



# Metuchen YMCA GYMNASIUM SCHEDULE

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## August 1st– September 1st

### 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

YMCA Sports Class  
6:15pm-7:00pm

Open Gym  
7:15pm-8:45pm

### WEDNESDAY

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

Camp  
7:00am-6:00pm

YMCA Sports Class  
6:15pm-7:00pm

Pickleball  
7:15pm-8:45pm

### THURSDAY

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

Camp  
7:00am-6:00pm

Family Gym  
6:15pm-7:15pm

YMCA Sports Class  
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

YMCA Sports Class  
8:00-8:45am

Pickleball  
9:00am 12:00PM

Teens  
12:15pm-4:00pm

### SUNDAY

YMCA Sports  
7:00am-8:30am

Basketball Lab  
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 or scan the QR code!