

# BELFLOWER AQUATIC CENTER

14001 S. Bellflower Blvd. - For more information, contact (562) 866-2015

The following information is effective August 29, 2016 - June 18, 2017



GENERAL ADMISSION FEES	Bellflower Resident	Resident Punch Card 10 Visits	Non-Resident	Non-Resident Punch Card 10 Visits
18-54 years	\$2.00	\$20.00	\$3.00	\$30.00
Under 18 & 55 and over	\$1.00	\$10.00	\$2.00	\$20.00

Those wishing to receive the resident discount price 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. No one will be able to enter the facility with less than 15 minutes left in a session.

The Bellflower Aquatic Center provides a great variety of fitness and recreation programs as well as a comprehensive YMCA swimming lesson program. Enjoy 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 are 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

1st & 3rd Saturday (Sep-May)	12:30 -2:30 p.m.
Saturday (June)	12:30-2:30 p.m.
Sept. 5 (Labor Day)	12:30-2:30 p.m.

## Adult 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 during select sessions only. Patrons may also use the weight room, same session only, at no additional charge. *Note: No Lap Swimming on Labor Day, September 5th.* **Fee:** General Admission

Monday-Friday	5:30-7:30 a.m.
Monday-Friday	11:00 a.m-1:00 p.m.
Monday-Thursday	7:00 p.m.-8:00 p.m. (deep water only)
Every Saturday	7:00-9:00 a.m.

## Private Pool Parties

The Bellflower Aquatic Center is available to host your private pool party! Celebrate a birthday or special event in the pool! Please call (562) 866-2015 for more information.

Fee: Resident \$200 /  
Non-Resident \$300  
Includes a two hour party  
for up to 50 people



## 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, but can only be applied to age appropriate sessions. Proof of residency is required.

	Bellflower Resident	Non-Resident
Adult (18 - 54 yrs.)	\$150	\$300
Senior (55 yrs. - up)	\$100	\$200
Child (17 yrs. - under)	\$100	\$200

## 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. *Note:* Weight Room closed on Labor Day, September 5th.

**Adult Weight Room Hours (18 and over)** **Fee:** General Admission

Monday-Friday	5:30-7:30 a.m. & 11:00 a.m.-1:00 p.m.
Monday-Thursday	5:00-8:00 p.m.
Friday	4:00-7:00 p.m.
Every Saturday	7:00-9:00 a.m.
Saturday (June)	12:30-2:30 p.m.
1st & 3rd Saturday (Sep.-May)	12:30-2:30 p.m.

**Teen Weight Room Hours** **Fee:** General Admission

This dedicated time for teens 13-17 years (school ID is required), is a great way to incorporate weight training into your fitness program. Staff are available to show proper use of equipment. A signed waiver must be on file.

Monday-Thursday	4:00-5:00 p.m.
Saturday (June)	12:30-2:30 p.m.
1st & 3rd Saturday (Sep.-May)	12:30-2:30 p.m.

**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.

# BELLFLOWER AQUATIC CENTER

## Spooky Swim Friday

Adults and children alike will enjoy a spooky time in the pool complete with pool games and activities!  
 Fee: General Admission

**Friday, October 21**  
**6:00 p.m. - 8:00 p.m.**

### Toddler Time

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

AGE	DAYS	TIME
0-5	M/W	11:00 a.m.-12:00 p.m.

## LABOR DAY RECREATION SWIM

**Celebrate Labor Day in the pool!**

**Monday, September 5th**

**Time: 12:30-2:30 p.m.**

**Fee: General Admission**



### Swim Team

For more information contact

Coach Michael at

(562) 382-7749 or email:

swim4BAC2@aol.com

**Certified Farmers Market**

Be fit! Eat right!  
 Simply the best in farm fresh produce!

**Mondays**  
 9:00 a.m. - 1:00 p.m.

**Simms Park**  
 16614 S. Clark Ave.

For more information please call  
 (562) 925-9003

**EBT ACCEPTED**

## RESERVE BRIM ON YOUR STREET TODAY!

**BRIM** FREE

Saturdays and Sundays, 11:00 a.m. - 2:00 p.m., during the school year - Tuesdays, Wednesdays, and Thursdays 10:00 a.m. - 1:00 p.m. during the summer. You choose the date! (based on availability)

Three Recreation Leaders will bring recreational equipment, games and crafts to your street. B.R.I.M. spells fun for all ages!

If you would like to learn more about B.R.I.M., or if you would like to schedule a visit, please call (562) 239-4480 or email BRIM@bellflower.org

THANK YOU TO OUR SPONSOR!

**EMPIRE TRANSPORTATION, INC.**

# 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						Saturday Classes					
	4:00 - 4:30 pm	4:30 - 5:00 pm	5:00 - 5:30 pm	5:30 - 6:00 pm	6:00 - 6:45 pm	6:30 - 7:00 pm	7:00 - 7:45 pm	(4 weeks)				
							(5 weeks)					
							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	X
Poliwog (6-11yrs)	X	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