



## LAKELAND HILLS FAMILY YMCA GYMNASIUM SCHEDULE

Fall 1 2023: 9/11/23 – 10/29/23 ♦

Updated 9/19/23.

### MONDAYS

Evening gym monitor: Meg

5:00AM–9:15AM	Open Basketball
9:30AM–10:30AM	Group Exercise
11:30AM–1:00PM	Adult Pickleball
1:30PM – 2:00PM	Youth Classes
2:00PM – 3:30PM	Open Basketball
3:45PM – 6:15PM	Youth Classes/Open 1/2
6:30PM – 7:15PM	Adult Basketball (15+)
7:30PM – 10:00PM	Adult Volleyball (15+)

### TUESDAYS

Evening gym monitor: Linda

5:00AM–6:00AM	Open Basketball
6:00AM – 6:45AM	Group Exercise
7:00AM – 9:45AM	Open Basketball
10:00AM – 1:00PM	Adult Pickleball
1:00PM – 4:30PM	Youth Sports
4:30PM – 6:30PM	Open Basketball *Closed for Archery when it Rains.
7:00PM – 9:30PM	*Closed: Gym Rental NJCOED – Begins 9/26
	*Open B-ball: 9/12 & 9/19

### WEDNESDAYS

Evening gym monitor: Lucy

5:00AM–9:45AM	Open Basketball
10:00AM–1:00PM	Adult Pickleball
1:00PM–2:00PM	Youth Classes
2:00PM–3:00PM	Open Basketball
3:00PM–6:30PM	Youth Classes
6:30PM–7:15PM	Adult Basketball (15+)
7:30PM – 10:00PM	Adult Volleyball (15+)

### THURSDAYS

Evening gym monitor: Linda

5:00AM–9:30AM	Open Basketball *Closed: Blood Drive 10/19 (9am – 6pm)
9:45AM–11:15AM	Youth Classes
11:30AM–1:00PM	Adult Pickleball
1:00PM–6:15PM	Open Basketball
6:15PM–7:15PM	Adult Basketball
7:30PM – 9:30PM	*Closed: Pickleball League-9/28 *Open B-ball; 9/11 to 9/21.
9:30PM – 10:15PM	* Adult Basketball

### FRIDAYS

Evening gym monitor: Lucy

5:00AM--9:00AM	Open Basketball
9:00AM--9:45AM	Group Exercise
10:00AM – 1:00PM	Adult Pickleball
1:00PM – 6:15PM	Open Basketball
6:30PM – 9:00PM	Adult Pickleball (15+)
9:15PM – 10:15PM	Open Basketball
	*Closed: Special Events

### SATURDAYS

7:00AM–7:45AM	Open Basketball
8:00AM–8:45AM	Group Fitness Class
8:45AM–11:15AM	Youth Classes
12:00PM–2:00PM	Open Basketball/Birthday Party* *Closed: Birthday Parties
2:00PM–5:45PM	Open Basketball

### SUNDAYS

7:30AM–9:30AM	Adult Pickleball *Closed: 10/8, Swim Meet All Day.
10:00AM–10:45AM	Group Fitness Class
11:00AM–12:00PM	Open Basketball
12:00PM–2:00PM	Open Basketball/Birthday Party* *Closed: Birthday Parties
2:00PM–5:45PM	Open Basketball

LAKELAND HILLS FAMILY YMCA

100 Fanny Road, Mountain Lakes, NJ 07046

[www.lakelandhillsymca.com](http://www.lakelandhillsymca.com)

Phone 973.334.2820 Hotline 973.334.0091

# LAKELAND HILLS FAMILY YMCA GYMNASIUM USAGE GUIDELINES

## RULES AND REGULATIONS

- Sneakers must be worn at ALL times.
- Be respectful of others; no profanity
- Full Court is defined as the width of gymnasium using two baskets
- Half Court is defined as ½ width of gymnasium using one basket
- Plastic or metal sports bottles are permitted
- Food or beverages other than water are prohibited
- Playing music without headphones is prohibited
- Children under 12 years of age must always be accompanied by a parent or guardian who is 18 years of age and older while on Y premises

All questions or comments should be addressed to Gerry Gessie, Fitness Director, at [gerryg@lhymca.com](mailto:gerryg@lhymca.com); **schedule is subject to change**. Schedules, updates, and inclement-weather closings are posted on our website ([www.lakelandhillsymca.com](http://www.lakelandhillsymca.com)), Facebook, or Instagram pages. Follow us on social media to keep up with all Y news and information.

## DESCRIPTIONS

**OPEN GYMNASIUM:** Open to members and their guests, shooting basketballs or half court games only. *Children under the age of 12 years old must be accompanied in the Gymnasium by a parent or guardian (ages 18 years and up) at all times.* No other activities permitted

**TEEN:** Open to teens 12-18 years of age. Usage same as OPEN.

**FAMILY:** Open to children ages 11 and under accompanied by an adult (18 years of age or older) and teens 12-18 years of age. Usage same as OPEN.

**ADULT BASKETBALL:** Open to members and guests 15 years of age and older. Full court or half court games or shooting basketballs.

**ADULT PICKLEBALL:** Open to members and guests 15 years of age and older. All levels welcome; coed drop-in games. Bring your own paddle and ball.

**ADULT VOLLEYBALL:** Open to members and guests 15 years of age and older. All levels welcome; coed drop-in games.

