



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## GYMNASIUM SCHEDULE

Time	MONDAY
5-5:45 am	OPEN
5:45-6:25	Boot Camp Challenge
6:30-9:30	OPEN
9:30-10:30	Zumba
10:30-11:00	OPEN
11-12pm	Learning Center Gym Class
12pm-1	OPEN
1-2:15	Rookie Sports
2:15-3	OPEN
3-5:30	TEEN & FAMILY
5:30-6:30	Soccer Clinic
6:30-7:30	OPEN
7:15-10:15	Adult Volleyball/OPEN
Time	TUESDAY
5-7:45 am	Adult Basketball
7:45-9	OPEN
9-10	Boot Camp Challenge
10:15-12pm	OPEN
12-1:30	Adult Basketball
1:30-3	OPEN
3-3:45	TEEN & FAMILY
3:45-6	Tumbling & Gymnastics
6-6:30	OPEN
6:30-9	Adult Basketball
9-10:15	OPEN
Time	WEDNESDAY
5-5:45 am	OPEN
5:45-6:40	Boot Camp Challenge
6:40-9:15	OPEN
9:15-10	H-I-I-T
10-11:15	OPEN
11:15-12:15 pm	Learning Center Gym Classes
12:15-1	OPEN
1-2:15	Rookie Sports
2:15-3	OPEN
3-5:30	TEEN & FAMILY
5:30-6:30	Youth Basketball Clinic
6:30-7:30	OPEN
7:30-10:15	Adult Volleyball

## SPRING II April 24 – June 11, 2017

Time	THURSDAY
5-7:45 am	Adult Basketball
7:45-9	OPEN
9-10	NIA
10-10:45	Swim Gym & Fun
10:45-12pm	OPEN
12-1:30	Adult Basketball
1:30-3	OPEN
3-6:30	TEEN & FAMILY
6:30-9	Adult Basketball
9-10:15	OPEN
Time	FRIDAY
5-5:45am	Open
5:45-6:25	Boot Camp Challenge
6:30-9:15	OPEN
9:15-10:10	P90X Live
10:15-10:45	Swim Gym & Fun
10:45-12 pm	OPEN
12-1:30	Adult Basketball
1:30-3	OPEN
3-5	TEEN & FAMILY
5-8:30	TEEN & FAMILY/OPEN
8:30-10:15	TEEN
Time	SATURDAY
7-7:45 am	OPEN
8-8:55	Boot Camp Challenge
9-11:15	Gymnastics
11:15-12:15 ★	FAMILY/OPEN ★
12:15-1:30 ★	Birthday party ★
1:30-6 ★	FAMILY/OPEN ★
6-8:45	OPEN/Saturday Program ***
★ <b>APRIL 29</b> 11 am – 3 pm	★ <b>HEALTHY KIDS DAY</b> Gym closed
	***HALF GYM CLOSED – Y Events
Time	SUNDAY
7-8:30 am	OPEN
8:30-9:30	Zumba
9:30-11	OPEN
11:30-12:30 pm	Birthday Party
12:30-2	OPEN/FAMILY OPEN
2-3	Birthday Party Combo
3-5	OPEN/FAMILY OPEN
5-6:45	Adult Volleyball

### LAKELAND HILLS FAMILY YMCA

100 Fanny Road, Mountain Lakes, NJ 07046

P 973.334.2820 **Hotline** 973.334.0091

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



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## GYMNASIUM SCHEDULE

### 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
- 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 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.

### AGE REQUIREMENTS

Children under the age of 12 must be accompanied by a parent or guardian (19 years and up) at all times while they are on Y premises except while participating in a program.

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