

Bellflower Aquatic Center

Effective September 7 - June 18

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. (Beginning November, 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

Tues. & Thurs.: 11:00-11:45 a.m. (shallow pool)

GENERAL ADMISSION FEES

Bellflower Resident

18-54 years: \$1 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

ANNUAL PASS

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

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

*Immediate family members only

Weight Room

A great way to incorporate weight training into your fitness program. Staff are available to show proper use of equipment. A full weight room is available. Fee: General Admission

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. (Beginning November, only 1st and 3rd Saturday of each month)

Teen Weight-Lifting Program

This dedicated time for teens 13-17 years (school I.D. required), is a great way to incorporate weight training into your fitness program. Staff are available to show proper use of equipment. A full weight room is available. Fee: General Admission.

Mon. & Wed.: 4:00-5:00 p.m.

Sat.: 12:30-2:30 p.m. (Beginning November, only 1st and 3rd Saturday of each month)



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

Fall 2010
(Effective August 30)

All swimming lessons and water aerobics are taught by the **Los Cerritos YMCA**. Classes and registration conducted year-round in a heated pool 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 & Thursday

4:00 p.m. - 8:00 p.m.

Saturday 9:00 a.m. - 12:00 p.m.



TUES & THURS CLASSES

4 week sessions begin
8/30, 9/28, 10/26, 11/22

SATURDAY CLASSES

6 week sessions begin
10/2, 11/13

SWIMMING LESSON SCHEDULE	TUES & THURS CLASSES (4 WKS)							SAT CLASSES (6 WKS)						
	8:15-9 AM	4:30-5 PM	5-5:30 PM	5:30-6 PM	6-6:30 PM	6:30-7 PM	7:00-7:45 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			
PIKE (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		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		X									
ADULT (12-UP)							X							X
WATER AEROBICS (12-UP)	X						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
PARENT & ME
PIKE
POLLIWOG-SHARK
ADULT & PORPOISE
WATER AEROBICS
WATER AEROBICS, SR

BELLFLOWER RESIDENTS	
T/TH	SAT
\$44	\$36
\$44	\$36
\$41	\$33
\$44	\$36
\$27	\$27
\$23	\$23

NON-RESIDENTS	
T/TH	SAT
\$51	\$41
\$51	\$41
\$47	\$38
\$51	\$41
\$29	\$29
\$25	\$25

Class times subject to change without notice-
NO refunds,
NO make-ups



Parent & me: 6 mo. - 3 years. Parents become confident handling their babies in the water while teaching water movement skills. **Pike:** 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. **Shallow Water Aerobics:** Offers a total body workout without causing injury to bones, joints, feet and ankles. **Deep Water Aerobics:** A low impact water aerobics class conducted in deep water with flotation devices and offers same benefits as Shallow Water Aerobics.