



Metuchen YMCA GYMNASIUM SCHEDULE

July 1st– August 1st

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

Buzzer Beater
Basketball
6:30pm-7:00pm

Open Gym
7:15pm-8:45pm

WEDNESDAY

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

Camp
7:00am-6:00pm

Buzzer Beater
Basketball
6:30pm-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
7:30pm-9:00pm

FRIDAY

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

Camp
7:00am-6:00pm

Pickleball
6:15pm-8:30pm

SATURDAY

Basketball Lab
7:00am-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!