



## LAKELAND HILLS FAMILY YMCA GYMNASIUM SCHEDULE

Winter 2025: 1/1/26 – 2/28/26 ♦

Updated 12/30/2025

### MONDAYS

Evening gym monitor: Meg

5:00AM–9:15AM	Open Basketball
9:30AM–10:45AM	Open Basketball
11:00AM–1:00PM	Adult Pickleball (15+)
1:15PM – 2:15PM	Open Basketball
2:15PM – 3:30PM	Open Basketball
3:45PM – 4:45PM	Youth Classes (begins 1/5)
4:45PM – 7:15PM	Open B-Ball * <b>Closed</b> for events.
7:15PM – 10:15PM	Adult Volleyball (15+)

### THURSDAYS

Evening gym monitor: Linda

5:00AM–8:45AM	Open Basketball
9:00AM – 1:00PM	Adult Pickleball (15+)
1:15PM – 2:00PM	Open Basketball
1:15PM – 2:00PM	Open B-ball * <b>Closed</b> Half Gym Rental, DDAWL, (1/8/26)
2:15PM – 4:00PM	Open Basketball
4:15PM – 7:15PM	Open Basketball * <b>Closed</b> for JUVENTIS
7:15PM – 10:15PM	Open Basketball

### TUESDAYS

Evening gym monitor: Linda

5:00AM – 10AM	Open Basketball
9:15AM – 12:15PM	Youth Classes (begins 1/6)
12:30PM – 2:30PM	Adult Pickleball (15+)
2:45PM - 3:45PM	Open Basketball
4:15PM – 7:15PM	Open B-ball * <b>Closed</b> for JUVENTIS
7:15PM – 10:15PM	Open Basketball <b>Closed</b> * NJCOED, Begins (1/20/26)

### FRIDAYS

Evening gym monitor: Lucy

5:00AM–9:45AM	Open Basketball
10:00AM – 1:00PM	Adult Pickleball (15+)
1:15PM – 2:15PM	Open Basketball
2:15PM – 3:45PM	Open Basketball
4:00PM – 5:45PM	Open Basketball * <b>Closed</b> for events.
6:00PM – 10:15PM	Adult Pickleball (15+)

### WEDNESDAYS

Evening gym monitor: Lucy

5:00 AM–8:45AM	Open Basketball
9:00AM–10:00AM	Beginners Only Pickleball
10:00AM–1:00PM	Adult Pickleball
1:15PM–2:00PM	Open Basketball
2:00PM – 5:00PM	Youth Classes (begins 1/7)
5:00PM – 7:00PM	Open Basketball * <b>Closed</b> for events.
7:15PM - 10:00PM	Adult Volleyball (15+) (Begins 1/7)

### SATURDAYS

Day/Weekend Gym Monitor: Greg

7:00AM–8:30AM	Open Basketball
8:45AM – 12:00PM	Open B-ball * <b>Closed</b> for JUVENTIS (begins 1/5/26)
12:15PM – 3:45PM	Open B-ball/ * <b>Closed</b> : If Birthday Party
3:45PM-5:45PM	Open B-ball/ * <b>Closed</b> : If Birthday Party or Leagues.

### SUNDAYS

7:15AM-9:45AM	Adult Pickleball
10:00AM-10:45AM	Open Basketball
11:00AM-1:00PM	Open Basketball * <b>Closed</b> If Birthday Party is scheduled.
1:00PM-2:15PM	Open Basketball * <b>Closed</b> : 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](http://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  $\frac{1}{2}$  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](mailto:gerryg@lhymca.com); **schedule is subject to change**. Schedules, updates, and inclement-weather closings are posted on our website ([www.lakelandhillsymca.com](http://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.

