

# AQUATIC CENTER SUMMER PROGRAMMING

SUMMER DAILY ACTIVITIES SCHEDULE - JUNE 10- AUGUST 17, 2019

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).**

## GENERAL ADMISSION FEES

|                  | Resident | Non-Resident |
|------------------|----------|--------------|
| YOUTH (17-Under) | \$1.00   | \$2.00       |
| ADULT (18-54yrs) | \$2.00   | \$3.00       |
| SENIOR (55-Over) | \$1.00   | \$2.00       |

To receive resident discount, an annual resident card must be purchased for \$1.00. Proof of residency required. No entry allowed with less than 15 minutes left in a session.

## ADULT LAP SWIMMING

Open to adults 18 and over, from novices to accomplished swimmers! Water walkers and aquatic exercisers are welcome in the shallow end of the pool during select sessions only. **Fees: General admission. No lap swimming on July 4.**

|           |                                 |
|-----------|---------------------------------|
| MON-FRI   | 5:00AM - 7:00AM                 |
| MON-FRI   | 11:00AM - 12:30PM (no deep end) |
| MON-THU   | 4:30PM - 8:00PM (deep end only) |
| SATURDAYS | 7:00AM - 9:00AM                 |

## RECREATION SWIMMING

Wet and wild fun for all ages. Children under 45 inches tall must be accompanied by an adult in the water.

**Fees: General admission**

|          |                                      |
|----------|--------------------------------------|
| MON-FRI  | 12:30PM - 2:00PM and 2:30PM - 4:00PM |
| SATURDAY | 12:30PM - 2:30PM                     |
| JULY 4TH | 12:30PM - 2:30PM                     |

## WATER POLO CAMP

Children ages 7-14 will learn the basic skills and rules of water polo. Beginners and more advanced players will develop their shooting, passing, and ball control skills. Participants must be able to swim one length of the pool in deep water.

**Fees: \$50 (resident), \$75 (non-resident) / 2 weeks**

MON/WED/FRI: (JULY 29 - AUGUST 9) 9:00AM - 12:00PM

## ANNUAL PASSES

Entitles cardholder to unlimited admission during lap and recreation swim and weight room sessions. Passes are valid for 1 year from the date of purchase. Proof of residency required.

|                  | Resident | Non-Resident |
|------------------|----------|--------------|
| YOUTH (17-Under) | \$100    | \$200        |
| ADULT (18-54yrs) | \$150    | \$300        |
| SENIOR (55-Over) | \$100    | \$200        |

## PRIVATE POOL PARTIES

The Aquatic Center is available to host your private pool party! Celebrate a birthday or special event in the pool. Please call for more information. **Fees: \$200 (resident), \$300 (non-resident). Fee includes a 2 hour party for up to 50 people.**

## WEIGHT ROOM

A great way to incorporate weight training into your fitness program! Staff are available to show proper use of equipment **Fees: General admission. No weight room on July 4.**

### Teens (13-17yrs):

School ID and parent signed waiver on file required

|          |                  |
|----------|------------------|
| MON-THU  | 4:00PM - 5:00PM  |
| SATURDAY | 12:30PM - 2:30PM |

### Adults (18-Over):

|          |                                      |
|----------|--------------------------------------|
| MON-FRI  | 5:00AM - 7:00AM and 11:00AM - 1:00PM |
| MON-THU  | 5:00PM - 8:00PM                      |
| FRIDAY   | 4:00PM - 7:00PM                      |
| SATURDAY | 7:00AM - 9:00AM and 12:30PM - 2:30PM |

## SUMMER SWIM TEAM

For more information, call Coach Michael at (562) 382-7749, or email him at SWIM4BAC2@AOL.COM

## SPLASH AND FUN

Children ages 7-10 will be introduced to a variety of aquatic activities in this fun camp! Activities include diving, stroke drills and techniques, water polo, and other aquatic themed games and activities. Must be able to swim 25yd in deep water unassisted. Participants may attend recreation swim after their class. **Fees: \$75 (resident), \$100 (non-resident) / 6 weeks**

TUE/WED/THU: (JUNE 18 - JULY 25) 9:00AM - 12:00PM

FIELD TRIPS: (JUNE 27 and JULY 11) 9:00AM - 3:00PM

## JUNIOR LIFEGUARD

Junior lifeguards ages 11-16 learn safety skills, leadership, and professionalism while improving their stroke technique and physical conditioning. Must be able to swim 50yds continuously in deep water. Participants may attend recreation swim after their class. **Fees: \$75 (resident), \$100 (non-resident) / 6 wks**

MON/WED/FRI: (JUNE 17 - JULY 26) 9:00AM - 12:00PM

FIELD TRIPS: (JULY 1 and JULY 15) 9:00AM - 3:00PM

## DRESS CODE

**Male patrons:** Must wear appropriate swim trunks or Speedo type swim suits. No cut-offs, shorts with zippers, bicycle pants, T-shirts, exposed underwear, or street clothes allowed. Swim wear must be above the knee. Gym shorts allowed.

**Female patrons:** Must wear appropriate one or two-piece swim suits. No cut-offs, shorts with zippers, bicycle pants, T-shirts, exposed underwear, or street clothes allowed. Swim shorts/board shorts may be worn over appropriate swim suits.

**Infants:** Infants and non-potty trained children must wear disposable swim diapers under lightweight swim suit bottoms or trunks. A clean, close-fitting diaper with a plastic outer covering is recommended. No other type of diaper or underwear is allowed in the pool.

FAMILY DIVE-IN  
MOVIE NIGHTS

HOW TO TRAIN YOUR  
**DRAGON**

FRIDAY, JUNE 28  
7:30PM - 9:30PM  
\$5 PER PERSON

**JURASSIC PARK**

SATURDAY, JULY 27  
7:30PM - 9:30PM  
\$5 PER PERSON

# THOMPSON PARK SUMMER PROGRAMMING

SUMMER DAILY ACTIVITIES SCHEDULE - JUNE 10- AUGUST 9, 2019

## FREE DAILY ACTIVITIES SCHEDULE

### MONDAYS

|             |                |          |
|-------------|----------------|----------|
| 10:15-11:15 | KID'S CHOICE   | 7-15yrs  |
| 11:30-12:30 | OUTDOOR GAMES  | All Ages |
| 12:45-1:45  | DODGEBALL      | 7-15yrs  |
| 1:45-3:30   | GAME ROOM ONLY | All Ages |
| 3:30-4:30   | CANDY BINGO    | All Ages |
| 4:45-5:45   | GAMETIME       | All Ages |

### TUESDAYS

|             |                |          |
|-------------|----------------|----------|
| 10:15-11:15 | TOURNAMENTS    | All Ages |
| 11:30-12:30 | OUTDOOR GAMES  | All Ages |
| 12:45-1:45  | DODGEBALL      | 7-15yrs  |
| 1:45-3:30   | GAME ROOM ONLY | All Ages |
| 3:30-4:30   | ARTS & CRAFTS  | All Ages |
| 4:45-5:45   | GYM GAMES      | 7-15yrs  |

### WEDNESDAYS

|             |                |          |
|-------------|----------------|----------|
| 10:15-11:15 | KID'S CHOICE   | 7-15yrs  |
| 11:30-12:30 | OUTDOOR GAMES  | All Ages |
| 12:45-1:45  | DODGEBALL      | 7-15yrs  |
| 1:45-3:30   | GAME ROOM ONLY | All Ages |
| 3:30-4:30   | CANDY BINGO    | All Ages |
| 4:45-5:45   | GAMETIME       | All Ages |

### THURSDAYS

|             |                |          |
|-------------|----------------|----------|
| 10:15-11:15 | TOURNAMENTS    | All Ages |
| 11:30-12:30 | OUTDOOR GAMES  | All Ages |
| 12:45-1:45  | DODGEBALL      | 7-15yrs  |
| 1:45-3:30   | GAME ROOM ONLY | All Ages |
| 3:30-4:30   | ARTS & CRAFTS  | All Ages |
| 4:45-5:45   | GYM GAMES      | 7-15yrs  |

### FRIDAYS

|             |                   |          |
|-------------|-------------------|----------|
| 10:15-11:15 | KID'S CHOICE      | 7-15yrs  |
| 11:30-1:45  | KITCHEN MOVIE FUN | All Ages |
| 1:45-3:30   | GAME ROOM ONLY    | All Ages |
| 3:30-4:30   | DODGEBALL         | 7-15yrs  |
| 4:45-5:45   | GAMETIME          | All Ages |

Daily Activities, Game Room Participation, and Equipment Check-out are free to all children (17 years-Under), but do require a parent or guardian to fill out a "Daily Activity, Game Room, & Equipment Check-out Card"

## YOUTH SPECIAL INTEREST CLASSES & CAMPS

| CLASS NAME        | AGE     | DAY  | TIME          | FEES           | WEEKS | BEGINS           | INSTRUCTOR       |
|-------------------|---------|------|---------------|----------------|-------|------------------|------------------|
| LITTLE TUMBLERS   | 11mo.-2 | MON. | 10:30-11:15AM | \$55           | 5     | 6/17 & 8/5       | ALEXANDRA BEEMER |
| BIG TUMBLERS      | 3-6     | MON. | 11:20-12:20PM | \$55           | 5     | 6/17 & 8/5       | ALEXANDRA BEEMER |
| OLYMPIAN TUMBLERS | 6-12    | MON. | 12:25-1:25PM  | \$55           | 5     | 6/17 & 8/5       | ALEXANDRA BEEMER |
| LET'S PAINT       | 7-up    | TUE. | 1:00-2:15PM   | \$60/\$15 mat. | 4     | 6/18 & 7/30      | BELLA ANDALON    |
| YOUTH VOLLEYBALL  | 8-17    | SUN. | 1:00-3:00PM   | \$66           | 6     | 6/23 & 8/4       | BARBARA NORBUT   |
| CAMP NAME         | AGE     | DAY  | TIME          | FEES           | WEEKS | BEGINS           | INSTRUCTOR       |
| YOUTH VOLLEYBALL  | 8-17    | M-F  | 10:00-12:30PM | \$75           | 1     | 6/24, 7/8 & 7/15 | BARBARA NORBUT   |

(Note: participants registering for multiple camps will receive discounted fee of only \$50 for any additional week)

Online registration available at <http://activenet.active.com/bellflowerrecreation> or the City's website at [www.bellflower.org](http://www.bellflower.org)



## START SMART SPORTS DEVELOPMENT PROGRAM

Is your child ready for sports? Start Smart is a six-week instructional program that helps parents work one-on-one with their children while teaching them the basics of sports: throwing, catching, kicking and batting. The program helps prepare children for organized youth sports by using safe and fun equipment to teach them the basic motor skills needed to compete. Each child will receive a participant kit that includes: manual, 1 bat and ball set, 1 glove, 2 Koosh balls, 1 Teslon soccerball, 1 Boingo ball, 1 mesh bag, and 1 t-shirt. To ensure all participant kits arrive by the 1st class, all registration must be received by **Sunday, June 2, 2019.**



| AGE | DAY  | TIME        | FEES | WEEKS | BEGINS | INSTRUCTOR               |
|-----|------|-------------|------|-------|--------|--------------------------|
| 3-5 | TUE. | 3:00-4:00PM | \$75 | 6     | 7/2    | PARKS & RECREATION STAFF |

## GAME ROOM/EQUIP. CHECK-OUT

|                  |                |
|------------------|----------------|
| MONDAYS:         | 10:00AM-5:30PM |
| TUESDAY-FRIDAY:  | 10:00AM-7:30PM |
| SATURDAY-SUNDAY: | 12:00PM-4:00PM |

Hours subject to change. Children under 7yrs must be accompanied by an adult.

### Game Room Activities:

Pool, Ping Pong, Air Hockey, Bumper Pool, and Foosball.

### Check-out Equipment:

Basketballs, soccer balls, footballs, playground balls, whiffle bat & balls, frisbees, jump ropes, and assorted board games & puzzles.

**No Game Room entry or Equipment Check-out allowed without one of the following:**

- 1) A current parent signed Activity/Game Room/Equipment Check-out Card (17yrs-under)
- 2) A current Bellflower Service School I.D. card (16yrs-under).
- 3) A valid California driver's license or I.D. card (18yrs-older)



Thursday, August 1

11:00am-1:00pm

**- BOOTH GAMES - FACE PAINTING -  
- ARTS & CRAFTS - FUN & TASTY PRIZES -**

Children ages 3-13 participate in carnival style games for fun or tasty prizes. This annual event will return many of the most popular booth games and activities like the ping pong toss for live goldfish, face painting booth, money ring toss, and the candy sand booth. A free arts & crafts area, refreshment booth, and the award-winning B.R.I.M. program will also be provided. No registration required.