



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



MEMBER GUIDE

Lakeland Hills Family YMCA
100 Fanny Road
Mountain Lakes, NJ 07046
973-334-2820
www.lakelandhillsymca.com

Welcome to the Y!

The mission of the Lakeland Hills Family YMCA is to put Christian principles into practice through programs and services that promote youth development, healthy living, and social responsibility for all.

The Y is a powerful association joined together by a shared commitment to nurturing the potential of kids, promoting healthy living, and fostering a sense of social responsibility. Every day, we work to make sure that everyone, regardless of age, income, or background, has the opportunity to learn, grow and thrive.

WHAT'S INCLUDED IN YOUR MEMBERSHIP

Full privilege membership entitles you to use the pool, basketball gymnasium, health & fitness training center (cardio conditioning, weight resistance equipment, free weights) and general membership locker rooms, as well as fitness, yoga and spinning classes. See schedules for availability. All memberships include three free guest passes. Some age and scheduling restrictions apply—see Member Services Desk or our website for details. Drop-in babysitting services are available for children starting at age 6 weeks thru 5 years (up to 12 years when Kids Cardio Arcade is closed), and the Kids Cardio Arcade is open to members 6 to 14 years.

YOUTH DEVELOPMENT

Aquatics for Kids

Our swim lesson program is designed to help kids develop a lifelong love of the water with competency, confidence and endurance. Instruction is given in stroke mechanics, personal safety, water sports and games and character development for three age categories: parent/child classes for children under age 3 years; preschool classes for children 3-6 years; and, youth classes for children 6-13 years.

The LHY Swim Team has a long tradition of swimming excellence and success at the local, regional and national levels. The team competes in NJ YMCA Swim League and USA Swimming competitions. The winter season begins in September and runs through early spring.

Fun & Fitness for Kids

Our programs are designed to work with children of all ages and abilities. We focus on teamwork, sportsmanship, body awareness, flexibility, balance, coordination, skill development, and creativity. At the same time children build their self-esteem and confidence as they develop a lifelong desire for physical fitness and learning.

Childcare

Our Marion Mann Roberts Early Childhood Learning Center has full day childcare options for 2½ to 6 years old including Kindergarten and partial day Preschool for toddlers ages 2½ to 5 years at our facility. An age-appropriate academic curriculum is introduced in a fun, active, hands-on environment with exciting enrichment programs, swimming lessons and gym included.

The after school Kids Club program runs at various elementary

schools in our service area from school dismissal until 6 pm with homework time, sports and games, and arts and crafts. Additional half-day and school vacation coverage is available.

Summer day camp runs for four two-week sessions. The full-day camp for 6 to 12 year olds includes optional sports camps, and there are teen leaders-in-training (LIT) and counselors-in-training (CIT) programs for 13 to 16 year olds. There is also half-day camp for 3-8 year olds. Additional information is available in our winter and spring brochures.

Teens

Leaders Club is for those 7-12 graders interested in volunteer opportunities to help others, work on community service projects, learn leadership skills, and participate in special activities while making friends and having fun.

After completion of a special orientation, accompanied by a parent, teens (ages 12-14) may use the teen designated fitness area in our Health & Fitness Center. Recreation swim, teen swim and teen basketball times are included with membership. All areas of the Y are open for teens 15 and older including fitness and spinning classes, teen open gymnasium and lane swimming.

HEALTHY LIVING

Adult Aquatics

Water's unique properties make it the ideal environment for exercise. Almost anything you do on land can be done in the water...aerobic conditioning, strength training, weight loss, and increased flexibility. Various classes are available for registration. A schedule for lane/lap and recreation swim is posted on our website and is available in the lobby.

Adult Fitness

Our Health & Fitness Training Center is among the finest, most comprehensive in North Jersey. Our staff is committed to helping you achieve your fitness goals regardless of your ability. We offer a free equipment orientation to get you started. You can get a cardiovascular workout, train with weights to build strength, and participate in a group fitness class to reduce stress and improve flexibility. Spinning classes, volleyball and basketball are also offered. Personal trainers and a nutritionist are available (for a fee) to assist you. Schedules for gymnasium time and classes are posted on our website and are available in the lobby. Additional and specialty programs are offered to our active older adults.

SOCIAL RESPONSIBILITY

Community

Enrichment events, open to the community, are scheduled throughout the year. Topics may include wellness, nutrition, diabetes awareness, cancer survivor programs, the college selection process, and many more. Giving support back to the community is achieved via coat drives, Christmas Angel gift collection, prom dress donations and care packages sent to the military.

Give a Kid the Y

Every spring the Y conducts an annual giving campaign, **Give a Kid the Y**, to support a wide range of community programs and services but primarily to provide financial assistance for Y membership, childcare, and camp.

THE ESSENTIALS

Membership Card

Your membership card is valuable and important. Whenever you visit the Y, whether to use the general facilities or participate in a program, you must present it at the check-in desk.

Guests

Members may bring guests to the Y, but no one person may come to the Y as a guest more than three times per year. Summer members are not eligible to bring guests.

Suggestions

This is YOUR Y! Member comment and concern forms are available in our lobby. We pledge to acknowledge each comment and respond appropriately. Additionally, the Y has various member committees. Join one to have a voice in Y affairs.

Communications

A session brochure is published five times a year with a listing of program, facility and membership offerings. Visit us at www.lakelandhillsymca.com for helpful information that also includes special events, announcements and schedules. You can also find us on Facebook and follow us on Twitter. Our INFORMATION HOTLINE was established to keep you informed, especially during inclement weather, on any delays, cancellations or closings at 973-334-0091. Learn more about special events by picking up a flyer from one of the flyer racks located throughout the facility.

Lost and Found

The Y is not responsible for lost or stolen property. However, we do keep lost and found items for two weeks and then donate them to another charity.

Smoke-Free Facility

The Y is a smoke-free facility including all buildings and grounds.

SERVICES FOR OUR MEMBERS

Drop-in Babysitting

We offer a babysitting service while you are using the facilities or participating in a program. For a nominal fee this service provides a safe, caring and relaxed environment for unstructured playtime. Please see policies and pricing located in the babysitting room. Hours of operation are posted on our website and available in the lobby.

Kids Cardio Arcade

This is a place for members 6-14 years to get moving, meet friends and have fun with interactive games and more. Open after school and during most school-year holidays. Schedules are posted on our website and are available in the lobby.

Special Needs

Individuals with disabilities are encouraged to participate in Y programs. If you require special assistance, please contact the program director in that area.

Lockers

General use locker rooms are available for day use by members and their guests. Just bring your own lock and remove it at the end of each visit. Items left overnight will be removed from the locker room and placed in the lost and found. We recommend that you do not bring valuables into the facility.

Special Amenities

A workout towel is available in the Health & Fitness Center; however, the Y does not provide towels for showers. Hand sanitizer dispensers are located throughout the facility.

A FEW THINGS TO KNOW...

To uphold our values of caring, honesty, respect, and responsibility, all of us, staff and members, need to abide by some basic rules and standards to keep our Y a healthy, safe, and nurturing environment for all. Several rules for various areas of our facilities are listed below. THANKS in advance for your supportive efforts!

FACILITY POLICIES

Attire

Athletic shoes and shirts must be worn during exercise in all workout areas of the facility. Clothing that displays writing or graphics that are not suitable to be viewed by children is prohibited. Proper swimsuits must be worn when using the pool.

Food and Beverages

Only beverages in plastic sports bottles are permitted past the lobby. Food and hot drinks are to be consumed in the lobby area.

Cell Phones

Cell phone use is limited to lobby area. Cell phones must be stowed away in locker rooms. If your phone is also your music player, you may use it with headphones in the workout areas.

Cameras

Use of photographic equipment, still or video, including cell phones with photographic capabilities, is prohibited unless approved by a Lakeland Hills Y staff member.

Instruction/Coaching

Instruction by anyone other than on-duty Lakeland Hills Y staff is not permitted in any area of the facility.

POOL:

Please shower prior to swimming.

Children under the age of 7 and any non-swimmer must be within arm's length of an adult in the water.

Any children ages 7-11 who do not use a bubble must be supervised by an adult from the water or the balcony. Children using bubbles or other floating aids are to remain in the shallow end of the pool. Children wishing to use the deep end need to pass a swim test.

Swim diapers are required for babies and toddlers.

Anyone with shoulder length or longer hair must wear a bathing cap or have hair securely tied up.

GYMNASIUM:

Activities other than basketball, such as catch (baseball, softball, football, Frisbee) and sports skills/drills for soccer, volleyball, tennis, lacrosse and others are permitted at the discretion of the gym monitor.

HEALTH & FITNESS TRAINING CENTER:

No one under the age of 12 is permitted at any time.

Everyone is responsible for wiping off machines after use.

Please rack your own weights and return all equipment to its original place.

FITNESS STUDIO:

Everyone is responsible for taking out and putting away any equipment used during class.

Please refrain from wearing fragrance.

Membership

Full privilege membership entitles you to use the pool, basketball gymnasium, health & fitness center and general membership locker rooms during open times, as well as participate in fitness, yoga and spinning classes. Adult Long Term Locker option membership includes everything a full privilege membership offers plus an assigned locker and towel service in an adult-only locker room with steam room, sauna and TV.

A membership is required for participation in most Y programs. Membership is valid for one year from date of purchase. The Y reserves the right to investigate or require proof of any information given on the membership application that qualifies membership eligibility. Photo ID required for all new members 18 and older, and for the parent or guardian of those 17 and younger.

Membership fees are neither refundable nor transferrable to another person. Requests for a "hold" on a membership account can only be granted for a physician-documented medical reason.

A.W.A.Y. MEMBERSHIP Always Welcome at the Y

When traveling out of town, members may use Ys throughout the country by presenting their membership card with its A.W.A.Y identification. Some restrictions or nominal fees may apply. To locate participating Ys go to www.ymca.net

FINANCIAL ASSISTANCE

The Y believes in serving the needs of all members in our community regardless of their ability to pay the full cost of membership and programs. To apply for financial assistance, stop by the Member Services Desk, call 973-334-2820, or download an application from our website. All information is strictly confidential. Questions? Call extension 21.

HOURS OF OPERATION

Monday-Friday	5 am to 10:30 pm
Saturday	7 am to 9 pm
Sunday	7 am to 7 pm

SUMMER HOURS OF OPERATION

Monday-Friday	5 am to 10:30 pm
Saturday	7 am to 6 pm
Sunday	7 am to 6 pm

Desk Business Hours: Monday-Friday 8 am to 8 pm; Saturday and Sunday 8 am to 6 pm for tours, sales, registrations

Holiday Hours: 7 am to 4 pm New Year's Day, Memorial Day, 4th of July; closes at 4 pm on Christmas Eve, New Year's Eve

Holiday Closings: Easter, Labor Day, Thanksgiving, Christmas

Annual Maintenance Shutdown: Facilities may be closed for up to 3 weeks at the end of August/early September for major maintenance and improvements/renovations. This closing is considered as part of your membership.

AGE REQUIREMENTS

Children under the age of 12 must be accompanied and supervised by a parent or guardian (19 years and up) at all times while they are on the Y property except while participating in a program. Parent/guardian is expected to accompany child to class and be present upon class dismissal. Children and teens 17 and younger must be accompanied by a parent or guardian to sign up for membership.

CONDUCT

The Y is committed to providing a safe and welcoming environment for all members and guests. To promote safety and comfort for all, all individuals are asked to act appropriately at all times when in our facility or participating in our programs. We expect persons using the Y to act maturely, to behave responsibly, and to respect the rights and dignity of others. Should anyone act in an inappropriate manner, expulsion, suspension, or termination of Y membership privileges may result.

VISIT OUR WEBSITE FOR MORE INFORMATION REGARDING SPECIFIC AREAS OF THE Y: www.lakelandhillsymca.com