

# Pool Schedule 06/1-06/30



## Adult Lane Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-7:30 am 1-6 Lanes	5:00-7:30am 1 - 6 Lanes	5:00-7:30am 1-6 Lanes	5:00-7:30am 1 - 6 Lanes	5:00-7:30am 1 - 6 Lanes	7am-11:30am 1-4 lanes	7:00-8:30am 2 Lanes
8:30AM-10AM	8:30am-11:30am 1- 5 Lanes	8:30am-10:30 1-6 Lanes	8:30am-11:30am 1- 6 Lanes	8:30am-12:35 1-6 lanes		1:00-3:30pm 2 - 6 Lanes

## Lane Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10AM-12:40PM 4Lanes	11:30am-12:45pm 1-3 lanes	10:30-12:30pm 1 - 6 Lanes	11:30am-12:45pm 1-3 lanes	2:45pm-4:00pm 1 - 4 lanes	4:00-5:45pm 1-4 Lanes	8:30am-1pm 1-4 lanes
3:00-4:00pm 1-6 Lanes	3:00-4:00pm 1-6 Lanes	8:30pm-9:45pm 1-6 Lanes	3:00-4:00pm 1-6 Lanes	8:30am-12:35 1-6 lanes		3:30- 5:45pm 1 - 4 Lanes
9:00pm-9:45pm 1-4 Lanes	8:30pm-9:45pm 1-6 Lanes	3:00-4:00pm 1-6 Lanes	8:30pm- 9:45pm 1-4 Lanes	8:30-9:45pm 2 - 4 lanes		

## Open Swim

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

## Masters Swim/Arthritis Class/Adult Lessons

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Arthritis Class 11:30-12:30pm	Masters Swim 8:30-9:45pm	Arthritis Class 11:30-12:30pm		Adult lessons 2:44-3:45pm	Masters Swim 7:00-8:30am
			Adult lessons 8:30-9:30pm			

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.

**Tommy Riggins | Aquatics Director | (973) 507-7022**  
**100 Fanny Road, Mountain Lakes, NJ**

## 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.

- **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 [AQAssistant@lhymca.com](mailto:AQAssistant@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.

