



# LAKELAND HILLS FAMILY YMCA GYMNASIUM SCHEDULE

Spring 2 2024: 4/8/24 – 5/26/24 ♦

Updated 4/2/24.

## 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
6:305PM – 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+)

## THURSDAYS

Evening gym monitor: Linda

5:00AM-11:15AM	Open Basketball *Closed: Blood Drive, 4/18 9am – 4pm.
11:30AM-1:00PM	Adult Pickleball (15+)
1:15PM-2:15PM	Open Basketball * Closed Half Gym Rental, DDAWL.
2:15PM – 10:15PM	Open Basketball
	* Closed On 4/25 for Junior Ninja 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 *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 Party is scheduled.
2:15PM-5:45PM	Open Basketball
	*Closed: 4/13 and 5/18 at 4:45pm for Kids Night Out and 5/4 at 5:15pm for 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 Party is scheduled.
2:15PM-5:45PM	Open Basketball

## LAKELAND HILLS FAMILY YMCA

100 Fanny Road, Mountain Lakes, NJ 07046

Phone 973.334.2820 Hotline 973.334.0091

## GYMNASIUM USAGE GUIDELINES

- Sneakers must be always worn in this area.
- Full Court is defined as width of gymnasium using 2 baskets.
- Half Court is defined as 1/2 width of gym using 1 basket.
- Plastic or metal sports bottles are permitted.
- Playing music without headphones is prohibited.



## DESCRIPTIONS

**OPEN GYMNASIUM:** Open to members and their guests, shooting or half court games only. *Children under the age of 12 must be accompanied in the Gymnasium by a parent or guardian (18 years and up) at all times.* Other activities permitted at discretion of gym monitor on duty.

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

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

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

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

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

*Children under the age of 12 must always be accompanied by a parent or guardian (18 years and up) while they are on Y premises.*

Schedules, updates, and inclement weather closings are available on our website at:

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

**Schedule is subject to change**