LAKELAND HILLS FAMILY YMCA GYMNASIUM SCHEDULE
Spring 2 2025: 4/21 – 6/1/25 ◇
Updated 4/14/25.

MONDAYS
Evening gym monitor: Meg

Time	Activity
5:00AM–9:15AM	Open Basketball
9:30AM–10:30AM	Group Exercise
11:00AM-1:00PM	Adult Pickleball (15+)
1:15PM – 2:15PM	Youth Classes
2:30PM – 3:30PM	Open Basketball
3:45PM – 6:45PM	Youth Classes
7:15PM – 10:15PM	Adult Volleyball (15+)

TUESDAYS
Evening gym monitor: Linda

Time	Activity
5:00AM – 5:45AM	Open Basketball
6:00AM – 6:45AM	Group Exercise
7:00AM – 9:45AM	Open Basketball
10:00AM – 1:00PM	Adult Pickleball
2:15PM – 3:45PM	Youth Classes
3:45PM – 6:30PM	Open Basketball
7:15PM – 10:15PM	Closed * NJCOED Gym Rental

WEDNESDAYS
Evening gym monitor: Lucy

Time	Activity
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 – 6:15PM	Youth Classes
7:15PM – 10:00PM	Adult Volleyball (15+)

THURSDAYS
Evening gym monitor: Linda

Time	Activity
5:00AM-8:45AM	Open Basketball
9:30AM – 11:00AM	Youth Classes
11:00AM – 1:00PM	Adult Pickleball (15+)
1:15PM – 2:00PM	Open Basketball * **Closed** Half Gym Rental, DDAWL Open B-Ball.
2:15PM – 3:30PM	Open Basketball
3:30PM – 10:15PM	Open Basketball * **Closed** for Events. Concert, 5/8, 6pm – 10pm.

FRIDAYS
Evening gym monitor: Lucy

Time	Activity
5:00AM--9:00AM	Open Basketball
9:00AM--9:45AM	Group Exercise
10:00AM – 1:00PM	Adult Pickleball
2:00PM – 5:00PM	Open Basketball
5:30PM – 7:15PM	Beginners Only Pickleball
7:15PM – 10:15PM	Adult Pickleball (15+)

SATURDAYS
Day/Weekend gym monitor: Greg

Time	Activity
7:00AM—7:45AM	Open Basketball
8:00AM--8:45AM	Group Fitness Class
8:45AM – 11:45AM	Youth Classes
11:45PM -3:45PM	Open B-ball/ ***Closed:** If Birthday Party
3:45PM-5:45PM	Open Basketball ***Closed** Kids Night Out, 5/10.

SUNDAYS

Time	Activity
7:15AM-9:45AM	Adult Pickleball
10:00AM-10:45AM	Group Fitness Class
11:30AM-1:00PM	Open Basketball ***Closed** If Birthday Party is scheduled.
1:00PM-2:15PM	Open Basketball ***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

LAKELAND HILLS FAMILY YMCA GYMNASIUM USAGE GUIDELINES

RULES AND REGULATIONS

- Sneakers must be worn at ALL times.
- 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, Fitness Director, at gerryg@lhymca.com; **schedule is subject to change.** Schedules, updates, and inclement-weather closings are posted on our website (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.

NEW!!! BEGINNERS ONLY PICKLEBALL: Open to members and guests 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.

PICKLEBALL AT THE Y!