



Metuchen YMCA GYMNASIUM SCHEDULE

June 20th – August 30th

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MONDAY

Adults 18+
5:30am-6:45am

Camp
7:00am-6:00pm

Open Gym
6:15pm-8:45pm

TUESDAY

Adults 18+
5:30am-6:45pm

Camp
7:00am-6:00pm

Family Gym
6:15pm-7:00pm

Open Gym
7:15pm-8:45pm

WEDNESDAY

Adults 18+
5:30am-6:45am

Camp
7:00am-6:00pm

Pickleball
6:15pm-8:30pm

THURSDAY

Adults 18+
5:30am-6:45am

Camp
7:00am-6:00pm

Family Gym
6:15pm-7:15pm

Open Gym
7:30pm-9:00pm

FRIDAY

Adults 18+
5:30am-6:45am

Camp
7:00am-6:00pm

Pickleball
6:15pm-8:30pm

SATURDAY

Open Gym
7:00am-7:45am

Family Gym
8:00-8:45am

Pickleball
9:00am 12:00PM

Teens
12:15pm-4:00pm

SUNDAY

Adults 18+
7:00am-8:30am

Family Gym
9:00am-10:30am

Open Gym
10:45am-4:00pm

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