



LAKELAND HILLS FAMILY YMCA GYMNASIUM SCHEDULE

Summer 2025: 6/23 – 8/10/25 ♦

Updated 6/16/25

MONDAYS

Evening gym monitor: Meg

5:00AM–8:45AM	Open Basketball
9:00AM–11:30AM	Camp
11:40AM–12:40PM	Adult Pickleball (15+) * Closed for Camp (if it rains)
12:45PM – 3:00PM	Camp
3:15PM – 6:45PM	Open Basketball * Closed for Camp (if it rains)
7:15PM – 10:15PM	Adult Volleyball (15+)

TUESDAYS

Evening gym monitor: Linda

5:00AM – 8:30AM	Open Basketball
9:00AM – 11:30PM	Camp
11:40PM – 12:40PM	Adult Pickleball (15+) * Closed for Camp (if it rains)
12:45PM – 3:00PM	Camp
3:15PM – 6:00PM	Open Basketball * Closed for Camp (if it rains)
6:15PM – 10:15PM	Open Basketball

WEDNESDAYS

Evening gym monitor: Lucy

5:00 AM–8:45AM	Open Basketball
9:00AM–11:40AM	Camp
11:40AM–12:40PM	Adult Pickleball (15+) * Closed for Camp (if it rains)
12:45PM–3:00PM	Camp
3:15PM – 6:45PM	Open Basketball * Closed for Camp (if it rains)
7:15PM – 10:15PM	Adult Volleyball (15+)

THURSDAYS

Evening gym monitor: Linda

5:00AM–8:45AM	Open Basketball
9:00AM – 11:30AM	Camp
11:40AM – 12:40PM	Adult Pickleball (15+) * Closed for Camp (if it rains)
12:45PM – 3:00PM	Camp
3:00PM – 6:00PM	Open Basketball * Closed for Camp (if it rains)
6:15PM – 10:15PM	Open Basketball

FRIDAYS

Evening gym monitor: Lucy

5:00AM–8:45AM	Open Basketball
9:00AM–11:30AM	Camp
11:40AM – 12:40PM	Adult Pickleball (15+) * Closed for Camp (if it rains)
12:40PM – 3:00PM	Camp
3:15PM – 4:45PM	Open Basketball * Closed for Camp (if it rains)
5:15PM – 10:15PM	Adult Pickleball (15+)

SATURDAYS

Day/Weekend gym monitor: Greg

7:00AM–7:45AM	Open Basketball
8:00AM–8:45AM	Group Fitness Class
8:45AM – 11:45AM	Open Basketball
11:45PM – 3:45PM	Open B-ball/ * Closed : If Birthday Party is scheduled.
3:45PM–5:45PM	Open Basketball * Closed if Birthday Party is scheduled.

SUNDAYS

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

www.lakelandhillsymca.com

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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.lakelandhillssymca.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.

