



# LAKELAND HILLS FAMILY YMCA GYMNASIUM SCHEDULE

## Winter 2025: 1/6 – 2/23/25 ♦

Updated 12/31/24.

### SNEAKERS MUST BE WORN IN THE GYMNASIUM

### MONDAYS

*Evening gym monitor: Meg*

5:00AM–9:15AM	Open Basketball
9:30AM–10:30AM	Group Fitness Class
11:00AM-1:00PM	Adult Pickleball (15+)
1:00PM – 1:45PM	<b>Closed:</b> Youth Classes
2:00PM – 3:15PM	Open Basketball * <b>Closed</b> Half Gym for Vacation Camp, 1/20
3:30PM – 7:15PM	<b>Closed:</b> Youth Classes
7:15PM – 10:15PM	Adult Volleyball (15+)

### TUESDAYS

*Evening gym monitor: Linda*

5:00AM – 5:45AM	Open Basketball
6:00AM – 6:45AM	Group Fitness Class
7:00AM – 9:45AM	Open Basketball
10:00AM – 1:00PM	Adult Pickleball
1:45PM – 5:30PM	<b>Closed:</b> Youth Classes
5:30PM – 7:00PM	Open Basketball
7:15PM – 10:15PM	<b>Closed</b> * 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
1:00PM–1:45PM	<b>Closed:</b> Youth Classes
1:45PM – 2:30PM	Open Basketball
2:45PM – 4:45PM	<b>Closed:</b> Youth Classes
4:45PM – 7:15PM	<b>Closed:</b> Youth Leagues
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)  
 Phone 973.334.2820 Hotline 973.334.0091

### THURSDAYS

*Evening gym monitor: Linda*

5:00AM-9:15AM	Open Basketball
9:30AM – 11:00AM	<b>Closed:</b> Youth Classes Blood Drives, 1/26 and 2/20.
11:00AM – 1:00PM	Adult Pickleball (15+)
1:15PM – 2:00PM	Half Open Basketball / <b>Closed</b> Half Gym Rental, DDAWL
2:15PM – 3:45PM	<b>Closed:</b> Youth Classes
3:30PM – 6:30PM	Open Basketball <b>Closed</b> Ninja Night, 1/9.

### FRIDAYS

*Evening gym monitor: Lucy*

5:00AM--9:00AM	Open Basketball
9:00AM--9:45AM	Group Fitness Class
10:00AM – 1:00PM	Adult Pickleball
1:00PM – 4:15PM	Open Basketball
4:45PM – 7:15PM	<b>Closed:</b> Youth Leagues
7:30PM – 8:15PM	Beginners Only Pickleball
8:15PM – 10:15PM	Adult Pickleball (15+)

### SATURDAYS

7:00AM–7:45AM	Open Basketball
8:00AM--8:45AM	Group Fitness Class
8:45AM – 11:45AM	<b>Closed:</b> Youth Classes
11:15PM -3:45PM	<b>Closed:</b> Youth Leagues
3:45PM-5:45PM	Open Basketball * <b>Closed</b> Kids Night Out, 4:30pm-8:15pm, 1/18 and 2/15

### SUNDAYS

7:15AM-9:45AM	Adult Pickleball
10:00AM-10:45AM	Group Fitness Class
11:30AM-1:00PM	<b>Closed :</b> Grit 'N' Snow, 1/12, 1/26, 2/2, and 2/9. Open B'Ball on 1/19
12:00PM-2:15PM	Open Basketball <b>Closed:</b> 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*

