

Monday

5:00a-10:45a	Open Basketball
11:00a-1:00p	Pickleball (15+)
1:15p-3:00p	Open Basketball
3:00-7:00p	Youth Basketball & Dance Program
7:00-8:00p	Family Pickleball
8:15-10:15p	Adult Volleyball (15+)

Tuesday

5:00a-9:15a	Open Basketball
9:15a-12:45p	Youth Classes
12:45-2:30p	Pickleball (15+)
2:30-3:30P	Youth Programs
3:30-4:15p	Open Basketball
4:15p-7:15p	Youth Drop In Pickleball 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-2:30p	Open Basketball
2:45-6:00p	Youth Programming
6:00-7:30p	Open Basketball
7:30-10:15p	Adult Volleyball (15+)

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

Thursday

5:00a-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	Youth Drop In Pickleball Juventus Youth Soccer
7:30p-10:30p	Open Basketball

Friday

5:00a-8:45a	Open Basketball
9:00-10:00a	Group Fitness
10:00a-1:00p	Pickleball (15+)
1:15-4:00p	Open Basketball
4:00p-5:45p	Open Basketball **
5:00-6:30p	Family Pickleball**
6:30p-10:00p	Pickleball (15+)

Saturday

7:00a-8:00a	Open Basketball
8:00a-8:45a	Group Fitness
8:45a-12:00p	Juventus Youth Soccer
12:15p-3:00p	Open Basketball **
3:00p-5:45p	Family Pickleball**

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.

