



Metuchen YMCA GYMNASIUM SCHEDULE Summer

(June 24th – August 30th)

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MONDAY

Adults 18+
5:30am-6:30am

Camp
7:00am-11:45am

Adult Gym
12:00pm-1:30pm

Camp
1:45 pm-6:00 pm

Gym Closed
6:00pm-9:00pm

TUESDAY

Adults 18+
5:30am-6:30am

Camp
7:00am-6:00pm

Pickleball
6:30pm-8:45pm

WEDNESDAY

Adults 18+
5:30am-6:30am

Camp
7:00am-11:45am

Adult Gym
12:00pm-1:30pm

Camp
1:45pm-6:00pm

Open Gym
6:00pm-8:45pm

THURSDAY

Adults 18+
5:30am-6:30am

Camp
7:00am-6:00pm

Open Gym
6:00pm-7:00pm

Gym Closed
7:00pm-9:00pm

FRIDAY

Adults 18+
5:30am-6:30am

Camp
7:00am-11:45am

Open Gym
12:00pm-2:00pm

Camp
2:15pm-6:00pm

Pickleball
6:30pm-8:45pm

SATURDAY

Gym Closed
7:00am-7:45am

Pickleball
8:00am-12:00pm

Open Gym
12:00pm-3:45pm

SUNDAY

Open Gym
7:00am-8:00am

Gym Closed
8:00am-11:00am

Open Gym
11:00am-3:45pm



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!