



# LAKELAND HILLS FAMILY YMCA GYMNASIUM SCHEDULE

## Winter Leagues 2024: 11/25/24 – 12/23/24 ♦

### Updated 11/22/24.

### 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 – 7:15PM	Youth Clinics/Leagues
7:15PM – 10:15PM	Adult Volleyball (15+)

### THURSDAYS

Evening gym monitor: Linda

5:00AM-8:45AM	Open Basketball
9:00AM – 11:00AM	Youth Classes
11:00AM – 1:00PM	Adult Pickleball (15+)
1:15PM – 2:00PM	Open Basketball * <b>Closed</b> Half Gym Rental, DDAWL Open Basketball
2:15PM – 10:15PM	Open Basketball * <b>Closed</b> *Grit 'N' Snow, 12/5, 12/12, & 12/19 4:45pm – 8:45pm

### TUESDAYS

Evening gym monitor: Linda

5:00AM – 5:45AM	Open Basketball
6:00AM – 6:45AM	Group Exercise
7:00AM – 9:45AM	Open Basketball
10:00AM – 1:00PM	Adult Pickleball
1:45PM – 4:15PM	Youth Classes
4:30PM – 7:00PM	Open Basketball <b>Closed</b> *Grit 'N' Snow, 12/3, 12/10, 12/17.
7:15PM – 10:15PM	<b>Closed</b> * NJCOED Gym Rental.

### 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
4:30PM – 7:15PM	Youth Leagues
7:15PM – 8:15PM	Beginners Only Pickleball
8:15PM – 10:15PM	Adult Pickleball (15+)

### 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–4:15PM	Youth Classes
4:15PM – 7:15PM	Youth Leagues
7:30PM – 10:00PM	Adult Volleyball (15+)

### SATURDAYS

7:00AM–7:45AM	Open Basketball
8:00AM--8:45AM	Group Fitness Class
8:45AM – 11:30AM	Youth Classes
12:00PM -2:15PM	Open B-ball/ * <b>Closed</b> : if Birthday Party is scheduled.
2:15PM-5:45PM	Open Basketball * <b>Closed</b> : for Youth Leagues, 12/7 11:15am – 3:45pm

### SUNDAYS

7:15AM-9:45AM	Adult Pickleball
10:00AM-10:45AM	Group Fitness Class
12:00PM-2:15PM	Open Basketball * <b>Closed</b> : for Birthday Party/Youth Leagues
2:15PM-5:45PM	Open Basketball * <b>Closed</b> : Youth activity, 12/8, 11:30am-3:30pm

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

# 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*

