Pool Schedule 11/1 – 11/30

Adult Lane Swim

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

Lane Swim

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

Open Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00pm-9:45pm 2 Lanes				4-5:30pm 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 1pm-2pm	Masters Swim 8:30-9:45pm	Arthritis Class 1:00-2:00pm		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

BEFORE YOU SWIM

- Shower before entering the pool.
- Wear appropriate, lined swim attire.
- Tie back shoulder-length hair or wear a swim cap.

SUPERVISION REQUIREMENTS

- **Children aged 11 and younger must be accompanied by an adult age 18 or older at all times**
- **Children aged 6 and younger must remain within arm's reach of an adult who is physically in the water**
- **Children ages 7-11 without a YMCA-approved flotation bubble must be supervised from 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.**

ADULT LANE / LANE SWIM

- ***Adult Lane Swim* is reserved for members and their guests aged 17 and older.**
- ***Lane Swim* is reserved for members and their guests aged 12 and older.**
- **Choose a lane designated for your swimming speed and follow all posted Lane Swim Etiquette.**
- **Proper lane etiquette is expected at all times.**

OPEN SWIM

- **Available to all full-privilege members and guests.**
- **Lap swimming is not permitted in the 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 lifeguard's discretion.**
- **Deep-end access requires passing the YMCA Deep Water Swim Test; ask a lifeguard for a test.**

GENERAL SAFETY

- **Jump only in the designated area between the two marked cones.**
- **Kickboards are not permitted during Open Swim.**
- **Pool-deck coaching is prohibited unless approved by the Aquatics Director**
- **Lifeguards have final authority on all pool safety decisions and rule enforcement.**



BIRTHDAY POOL PARTIES

Available Sundays from 1:30-3:30 PM, subject to availability.

Contact Aquatics Management at AQAssistant@lhymca.com

STAY UPDATED

Scan to stay updated on pool closures and schedule changes

Questions? AQAssistant@lhymca.com