from 9:00 a.m. to 12:00 p.m. for a reservation, (562) 925-6485. Donation is \$2.25. Operated by the Human Services Association.

Shuffleboard Club

Join this winning team! Club meets at Simms Park Thursday & Saturday, 8:30 a.m. to 12:00 p.m.

Exercise for Seniors

Meets each Monday, from 9:00-10:00 a.m. at Simms Park. This low impact fitness class focuses on stretching, cardiovascular conditioning and relaxation techniques. \$1 per meeting, no pre-registration required.

BELLFLOWER

Dial-A-Ride

Senior & Handicapped Transport

For Bellflower residents over 55 years or the physically handicapped.

For registration information, please call

(562) 804-1424, ext. 2267

or view the information brochure at

www.bellflower.org