

# Bellflower Aquatic Center

Effective September 5, 2006

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

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.



## **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 - 8:00 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 - 11:45 a.m. Shallow pool.

## **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.: 5:30-8:00 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

## **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

## **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.