



# Pool Schedule (04/05/2025 – 06/05/2025)

## Adult Lane

Lakeland Hills YMCA | 100 Fanny Road |  
Mountain Lakes, NJ 07046 | 973.334.2820

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM – 10:30 AM 6 Lanes	5:00 AM – 10:30 AM 6 Lanes	5:00 AM – 10:30 AM 6 Lanes	5:00 AM – 9:30 AM 6 Lanes	5:00 AM – 2:00 PM 3 - 6 Lanes		7:00 AM – 8:30 AM 2 Lanes
12:00 PM – 2:00 PM 6 Lanes	1:00 PM – 2:00 PM 3 Lanes	12:00 PM – 12:50 PM 6 Lanes	12:00 PM – 1:00 PM 6 Lanes			1:00 PM – 3:30 PM 2-6 Lanes
	9:00 PM – 9:45 PM 3 Lanes	6:00 PM- 8:30 PM 6 Lanes				

## Lane Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:30 AM – 2:00 PM 3 - 6 Lanes	10:30 AM – 1:00 PM 4 - 6 Lanes	9:30 AM – 12:00 PM 3 - 4 Lanes	9:30 AM – 12:00 PM 4 - 5 Lanes	2:00 PM – 4:00 PM 6 Lanes	7:00 AM – 11:30 AM 4 - 6 Lanes	8:30 PM – 1:00 PM 4 - 6 Lanes
2:00PM – 4:00 PM 6 Lanes	2:00 PM – 4:00 PM 3 Lanes	2:00 PM – 4:00 PM 6 Lanes	1:00 PM – 2:00 PM 3 Lanes	5:30 PM- 8:30 PM 4 - 6 Lanes	4:00 PM- 5:45 PM 2 - 4 Lanes	3:30PM- 5:45 PM 2-4 Lanes
9:00 PM- 9:45 PM 4 Lanes	9:00PM- 9:45PM 3 Lanes	8:30PM- 9:45PM 2-3 Lanes	8:30 PM – 9:45 PM 3 - 4 Lanes	8:30PM- 9:45PM 6 Lanes		

## Open Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 PM – 9:45 PM 2 Lanes	11:45 AM – 1:00 PM 2 Lanes			8:30PM- 9:45PM 2 Lanes	4:15 PM – 5:45 PM 2 Lanes	3:30 PM – 5:45 PM 2 Lanes

## Arthritis Classes and Masters Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Arthritis Class 1:00 PM – 2:00 PM 3 Lanes	Masters Swim 8:30 PM – 9:45 PM 3 - 4 Lanes	Arthritis Class 1:00 PM – 2:00 PM 3 Lanes			Masters Swim 7:00 AM – 8:30 AM 4 Lanes

The pool schedule is subject to change regularly. Please check the schedule online at [www.lakelandhillsymca.com](http://www.lakelandhillsymca.com) under the "schedule" tab for all updates.

*\*Swim instructor training varies by month  
\*Guard Class Times Varies by Month*



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FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

## **POOL INFORMATION**

**Lane Swim:** Open to all full-privilege members & guests 12 years of age and older. Lanes are designated for speed. A list of lane etiquette is posted in the pool.

**Open Swim:** Open to all full-privilege members & guests. Children under the age of 7 must be within arm's reach of an adult member. The adult member must physically be in the pool. Children ages 7-11 who do not use a bubble, must be supervised by an adult from the water or the balcony. Individuals who want to swim in the deep end of the pool must pass the deep-water test (administered by the lifeguard on duty). No lap swimming is allowed, and no inflatable devices are allowed in the water. Bubbles are available on the pool deck.

**Adult Lane Swim** : Open to all full-privilege members & guests 17 years of age and older. Lane etiquette applies.

## **POOL REGULATIONS**

- **All swimmers must take a shower prior to swimming – this will be strictly enforced by lifeguards**
- **Everyone with hair shoulder length or longer must wear a bathing cap or have hair securely tied up**
- **Personal toys (no inflatable devices) are allowed in the pool at the lifeguard's discretion, but YMCA toys are not allowed out of the facility**
- **Children wishing to use the deep end need to pass a swim test (swim length of pool)**
- **Children may jump in only from between the two cones**
- **No kickboards allowed in open swim**
- **Children in bubbles or other floating aids are to remain in shallow end of pool**
- **Lifeguard has final word for maintaining pool safety**
- **Coaching from the pool deck is not permitted unless previously approved by the Aquatics**

## **SCHEDULE SUBJECT TO CHANGE**

Updates and inclement weather closings are posted on our website, Facebook, or Instagram pages.

Please feel free to contact us with any questions  
**Aquatics@lhymca.com**