



Gymnasium Schedule
Beginning 6/22/2026
 Revised 6/24/2026

Monday

5:00a-7:45a	Open Basketball
8:00a-11:15a	YMCA Camp
11:30a-12:30a	Open Basketball
12:45p-2:45p	YMCA Camp
3:00p-6:00p	Pickleball (15+)
6:15p-7:00p	Open Basketball
7:15p-10:15p	Adult Volleyball (15+)

Tuesday

5:00a-7:45a	Open Basketball
8:00a-11:15a	YMCA Camp
11:30a-12:30p	Pickleball (15+)
12:45p-2:45p	YMCA Camp
3:00p-6:00p	Pickleball (15+)
6:15p-10:15p	Open Basketball

Wednesday

5:00a-7:45a	Open Basketball
8:00a-11:15a	YMCA Camp
11:30a-12:30a	Pickleball (15+)
12:45p-2:45p	YMCA Camp
3:00p-6:00p	Pickleball (15+)
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

5:00a-7:45a	Open Basketball
8:00a-11:15a	YMCA Camp
11:30a-12:30a	Pickleball (15+)
12:45p-2:45p	YMCA Camp
3:00p-5:30p	Pickleball (15+)
5:45p-6:45p	Open Basketball
7:00p-10:15p	Pickleball (15+)

Friday

5:00a-7:45a	Open Basketball
8:00a-11:15a	YMCA Camp
11:30p-12:30p	Open Basketball
12:45p-2:45p	YMCA Camp
3:00p-6:00p	Pickleball (15+)
6:15p-10:15p	Open Basketball

Saturday

7:00a-7:45a	Open Basketball
8:00a-8:45a	Group Fitness
9:00a-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
- During YMCA SUMMER CAMP (Mondays to Fridays) the gymnasium will be closed to member use if there is a high heat index or heavy rain to accommodate summer camp relocating inside the facility.

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.

