



# Pool Schedule (6/23/2025 – 8/3/2025)

## 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 3 - 6 Lanes	5:00 AM – 10:00 AM 3 - 6 Lanes	5:00 AM – 10:30 AM 6 Lanes	5:00 AM – 10:00 AM 6 Lanes	5:00 AM – 1:00 PM 3 - 6 Lanes	7:00 AM – 11:30 AM 2 Lanes	7:00 AM – 8:30 AM 2 Lanes
5:30 PM – 8:30 PM 2 - 3 Lanes	9:00 PM – 9:45 PM 3 Lanes	5:30 PM – 9:45 PM 2-6 Lanes				1:00 PM – 3:30 PM 2 - 6 Lanes

## Lane Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:30 AM – 12:30 PM 6 Lanes	11:30 AM – 12:40 PM 4 - 6 Lanes	10:30 AM – 12:30 PM 4 - 6 Lanes	11:00 AM – 12:40 PM 3-6 Lanes	3:00 PM- 4:00 PM 6 Lanes	7:00 AM – 11:30 AM 4 - 6 Lanes	3:30 PM- 5:45 PM 2 - 4 Lanes
3:00 PM – 4:00 PM 6 Lanes	3:00PM- 4:00PM 6 Lanes	3:00 PM – 4:00 PM 4 Lanes	3:00 PM – 4:00 PM 4 Lanes	6:00 PM- 9:45 PM 2 - 4 lanes	4:00 PM – 5:45 PM 2 - 4 Lanes	
8:00 PM- 9:45 PM 4 Lanes	5:30 PM- 9:00 PM 4 - 6 Lanes		5:30 PM – 9:45 PM 2 - 6 Lanes	8:30PM- 9:45Pm		
	9:00 PM- 9:45 PM 3 Lanes					

## Open Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3:00 PM – 4:00 PM 2 Lanes	3:00 PM – 4:00 PM 2 Lanes	3:00 PM- 4:00 PM 2Lanes	3:00 PM – 4:00 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
8:00PM- 9:45PM 2 Lanes	7:30PM- 8:30PM 2 Lanes		7:00 PM- 8:30 PM 2 Lanes	8:30 PM – 9:45 PM 2 Lanes		

## Arthritis Classes and Masters Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Arthritis Class 11:30 AM – 12:30 PM 3 Lanes	Masters Swim 8:30 PM – 9:45 PM 3 - 4 Lanes	Arthritis Class 11:30 AM – 12:30 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.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## POOL INFORMATION

### Please Refer to the Pool Rules in the Aquatics Center

**Proper Swim Attire:** All swimmers must always wear a lined swimsuit. Please see attached swim attire guidelines. Contact Aquatics management with any questions.

**Supervision:** All children 11 and under, must be accompanied by an adult, age 18 and over, AT ALL TIMES.

**Lane Swim:** Open to all full-privileged members and guests 12 years of age and older. Lanes are designated for speed. A list of swim etiquette is posted in the Aquatics Center.

**Lane Swim:** Ages 12 and older

**Adult Lane:** 17 years and Older

**Open Swim:** Open to all full-privileges members and guests. No lap swimming is allowed, and no inflatable devices are allowed in the water. Bubbles are available on the pool deck (used at the lifeguards' discretion).

**Ages 6 years and Younger:** Must be within arm's reach of an adult member (18 years and older). The adult member must physically be in the pool.

**Ages 7-11 Years (Who do not use a bubble):** Must be supervised by an adult member (18 years and older) from the water or the balcony.

**Deep End Test:** Individuals who want to swim in the deep end of the pool must pass the deep-water test. Please see the Lifeguard if you want to do the test.

**Birthday Pool Parties:** Birthday parties will run on Sundays from 1:30pm-3:30pm, schedule TBD by request. If interested, please ask Aquatics Management.

### POOL REGULATIONS (Lifeguard Has Final Say in the Pool Area)

- \* All swimmers must take a shower prior to swimming - this will be enforced by Lifeguards.
- \* Everyone with hair, shoulder length or longer, must wear a bathing cap or have their hair securely tied up.
- \* Individuals wishing to use the deep end need to pass a swim test.
- \* Children may jump in only from between the two designated cones on the pool deck.
- \* No kickboards are allowed in the open swim area.
- \* Children wearing bubbles must remain in the shallow end of the pool within arm's reach of an adult member.
- \* Lifeguard has final word for maintaining pool safety.
- \* Coaching from the pool deck is not permitted, unless previously approved by the Aquatics Director.

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

Please feel free to contact us at [Aquatics@lhymca.com](mailto:Aquatics@lhymca.com) with any questions.

Please scan this QR code to be added to our weekend lane swim email list. This weekend lane swim email list will give you access to real time updates on our pool schedule.

