



# LAKELAND HILLS FAMILY YMCA GYMNASIUM SCHEDULE

## Fall Schedule 2024: 9/16/24 – 11/23/24

### Updated 9/23/24

### 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 – 3:15PM	Open Basketball
3:30PM – 6:30PM	Youth Clinics
7:15PM – 10:15PM	Adult Volleyball (15+)

### TUESDAYS

*Evening gym monitor: Linda*

5:00AM – 5:45AM	Open Basketball
6:00AM – 6:45AM	Group Exercise
7:00AM – 9:15AM	Open Basketball
9:15AM – 10:00AM	Youth Classes
10:00AM – 1:00PM	Adult Pickleball
2:15PM – 5:15PM	Youth Classes
5:30PM – 7:00PM	Open Basketball
7:15PM – 10:15PM	* Closed NJCOED Gym Rental

### WEDNESDAYS

*Evening gym monitor: Lucy*

5:00 AM–8:45AM	Open Basketball
9:00AM—10:00AM	Beginners Only Pickleball
10:00AM—1:00PM	Adult Pickleball
1:15PM—2:15PM	Youth Classes
2:15PM – 2:45PM	Open Basketball
2:45PM – 6:00PM	Youth Classes
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  
[www.lakelandhillsymca.com](http://www.lakelandhillsymca.com)

### THURSDAYS

*Evening gym monitor: Linda*

5:00AM-9:00AM	Open Basketball
9:15AM – 11:00AM	Youth Classes
11:00AM-1:00PM	Adult Pickleball (15+)
1:15PM-2:00PM	Open Basketball * Closed Half Gym Rental, DDAWL
2:15PM – 10:15PM	Open Basketball
	* Closed Blood Drives on 10/17 and 11/14, from 8am – 4pm.
	* Closed Ninja Night on 9/26 from 4pm – 6pm

### 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 – 5:00PM	Open Basketball
5:30PM – 7:15PM	Beginners Only Pickleball
7:15PM – 10:00PM	Adult Pickleball (15+)
	* Closed Senior Health & Wellness Day, 10/18, 10:30am – 1:30PM

### SATURDAYS

*Day / Weekend gym monitor: Greg*

7:00AM - 7:45AM	Open Basketball
8:00AM - 8:45AM	Group Fitness Class
8:45AM – 12:00PM	* Closed YPE classes
12:00PM - 2:15PM	Open B-ball/ *Closed if Birthday Party is scheduled.
2:15PM - 5:45PM	Open B-ball *Closed Kids Night Out, 9/21, 10/12, & 11/16 @ 4:30pm-8pm.

### SUNDAYS

*Day / Weekend gym monitor: Greg*

7:15AM-9:45AM	Adult Pickleball
10:00AM-10:45AM	Group Fitness Class
11:00AM-12:00PM	Open Basketball
12:00PM-2:15PM	Open Basketball *Closed: if Birthday Party is scheduled.
2:15PM-5:45PM	Open Basketball

# LAKELAND HILLS FAMILY YMCA GYMNASIUM USAGE GUIDELINES

## RULES AND REGULATIONS

- Sneakers must be always worn.
- 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, Health & 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.

**BEGINNERS ONLY PICKLEBALL:** Open to members, 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.

*Between 8am-4pm, Camp will move inside during extreme heat or inclement weather*

