



## GYMNASIUM INFORMATION

### USAGE GUIDELINES

- Sneakers must be worn in this area at all times
- Full Court is defined as width of gymnasium using 2 baskets
- Half Court is defined as 1/2 width of gym using 1 basket
- Only plastic sports bottles are permitted, and only during fitness classes
- Personal radios without headphones are prohibited



### PROGRAM DESCRIPTIONS

**OPEN GYM:** Open to all members, shooting or half court games only. Other activities permitted at discretion of gym monitor or Member Services staff on duty.

**TEEN OPEN:** Open to all members and their guests who are 12-18 years old. Usage same as OPEN.

**TEEN & FAMILY:** Open to children ages 11 and under accompanied by an adult and Teens 12-18 years. Usage same as OPEN.

**ADULT BASKETBALL:** Full court or half court games for adult members and their guests who are 19 years and older.

**TEEN BASKETBALL:** Half court pick-up games for 12-18 year olds.

Schedules and updates available on our website at: [www.lakelandhillsymca.com](http://www.lakelandhillsymca.com)  
or call our Y Hotline at 973.334.0091 in the event of inclement weather

**PLEASE NOTE:** Gymnasium may be closed from 7:30am to 6pm, Monday through Friday, during rain, inclement weather and/or excessive heat for Camp.