



Gymnasium Schedule

Beginning 4/14/2026

Updated 5/13/26

Monday

| | |
|--------------|--------------------------|
| 5:00a-9:45a | Open Basketball |
| 10:00a-1:00p | Pickleball (15+) |
| 1:15p-3:30p | Open Basketball |
| 3:45p-6:15pm | Youth Basketball Program |
| 6:30p-7:00p | Open Basketball |
| 7:15p-10:15p | Adult Volleyball (15+) |

Tuesday

| | |
|--------------|-----------------------|
| 5:00a-9:15a | Open Basketball |
| 9:15a-12:30p | Youth Classes |
| 12:30p-3:30p | Pickleball (15+) |
| 4:15p-7:15p | Juventus Youth Soccer |
| 7:15p-10:15p | Closed for NJCOED |

Wednesday

| | |
|--------------|------------------------|
| 5:00a-8:45a | Open Basketball |
| 9:00a-10:00a | Pickleball (Beginner) |
| 10:00a-1:00p | Pickleball (15+) |
| 1:15p-2:00p | Open Basketball |
| 2:00p-6:15p | Youth Programming |
| 6:15p-7:00p | Open Basketball |
| 7:15p-10:15p | Adult Volleyball (15+) |

LAKELAND HILLS FAMILY YMCA
 100 Fanny Road
 Mountain Lakes, NJ 07046
 Phone (973) 334-2820

www.lakelandhillsymca.com

Thursday

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|--------------|-----------------------|
| 5:00a-8:45a | Open Basketball |
| 9:00a-10:00a | Pickleball (Beginner) |
| 10:00a-1:00p | Pickleball (15+) |
| 1:15p-2:00p | ½ Gym Open Basketball |
| 1:15p-2:15p | ½ Gym Closed DDAWL |
| 2:15p-4:00p | Open Basketball |
| 4:15p-7:15p | Juventus Youth Soccer |
| 7:30p-9:30p | Pickleball (15+) |

Friday

| | |
|--------------|--------------------|
| 5:00a-9:45a | Open Basketball |
| 10:00a-1:00p | Pickleball (15+) |
| 1:15-4:00p | Open Basketball |
| 4:00p-5:45p | Open Basketball ** |
| 6:00p-10:00p | Pickleball (15+) |

Saturday

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|--------------|-----------------------|
| 7:00a-8:00a | Open Basketball |
| 8:00a-8:45a | Group Fitness |
| 8:45a-12:00p | Juventus Youth Soccer |
| 12:15p-5:45p | Open Basketball ** |

Sunday

| | |
|---------------|--------------------|
| 7:15a-9:45a | Pickleball (15+) |
| 10:00a-10:45a | Group Fitness |
| 11:00a-5:45p | Open Basketball ** |

** Closed for events &/or birthday parties

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 Kelly Najjar, Senior Program Director at kellyn@lhymca.com; **schedule is subject to change**. Schedules, updates, and inclement-weather closings are posted on our website (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

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.

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.

