



Empowering Youth to reach their
personal potential

WEST ESSEX YMCA
321 S. Livingston Ave.
Livingston, NJ 07039



6TH GRADE

7TH GRADE

8TH GRADE

FROM **OCTOBER 5, 2026** UNTIL **JUN 18, 2027**

STAY FIT, HAVE FUN, ENJOY GROUP WORKOUTS,
GET OPEN GYM TIME, AND HAVE FUN WITH FRIENDS.
ALL IN ONE PROGRAM!



GROUP WORKOUT DAYS!

4:30 PM – 5:30 PM

MONDAYS | WEDNESDAYS & FRIDAYS
6TH GRADE | 7TH & 8TH GRADE



OPEN USE OF GYM DAYS!

MONDAY / WEDNESDAY / FRIDAYS

3:30 PM – 4:30 PM

WHY MIDDLE SCHOOLERS?

Middle school is a critical time when youth face greater risks and begin distancing from family, making positive support systems essential.

Please note – **this is not a full facility membership**. If a teen wants unlimited access to work out or play basketball, they should upgrade to a teen membership. Email **Krystina Rosania** at krosania@metroymcas.org for more details.

VISIT OUR WELCOME CENTER TO REGISTER

A parent/guardian must be present at registration. A photo ID is also required.