



Metuchen YMCA

GYMNASIUM SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

January 1st– February 1st

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------------------------------------|--|---|------------------------------------|---|------------------------------------|------------------------------|
| Adults 18+ 5:30am-7:15am | Adults 18+ 5:30am-6:45am | Adults 18+ 5:30am-7:15am | Adults 18+ 5:30am-8:45am | Adults 18+ 5:30am-8:45am | Open Gym 7:00am-7:45am | YMCA Sports 7:00am-8:30am |
| Group Fitness 7:30am-8:30am | Open Gym 7:00am-9:45am | Group Fitness 7:30am-8:30am | Open Gym 8:45am-10:00am | Pickleball Training 9:00am-10:00am | Group Fitness 8:00am-9:00am | Adult 18+ 9:00am-10:30am |
| Open Gym 8:45am-10:00am | Pickleball Training 10:00am-11:00am | Open Gym 8:45am-10:00am | Mixed Pickleball 10:15am-2:00pm | Intermediate Pickleball 10:00am-2:00pm | Mixed Pickleball 9:15am 12:00PM | Open Gym 10:45am-4:00pm |
| Beginner Pickleball 10:15am-1:00pm | Open Gym 11:15am-2:30pm | Intermediate Pickleball 10:15am-2:00pm | Open Gym 2:15pm-6:00pm | Open Gym 2:15pm-8:45pm | Open Gym 12:15pm-4:00pm | |
| Open Gym 1:15pm-2:00pm | Teen Gym 2:45pm-4:45pm | Teen Gym 2:15pm-5:45pm | Gym Rental 6:30pm-9:00pm | | | |
| Teen Gym 2:15pm-4:00pm | Open Gym 5:00pm-6:00pm | Open Gym 6:00pm-8:45pm | | | | |
| Adults 18+ 4:15pm-5:30pm | YMCA Sports 6:00pm-6:45pm | | | | | |
| Open Gym 6:00pm-8:45pm | Mixed Pickleball 7:00pm-8:45pm | | | | | |



Please note this schedule is subject to change. We will send out text alerts for any changes in the gym schedule. To register for text alerts please see the front desk or scan the QR code!