



# LAKELAND HILLS FAMILY YMCA GYMNASIUM SCHEDULE

Winter 2025: 1/6 – 2/23/25 ♦

Updated 1/30/25.

## MONDAYS

Evening gym monitor: Meg

5:00AM–9:15AM	Open Basketball
9:30AM–10:30AM	Group Exercise
11:00AM-1:00PM	Adult Pickleball (15+)
1:00PM – 1:45PM	Youth Classes
2:00PM – 3:15PM	Open Basketball *Closed 1/2 Gym for Vacation Camp, 1/20
3:30PM – 7:15PM	Youth Classes
7:15PM – 10:15PM	Adult Volleyball (15+)

## TUESDAYS

Evening gym monitor: Linda

5:00AM – 5:45AM	Open Basketball
6:00AM – 6:45AM	Group Exercise
7:00AM – 9:45AM	Open Basketball
10:00AM – 1:00PM	Adult Pickleball
1:45PM – 5:30PM	Youth Classes
5:30PM – 7:00PM	Open Basketball
7:15PM – 10:15PM	Closed * NJCOED Gym Rental.

## WEDNESDAYS

Evening gym monitor: Lucy

5:00 AM–8:45AM	Open Basketball
9:00AM–10:00AM	Beginners Only Pickleball
10:00AM–1:00PM	Adult Pickleball
1:00PM–2:00PM	Youth Classes
2:00PM – 2:30PM	Open Basketball
2:45PM – 4:45PM	Youth Classes
4:45PM – 7:15PM	Youth Leagues
7:30PM – 10:00PM	Adult Volleyball (15+)

## THURSDAYS

Evening gym monitor: Linda

5:00AM-8:45AM	Open Basketball
9:30AM – 11:00AM	Youth Classes * Closed Blood Drives, 1/26 and 2/20.
11:00AM – 1:00PM	Adult Pickleball (15+)
1:15PM – 2:00PM	Open Basketball * Closed Half Gym Rental, DDAWL Open Basketball
2:15PM – 3:45PM	Youth Classes
3:30PM – 6:30PM	Open Basketball * Closed Ninja Night, 1/9.
6:30PM – 10:15PM	Open Basketball

## FRIDAYS

Evening gym monitor: Lucy

5:00AM–9:00AM	Open Basketball
9:00AM–9:45AM	Group Exercise
10:00AM – 1:00PM	Adult Pickleball
2:00PM – 4:15PM	Open Basketball
4:45PM – 7:15PM	Youth Leagues
7:30PM – 8:15PM	Beginners Only Pickleball
8:15PM – 10:15PM	Adult Pickleball (15+)

## SATURDAYS

7:00AM–7:45AM	Open Basketball
8:00AM–8:45AM	Group Fitness Class
8:45AM – 11:45AM	Youth Classes
11:15PM -3:45PM	Open B-ball/ *Closed: Youth Leagues
3:45PM-5:45PM	Open Basketball *Closed Kids Night Out, 4:30pm-8:15pm, 1/18 and 2/15

## SUNDAYS

7:15AM-9:45AM	Adult Pickleball
10:00AM-10:45AM	Group Fitness Class
11:30AM-1:00PM	Open Basketball *Closed if Grit 'N' Snow, 1/12, 1/26, 2/2, and 2/9.
12:00PM-2:15PM	Open Basketball *Closed: if Birthday Party is scheduled.
2:15PM-5:45PM	Open Basketball

## LAKELAND HILLS FAMILY YMCA

100 Fanny Road, Mountain Lakes, NJ 07046

Phone 973.334.2820 Hotline 973.334.0091

[www.lakelandhillsymca.com](http://www.lakelandhillsymca.com)

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# 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 Gerry Gessie, Fitness Director, at [gerryg@lhymca.com](mailto:gerryg@lhymca.com); **schedule is subject to change**. Schedules, updates, and inclement-weather closings are posted on our website ([www.lakelandhillsymca.com](http://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

**TEEN:** Open to teens 12-18 years of age. Usage same as OPEN.

**FAMILY:** Open to children ages 11 and under accompanied by an adult (18 years of age or older) and teens 12-18 years of age. Usage same as OPEN.

**ADULT BASKETBALL:** Open to members and guests 15 years of age and older. Full court or half court games or shooting basketballs.

**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.

**NEW!!! 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.

