



LAKELAND HILLS FAMILY YMCA GYMNASIUM SCHEDULE

Fall 1 2023: 9/11/23 – 10/29/23 ♦
Updated 9/7/23.

MONDAYS

Evening gym monitor: Meg

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

TUESDAYS

Evening gym monitor: Linda

5:00AM–6:00AM	Open Gym
6:00AM – 6:45AM	Group Exercise
7:00AM – 11:15AM	Open Gym
11:30AM – 1:00PM	Adult Pickleball
1:00PM – 4:30PM	Youth Sports
4:30PM – 6:30PM	Open Gym * Closed for Archery when Rain.
7:00PM – 9:30PM	Gym Rental NJCOED
	(Rental Begins 9/26)

WEDNESDAYS

Evening gym monitor: Lucy

5:00 AM–11:15AM	Open Gym
11:30AM—1:00PM	Adult Pickleball
1:00PM—2:00PM	Youth Classes
2:00PM-3:00PM	Open Gym
3:00PM-6:30PM	Youth Classes
6:30PM-7:15PM	Open Gym
7:30PM – 10:00PM	Adult Volleyball (15+)

LAKELAND HILLS FAMILY YMCA
100 Fanny Road, Mountain Lakes, NJ 07046
www.lakelandhillsymca.com
Phone 973.334.2820 Hotline 973.334.0091

THURSDAYS

Evening gym monitor: Linda

5:00AM-9:30AM	Open Gym * Closed : Blood Drive 10/19 (9am – 6pm)
9:45AM–11:15AM	Youth Classes
11:30AM-1:00PM	Adult Pickleball
1:00PM-4:45PM	Open Gym
5:00PM – 6:00PM	Middleschool Dodgeball
6:00PM – 6:45PM	Open Gym
7:00PM – 9:30PM	Pickleball League
9:30AM – 10:15PM	Open Gym

FRIDAYS

Evening gym monitor: Lucy

5:00AM--9:00AM	Open Gym
9:00AM--9:45AM	Group Exercise
9:45AM—11:15PM	Open Gym
11:30PM—1:00PM	Adult Pickleball
1:00PM – 3:00PM	Open Gym
3:00PM—6:30PM	Adult Pickleball (15+)
6:30PM-10:15PM	Open Gym

SATURDAYS

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

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 Gym
12:00PM-2:00PM	Open Gym/Birthday Party* * Closed : Birthday Parties
2:00PM-5:45PM	Open Gym

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@lhyymca.com; **schedule is subject to change**. Schedules, updates, and inclement-weather closings are posted on our website (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.

