

BELLFLOWER AQUATIC CENTER



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AQUATICS Fall 2016 LOS CERRITOS YMCA

Session Start Dates

Tuesday & Thursday: Aug 23, Sept 20*, Oct 18, Nov 15, Jan 3

*No class 10/4, 11/24

Saturday: Oct 1, Nov 14, Jan 7

*NO class 10/15, 11/26

About the Los Cerritos YMCA Aquatics Program:

The Y is the starting point for many youth to learn about becoming and staying active. They also develop healthy habits that will be carried with them throughout their lives. The benefits are far greater than just physical health. Gaining the confidence that comes from learning to swim at the Y as well as learning to be safe around water is about building the whole child, from the inside out.



Swimming Lesson Schedule

	Tuesday & Thursday Classes (4 weeks)						Saturday Classes (5 weeks)						
	4:00 - 4:30 pm	4:30 - 5:00 pm	5:00 - 5:30 pm	5:30 - 6:00 pm	6:00 - 6:30 pm	6:30 - 7:00 pm	7:00 - 7:45 pm	9:00 - 9:30 am	9:30 - 10:00 am	10:00 - 10:30 am	10:30 - 11:00 am	11:00 - 11:30 am	11:00 - 11:45 am
Parent and Me (6 mo.-3yrs)					X					X			
Pike (3-5yrs)	X	X	X	X	X	X		X	X	X	X	X	
Poliwog (6-11yrs)	X	X	X	X	X	X		X	X	X	X	X	
Guppy (6-11yrs)		X		X		X			X	X	X	X	
Minnow (6-11yrs)			X	X	X				X			X	
Fish (6-11yrs)			X	X	X				X			X	
Flying Fish (6-11yrs)			X				X				X		
Shark (6-11yrs)			X				X				X		
Porpoise (6-Up)						X				X			
Adult (12-Up)							X						X

Shallow Water Aerobics - Tuesday & Thursday 8:15-9:00am & Sat. 9:00-10:00am

Deep Water Aerobics - Tuesday & Thursday 7:00-8:00pm

Class Descriptions

Parent and Me: Parents become confident in handling their child in the water while teaching/learning basic water movement skills. **Pike:** Children learn water movement skills and self-confidence. **Poliwog:** This class teaches the fundamentals of swimming. **Guppy:** Advanced beginners. This class will build on the fundamentals of swimming. Children must be able to swim 12 yards unassisted in deep water, breath to the side, float on their front and back, kick, and glide. **Minnow:** Children must be able to swim 25 yards front crawl, breath to the side and swim back crawl. **Fish:** Children must be able to swim 25 yards front and back crawl, and be able to dive. **Flying Fish:** Children must be able to complete 50 yards front and back crawl, 50 yards breast kick, dolphin kick, and sculling. **Shark:** Children must be able to complete 50 yards of each of the following strokes: butterfly, backstroke, breaststroke, and freestyle. **Porpoise:** Participants must have completed the Shark level. **Adult:** The adult class will cater to all levels. **Water Aerobics:** Non-impact aerobics are fun in the water. Increase your stamina and your cardiovascular potential while also safely strengthening your core and other muscle groups. *All Classes are subject to change without notice. *No refunds or make-ups.

Program Fees

	Bellflower Residents		Non-Bellflower Residents	
	Tue&Thurs	Sat	Tues&Thurs	Sat

Parent & Me and Pike	\$69	\$57	\$77	\$65
Poliwog-Shark	\$62	\$52	\$64	\$60
Adult & Porpoise	\$69	\$57	\$77	\$65
Water Aerobics	\$40		\$43	
Water Aerobics Sr.	\$36		\$38	

Annual Registration Fee: \$10 for all Participants

BELLFLOWER AQUATICS CENTER

14001 Bellflower Blvd., Bellflower, 90706
P 562 925 1331

Pool Office Hours:

Tuesday & Thursday 4:00-7:30 pm
Saturday 9:00am-11:30 pm

LOS CERRITOS YMCA

15530 Woodruff Ave., Bellflower, CA 90706
P 562 925 1292 F 562 925 2191
www.lbymca.org/loscerritos/aquatics



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SKILLS CHARACTER TEAMWORK

Youth Basketball League LOS CERRITOS YMCA

Our league is designed to be age appropriate and teach the fundamentals of basketball. All teams will practice once a week, followed by games at Thompson Park in Bellflower.

Practice days will be Monday or Wednesday between 5:30pm-8:30pm at Thompson Park. 6 games will be held between 10/1/16-11/12/16, and 8 weeks of practices starting the week of 9/21/16. Practices are one hour long.



Sign-Up Today!

To register, please visit the
Los Cerritos YMCA.

SEASON DATES

Early Bird Registration Closes:

Sept 2nd

Late Registration Closes: Sept 16th

Skills Assessment Day:

Sept 10th: 9:00am-11:00am

Sept 14th: 5:30pm-7:30pm

1st Week of Practices: Sept 19th

Season Dates: Oct 1st through Nov 12th

*No games on 10/15

AGE GROUPS

Winners Division: Ages 5-6

Rookies Division: Ages 7-8

Champions Division: Ages 9-10

All Star Division: Ages 11-12

All teams are co-ed. Players eligibility is based on their age on the date of the first game.

PROGRAM FEES

\$80/participant- Early Bird

\$100/Participant- Late

VOLUNTEER COACHES NEEDED

If you would like to volunteer and make an impact on the youth of our community by coaching a co-ed team, please contact the YMCA at 562.925.1292.

Coaches meeting will be held on Wednesday, September 14th.

Additional Information

Financial assistance is offered to families who cannot afford to pay for the full amount of the program based on a sliding scale to fit each family's needs. Please contact our Branch Office for more information.

LOS CERRITOS YMCA

15530 Woodruff Ave, Bellflower CA 90706
P: 562.925.1292 **W:** lbymca.org/loscerritos
Office Hours: Monday through Friday,
9:00am-6:30pm

The Y.™ For a better us.™