



# LAKELAND HILLS FAMILY YMCA GYMNASIUM SCHEDULE

## Spring 2 2024: 4/8/24 – 5/26/24 ♦

### Updated 4/26/24.

### MONDAYS

*Evening gym monitor: Meg*

|                  |                        |
|------------------|------------------------|
| 5:00AM–9:15AM    | Open Basketball        |
| 9:30AM–10:30AM   | Group Exercise         |
| 11:00AM-1:00PM   | Adult Pickleball (15+) |
| 1:15PM – 2:00PM  | Youth Classes          |
| 2:00PM – 3:30PM  | Open Basketball        |
| 3:45PM – 6:15PM  | Youth Classes          |
| 6:30PM – 7:15PM  | Open Basketball        |
| 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 – 8:45AM  | Open Basketball            |
| 10:00AM – 1:00PM | Adult Pickleball           |
| 1:00PM – 2:00PM  | Open Basketball            |
| 2:00PM – 4:45PM  | Youth Classes              |
| 4:45PM – 7:15PM  | Open Basketball            |
| 7:30PM – 9:30PM  | * Closed Gym Rental NJCOED |

### WEDNESDAYS

*Evening gym monitor: Lucy*

|                  |                           |
|------------------|---------------------------|
| 5:00 AM–9:00AM   | Open Basketball           |
| 9:00AM–10:00AM   | Beginners Only Pickleball |
| 10:00AM–1:00PM   | Adult Pickleball          |
| 1:15PM–6:15PM    | Youth Classes             |
| 6:30PM – 7:15PM  | Open Basketball           |
| 7:30PM – 10:00PM | Adult Volleyball (15+)    |
|                  |                           |
|                  |                           |

**LAKELAND HILLS FAMILY YMCA**  
 100 Fanny Road, Mountain Lakes, NJ 07046  
 Phone 973.334.2820 Hotline 973.334.0091

### THURSDAYS

*Evening gym monitor: Linda*

|                  |  |
|------------------|--|
| 5:00AM-9:30AM    | Open Basketball<br>*Closed: Blood Drive, 4/18 & 5/16<br>9am – 4pm. |
| 9:45AM – 11:00AM | Preschool Gym  |
| 11:30AM-1:00PM   | Adult Pickleball (15+).  |
| 1:15PM-2:15PM    | Open Basketball * Closed Half<br>Gym Rental, DDAWL.                |
| 2:15PM – 10:15PM | Open Basketball.   |
|                  | * Closed On 4/25 for Junior Ninja<br>Night, 3:30pm-6:15pm.         |
|                  |  |
|                  |  |

### 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 – 4:15PM  | Open Basketball  |
| 5:30PM – 7:15PM  | Beginners Only Pickleball<br>*Closed: Ladies Night Event, 4/19 5pm |
| 7:15PM – 10:00PM | Adult Pickleball (15+)   |
| 9:15PM – 10:15PM | Adult Basketball   |
|                  | *Closed: Ladies Night, 4/19 5pm-9pm                                |

### SATURDAYS

|                  |   |
|------------------|---|
| 7:00AM–7:45AM    | Open Basketball   |
| 8:00AM--8:45AM   | Group Fitness Class   |
| 8:45AM – 11:45AM | Youth Classes   |
| 12:00PM -2:15PM  | Open B-ball/ *Closed: if Birthday<br>Party is scheduled.  |
| 2:15PM-5:45PM    | Open Basketball   |
|                  | *Closed: 4/13 and 5/18 at 4:45pm for<br>Kids Night Out and 5/4 at 5:15pm for<br>Sensational Saturday. |

### SUNDAYS

|                 |  |
|-----------------|--|
| 7:30AM-9:30AM   | Adult Pickleball   |
| 10:00AM-10:45AM | Group Fitness Class                                      |
| 11:00AM-12:00PM | Open Basketball  |
| 12:00PM-2:15PM  | Open B-ball/ *Closed: if Birthday<br>Party is scheduled. |
| 2:15PM-5:45PM   | Open Basketball  |
|                 |  |

# 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.

**NEW!!! BEGINNERS ONLY PICKLEBALL:** Open to members and guests 15 years of age and older who are new to the sport of Pickleball and play at a Beginner level. 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.

