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

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Resident</th>
<th>Non-Resident</th>
</tr>
</thead>
<tbody>
<tr>
<td>Youth (17-Under)</td>
<td>$1.00</td>
<td>$2.00</td>
</tr>
<tr>
<td>Adult (18-54yrs)</td>
<td>$2.00</td>
<td>$3.00</td>
</tr>
<tr>
<td>Senior (55-Over)</td>
<td>$1.00</td>
<td>$2.00</td>
</tr>
</tbody>
</table>

To receive resident discount, proof of residency required. No entry allowed with less than 15 minutes left in a session.

### 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: $250 (resident), $375 (non-resident). Fee includes a 2 hour party for up to 50 people.

### 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-THU:** 7:00AM - 10:00AM
- **MON-THU:** 12:00PM - 2:00PM
- **TUE/THU:** 7:00PM - 8:00PM
- **FRIDAYS:** 7:00AM - 11:00AM
- **SATURDAYS:** 7:00AM - 11:00AM

### 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: $40 (resident), $60 (non-resident) / 2 weeks

**MON/WED: (JULY 31 - AUGUST 9) 10:00AM - 12:00PM**

### 10-VISIT PUNCH CARDS

Entitles cardholder to admission for 10 visits during lap and recreation swim and weight room sessions. Proof of residency required.

<table>
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<tbody>
<tr>
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<td>$30.00</td>
</tr>
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<td>Senior (55-Over)</td>
<td>$10.00</td>
<td>$20.00</td>
</tr>
</tbody>
</table>

### 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. Fees: $75 (resident), $100 (non-resident) / 7 wks

**TUE/THU: (JUNE 13 - JULY 27) 10:00AM - 12:00PM**

No class on July 4.

### JUNIOR LIFEGUARD

Junior lifeguards ages 11-16 learn safety skills, leadership, professionalism while improving their stroke technique and physical conditioning. Must be able to swim 50yds continuously in deep water. Fees: $75 (resident), $100 (non-resident) / 7 wks

**MON/WED: (JUNE 12 - JULY 26) 10:00AM - 12:00PM**

### 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**

**FRIDAY, JUNE 16**
**PUSS IN THE BOOTS**
**The Y**
**15530 Woodruff Avenue**
**Bellflower, CA 90706**
**Office Hours: (Monday-Friday) 9:00am-6:00pm**

**FRIDAY, JULY 7**
**WAKANDA FOREVER**
**NINJA TURTLES**
**7:30PM - 9:30PM**
**$5 PER PERSON**
**FREE DAILY DROP-IN ACTIVITIES SCHEDULE**

**MONDAYS**
- 11:15-12:15: TOURNAMENTS 7-15yrs
- 12:30-1:30: DODGEBALL 7-15yrs
- 1:45-2:45: CANDY BINGO All Ages
- 3:00-4:00: KID’S CHOICE 7-15yrs
- 11:00-6:30: GAME ROOM All Ages

**TUESDAYS**
- 11:15-12:15: OUTDOOR GAMES 7-15yrs
- 12:30-1:30: DODGEBALL 7-15yrs
- 1:45-2:45: ARTS & CRAFTS 7-15yrs
- 3:00-4:00: CANDY BINGO All Ages
- 11:00-6:30: GAME ROOM All Ages

**WEDNESDAYS**
- 11:15-12:15: OUTDOOR GAMES 7-15yrs
- 12:30-1:30: DODGEBALL 7-15yrs
- 1:45-2:45: ARTS & CRAFTS 7-15yrs
- 3:00-4:00: CANDY BINGO All Ages
- 11:00-6:30: GAME ROOM All Ages

**THURSDAYS**
- 11:15-12:15: TOURNAMENTS 7-15yrs
- 12:30-1:30: DODGEBALL 7-15yrs
- 1:45-2:45: CANDY BINGO All Ages
- 3:00-4:00: KID’S CHOICE 7-15yrs
- 11:00-6:30: GAME ROOM All Ages

**FRIDAYS**
- 11:15-12:15: CHALK ART All Ages
- 12:30-1:30: DODGEBALL 7-15yrs
- 1:45-3:45: POPCORN & A MOVIE 7-15yrs
- 11:00-6:30: GAME ROOM All Ages

**SATURDAYS & SUNDAYS**
- 12:00-4:00: GAME ROOM All Ages

Daily Drop-In Activities are intended for children ages 7-15. Children under 7 must be accompanied by an adult at all times. Children are welcome to stay for all drop-in activities, but please be aware that this is not a daycare and staff are not responsible for children who leave the activities. Activities schedule is subject to change. Daily Activities, Game Room, and Equipment Check-out are free to all children, but do require a parent or guardian to fill out a “Daily Activity, Game Room, and Equipment Check-out Card” in advance. Meals are not provided.