



Pool Schedule August 21-22 & September 2-7

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 | | | | 8:30 AM – 3:30 PM 1 - 6 Lanes |
| 5:30 PM – 8:00 PM 2 - 3 Lanes | | | | | | 1:00 PM – 3:30 PM 2 - 6 Lanes |

Lane Swim

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

Open Swim

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------------------------|---------------------------------|--------------------------------|---------------------------------|------------------------------|---------------------------------|---------------------------------|
| 3:00 PM – 5:30 PM 2 Lanes | 3:00 PM – 5:30 PM 2 Lanes | 3:00 PM- 5:30 PM 2 Lanes | 3:00 PM – 5:30 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- 9:00 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.

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 swim attire guidelines on bulletin board. 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 11 years of age and older. Lanes are designated for speed. A list of swim etiquette is posted in the Aquatics Center.

- Lane Swim: Ages 11 and older (with the exception of swim team)
- 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. Kickboards and poles are at 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.
- Everyone with hair, shoulder length or longer, must wear a bathing cap or have their hair securely tied up (ask lifeguard for hair tie if needed).
- 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.
- 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.
- Children must be potty trained to enter water.

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

Please feel free to contact us at 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.

