



Pool Schedule (6/22/2025 – 8/09/2025)

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 – 10:00 AM 3-6 Lanes	5:00 AM – 10:00 AM 3-6 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 – 8:00 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	11:00 AM – 12:40 PM 3 - 6 Lanes	10:00 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 4 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 2 Lanes	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 under the “schedule” tab for all updates.