

Pool Schedule 8/1 - 8/31



Adult Lane Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am-10am 1-6 Lanes	5:00-8:30am 1-6 Lanes	5:00-10:30am 1-6 Lanes	5:00-8:30am 1- 6 Lanes	5:00-7:30am 1 - 6 Lanes	7am-11:30am 1-4 lanes	7:00-8:30am 2 Lanes
	8:30am-11:30am 1- 5 Lanes		8:30am-11:30am 1- 4 Lanes	8:30am- 12:35pm 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	5:45pm-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
5:45pm-9:45pm 4-6Lanes	5:45pm-9:45pm 4-6 Lanes	3:00-4:00pm 1-6 Lanes	5:45pm- 9:45pm 1-4 Lanes	5:45pm-9:45pm 2 - 4 lanes		

Open Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00pm-9:45pm 2 Lanes	6pm-7:45pm 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 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 all posted Aquatics Center rules while using the facility.
- All swimmers must wear appropriate, lined swim attire. Please see the attached Swim Attire Guidelines or contact Aquatics Management with any questions.
- All swimmers are required to shower before entering the pool.
- Individuals with shoulder-length hair or longer must wear a swim cap or keep their hair securely tied back.

Supervision Requirements

- Children 11 years of age and younger must be accompanied by an adult (18 years or older) at all times.
- Children ages 6 and under must remain within arm's reach of an adult who is physically in the water.
- Children ages 7–11 who are not using a YMCA-approved flotation bubble must be actively supervised by an adult from either the pool deck or balcony.
- Children using flotation bubbles must remain in the shallow end and within arm's reach of an adult in the water.

Lane Swim

- Lane Swim is available to full-privilege members and guests ages 12 and older.
- Lanes are designated by swimming speed. Please follow all posted Lane Swim Etiquette
- Adult Lane: Reserved for swimmers 17 years of age and older.
- Proper lane etiquette is expected at all times.

Open Swim

- Open Swim is available to all full-privilege members and guests.
- Lap swimming is not permitted in Open Swim area .
- Personal inflatable flotation devices are not permitted.
- YMCA flotation bubbles are available on the pool deck and may be used at the discretion of the lifeguard.
- Deep Water Access (Anyone wishing to use the deep end must successfully complete the YMCA Deep Water Swim Test.) Please see a lifeguard to request a swim test.

General Guidelines

- Jumping is permitted only in the designated area between the two marked cones.
- Kickboards are not permitted during Open Swim.
- Coaching from the pool deck is prohibited unless approved by the Aquatics Director.
- Lifeguards have the final authority on all pool safety decisions and rule enforcement.
- Birthday Pool Parties Birthday pool parties are available on Sundays from 1:30–3:30 PM (subject to availability).

Please contact Aquatics Management for additional information or to reserve a party.

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

Please feel free to contact us at 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.

