

Travel Directions
for the
Northern
New Jersey
YMCA
Swim League
2010-2011

FANWOOD-SCOTCH PLAINS YMCA 1340 Martine Ave. Scotch Plains (908) 889-8880

- **From Parkway:** Take Exit 135/Westfield onto Central Ave. to the first light. Make a left turn onto Raritan Road. Follow Raritan Rd. to Lake Ave. Turn right. Lake Ave. becomes Martine Ave. The “Y” is on the left.
- **From Route 22:** Take Route 22 to Park Avenue in Scotch Plains (by Pantageous Restaurant). Follow Park Ave. south through Scotch Plains and Fanwood. Park Ave. becomes Martine Ave. The “Y” is on the right.

Franklin & Marshall College, Kunkel Aquatic Center, 628 College Ave, Lancaster, PA 17603

- **From New Jersey/Eastern New York/New England**

Take the New Jersey Turnpike to exit 6 (Pennsylvania Turnpike west). Take the PA Turnpike west to exit 286/old exit 21 (Lancaster/Reading/Rt. 222 south). Take Rt. 222 south approximately 14 miles to the Lancaster area. For a tour of downtown Lancaster: Stay to the left and exit onto Rt. 30 east (Coatesville). Proceed less than one mile and exit onto Rt. 23 west (Walnut Street). Continue west on Walnut Street for approximately 2.5 miles/12 traffic lights to the intersection of West Walnut and College Avenue. Turn right onto College Avenue and proceed for approximately 0.25 mile. The Admission Office is on the right; the Admission parking lot is on the left. For a more direct approach: Stay to the right and follow signs for Rt. 30 west (York). Pass Oregon, Lititz and Fruitville Pikes. Just beyond Fruitville Pike, exit to continue on 30 west (York). Take first exit for Harrisburg Pike (The Park City Mall will be on right). At the top of the exit ramp, turn left onto Harrisburg Pike. Proceed 1.5 miles through several traffic lights until you reach the overhead pedestrian bridge connecting College Square to the main campus of Franklin & Marshall on your right. At the light immediately beyond the pedestrian bridge, turn left.

GARFIELD YMCA Meets held at the Garfield Boy’s & Girls Club 490 Midland Ave. Garfield (973) 272-8855

- **From Route 80 East:** Take Exit 61 (Garfield/Elmwood Park). At the end of the ramp make a right turn onto River Road. Go to 3rd light and make a left onto Outwater Lane. Go to 2nd light and make a right onto Midland Ave. The Garfield Boy’s Club is about five blocks down on the left, next to the Library.
- **From Route 80 West:** Take Exit 61 (Garfield/Elmwood Park). At the end of the ramp, make a left onto River Road. At 3rd light, make a left onto Outwater Lane. Follow directions as above.
- **From South:** Take Parkway North to Exit 156 (Route 46/River Road). You will be on Route 46 East – stay to the right. Follow bend over the river to the first exit on the right (Route 507/Garfield) to River Road. At the first traffic light, take a left onto Outwater Lane. Follow directions as above.

GLOUCESTER INSTITUTE OF TECHNOLOGY, 1360 TANYARD RD, SEWELL, NJ 08080

856-468-1445

- **From the North:** Take the N.J. Turnpike south to Exit 7. Take 295 South for about 30 miles to Route 42 South for about 1.3 miles. Take exit #13, Route 55 South for about 5 miles. Take exit #56B – Route 41 North. At 1st light, turn left on to Bankbridge Road. After .5 mile, turn left at traffic light on to Tanyard Road. GCIT is on the left about .2 mile.

GREATER BERGEN YMCA 360 Main Street, Hackensack (201) 487-6600. Meets are at Hackensack High School.

- **From the Shore Area:** Take Parkway north to Exit 160. Proceed east (right) on Passaic St. About 2 miles you’ll see a Delta Gas Station on the right. Turn right on First Street, Hackensack High School is on right.
- **From the Morristown area:** Take Route 287 North to Route 80 East. Exit Route 80 East onto Parkway north to Exit 160 (next exit). Proceed as above.

- **From the Trenton area:** Take the New Jersey Turnpike north to the Parkway north. Proceed as above.

HAMILTON YMCA

Meets held at John Witherspoon Middle School, 217 Walnut Lane, Princeton, NJ

- **From the North:** Take 287 South to exit 17 (Route 202 South/Route 206 South). Follow signs for Route 206 South which will take you through a roundabout. Take the 3rd exit on the roundabout to 206 South. Follow for about 15 miles and turn left onto Ewing Street. After about .4 miles, turn right onto Cuyler Road. Turn left onto Walnut Lane.
- **From Route 1 Southbound:** Take right onto CR 522 West/Promeade Blvd. Follow for about 1.5 miles and turn left onto Route 27/Lincoln Highway. Follow for about 4 miles and turn right onto Chestnut Street. Chestnut Street becomes Walnut Lane.

HUNTERDON COUNTY YMCA 144 West Woodschurch Road, Flemington 08822 908-782-1044

Meets are held at Raritan Valley Community College, Rt. 28 & Lamington Rd., North Branch, N.J.

- **From the east/Rt. 22:** Take Rt. 22 West 3 miles past Bridgewater Commons Mall and Ethicon-look for the Rt. 28 West exit. Stay on Rt. 28 West for 3 miles. College is on the right. Follow signs for parking lot #2.
- **From the north/Rt. 287:** Take Rt. 287 South to Rt. 78 West. Take Exit 26/North Branch. Make a left at the traffic light. College is 2-3 miles on the left. Follow signs for parking lot #2.

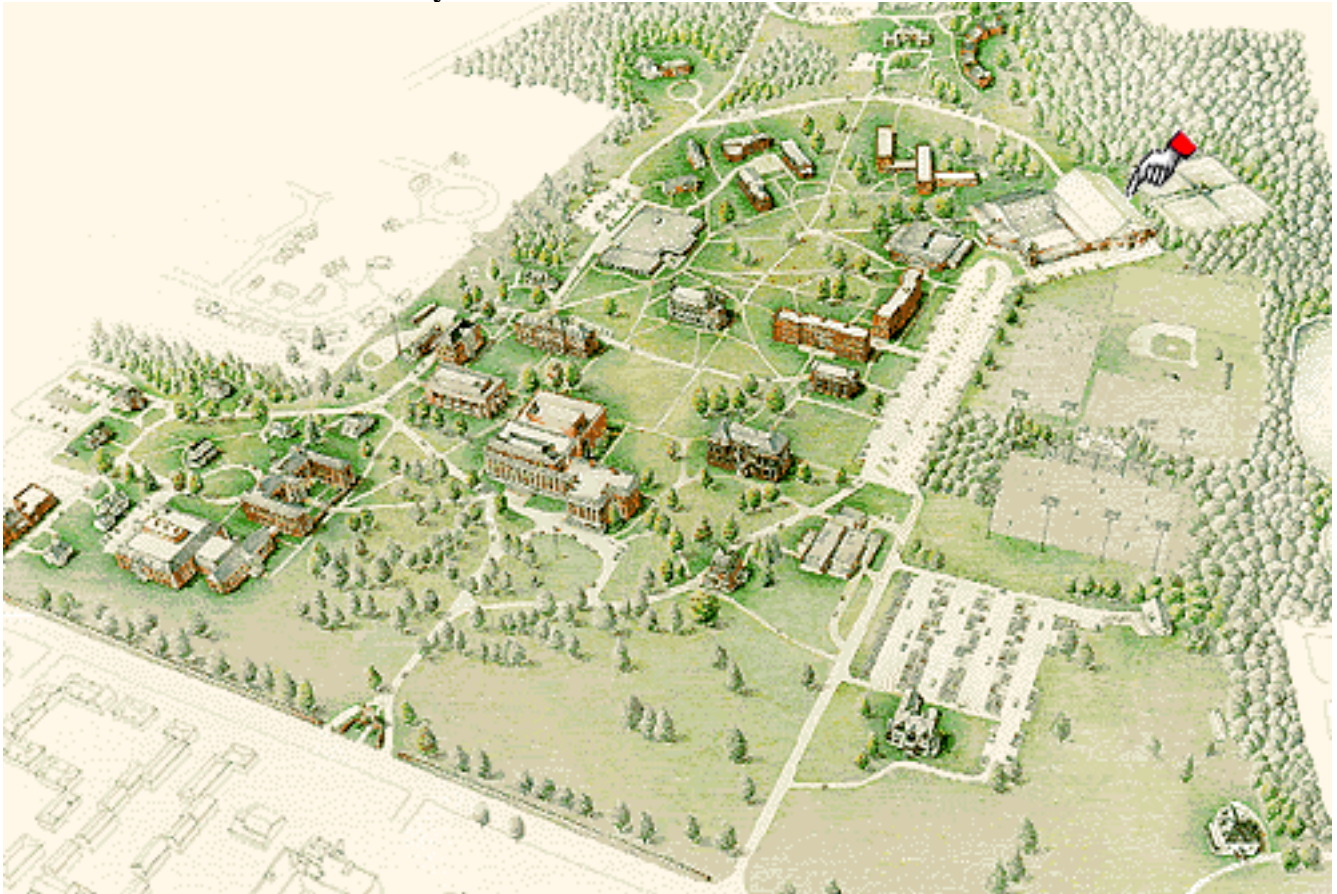
LAKELAND HILLS YMCA 100 Fanny Road, Mountain Lakes 07046 973-334-2820

- **From 287 South:** Take Myrtle Ave. Exit #45 TURN LEFT AT STOP SIGN. Follow to 3rd light. Turn right onto Main St. Make immediate left at light onto Morris Ave., following to stop sign at Fanny Rd. Make right. The Y is ¼ mile on left.
- **From 287 North:** Take Intervale Rd./Mountain Lakes exit #43. Turn left (cross back over 287). At light, turn right onto Fanny Rd. Follow to stop sign. Proceed straight. YMCA is ¼ mile on left.

MADISON YMCA 111 Kings Road, Madison 07940 973-822-9622.

- **FROM INTERSTATE 287**
From the North or South, get off at Route 24 East [not 124/Old 24]. Follow 24 to Exit 2A -Route 510 South - Morristown, you should see a sign for Madison prior to the exit. After coming off the ramp, you will want to move quickly to the left lane since you will be taking a left at the light. At the light turn left on to Park Ave. Follow Park Ave. into Madison. Turn right onto Prospect Ave. Turn left onto Kings Road at light. Y is on the right.
- **FROM THE SOUTHBOUND GARDEN STATE PARKWAY and NEW JERSEY TURNPIKE**
Parkway south to Exit 142 -Interstate 78 West. OR Turnpike to Exit 14 -Interstate 78 West Follow 78 West to Route 24 West [Three lane exit] Follow 24 West To Chatham. Get off at the Chatham -Rt. 124 West Exit. Follow 124 - Main St. into Madison. As you approach the center of town you will come to an intersection with with Gary's Wines on the left. Turn left at light onto Prospect Ave. Turn left at light onto Kings Road. Y is on the right.
- **FROM THE NORTHBOUND GARDEN STATE PARKWAY**
Parkway North to the Union Toll Plaza [use booths on extreme right marked for Exit 142] -Exit 142 Interstate 78 East [immediately after tolls]. Follow 78 East to First Exit -Hillside/Irvington, follow signs to 78 West. Once on 78 West follow directions in second paragraph above.

If Meet is at Drew University



From Northwestern New Jersey and Northeastern Pennsylvania via Interstate 80. Take I-80 to exit 43 - I-287 South (to Morristown). *Proceed to exit 35 - Madison Avenue/Route 124. At the top of the exit ramp, turn left. Proceed three miles on Route 124 East to Madison. Drew is on Route 124 (Madison Avenue) on your right. Enter campus through the Bowne Memorial Gateway.

From Northern New Jersey and Upstate New York (Tappan Zee Bridge). At Suffern, take I-287 South (to Morristown). Proceed as above.*

From Upper Manhattan (George Washington Bridge). Take I-80 West from the bridge to I-287 South (to Morristown). Proceed as above.*

From Western New Jersey and Pennsylvania via Interstate 78. Take I-78 East to I-287 North. Proceed to exit 35 - South Street/ Route 124. At the end of the exit ramp, turn left. **Proceed 100 yards and take the first right, following signs to Route 124. At the stop sign, turn right (Route 124 East). Proceed three miles to Madison. Drew is located on Route 124 (Madison Avenue) on your right. Enter campus through the Bowne Memorial Gateway.

From Southern New Jersey via N.J. Turnpike. Take the N.J. Turnpike to exit 10 and follow I-287 North to exit 35 - South Street/Route 124. At the end of the exit ramp, turn left. Proceed as above.**

From Southern New Jersey via Garden State Parkway. Take the Garden State Parkway North to exit 127 and follow I-287 North to exit 35 - South Street/ Route 124. At the end of the exit ramp, turn left. Proceed as above.**

From the Lincoln and Holland Tunnels.

LINCOLN TUNNEL: Follow the signs to the N.J. Turnpike South. Take exit 14 (Newark Airport). After the toll plaza take I-78 West to Route 24 West. ***Stay in the far right lane to exit 7A - Chatham/Route 124 West. Follow Route 124 West through Chatham (Main Street) into Madison (Madison Avenue). Drew is located on Route 124 (Madison Avenue), on your left, just past the center of Madison. Enter campus through the Bowne Memorial Gateway.

HOLLAND TUNNEL: Follow the N.J. Turnpike signs. After the toll plaza take I-78 West to Route 24 West. Proceed as above.***

From the Verrazano Bridge. Follow I-278 through Staten Island to the Goethal's Bridge. As soon as you cross the Goethal's Bridge, follow the signs for the N.J. Turnpike North. Take the Turnpike to exit 14 (Newark Airport). After the toll plaza, take I-78 West to Route 24 West. Proceed as above.***

MEADOWLANDS AREA YMCA SWIMS AT RUTHERFORD HS POOL

- **From the North:** Route 17 South to Union Avenue Exit (Past the Federal Reserve and before Bellavia Buick. At the end of the ramp make a right, go to end of block make a left go under the train trestle and make a right continue past train station straight along the Railroad tracks, go approximately 200 feet past the station. and get into left lane and make a left on to Union Avenue, Rutherford, go two blocks make a left onto Home Avenue go one block (really long block make a right onto Fairview Avenue look for parking. (follow the directions for Fairview Avenue Entrance
- **From the South:** Garden State Parkway North to exit 153 A Route 3 East (Then follow the directions from the West.) OR NJ Turnpike North to exit 16 W Rutherford (then follow directions from East)
- **From the East:** Route 3 West to Ridge Road / Park Avenue Exit go to the stop sign (Ridge Road) and continue straight, along side of Route 3 and at next stop sign make a right. (Follow the Park Avenue Directions),
- **From the West:** Route 3 East just past Route 21 go over Passaic River Bridge then immediately exit
- **Park Avenue:** Park Avenue / Riverside Avenue at the Stop Sign at the bottom of the ramp make a Left go to traffic light make a left on to Park Avenue. Continue past Rite Aide (about ½ mile), then borough hall at monument, Between the post office and library make a left onto West Passaic Avenue 1 block Make a Right onto Home Avenue go two blocks (on left, Make a left onto Fairview Avenue find parking. Then follow the directions for the Fairview Avenue Entrance.
- **Fairview Avenue Entrance:** Walk up driveway next to school concrete walkway and make a left and continue on walkway to end and go up stairs to pool entrance.

METUCHEN-EDISON YMCA 65 High Street, Metuchen (732) 548-2044

Meets swum at the Wardlaw-Hartridge School, 1295 Inman Ave, Edison, NJ

FROM EAST OR WEST

- **On Route 22.** Coming from the east, turn right onto Terrill Road exit jug handle (across from Sears). You will cross Route 22 onto Terrill Road. Coming from the west, turn right onto Terrill Road (Sears is on right). Take Terrill Road past Terrill Middle School on your left. Turn right at the next light onto Cooper Road. At the end turn left onto Rahway Road. Turn right at the end (second stop sign) onto Inman Avenue. Wardlaw-Hartridge is a 1/4 mile down on the left. There is a green Wardlaw-Hartridge sign next to the road
- **OR Route 78,** take exit 40. Coming from the east, turn left onto Hillcrest Road. Coming from the west, bear right onto Hillcrest Road. Go to end. Turn right Into Watchung Circle (go 3/4 way around circle) and turn right onto Somerset Street. Take Somerset Street (almost to Route 22) and turn left at “The Plainfields” sign. Go over overpass and turn left onto Somerset Street Newark(which becomes Park Avenue). At eighth traffic light turn left onto 7th Street. At traffic light turn right unto Watchung Avenue after you pass Crescent Avenue Presbyterian Church. At first light turn right onto Woodland Avenue. At second light left onto Maple Avenue. At fork. bear right onto Inman Avenue and Wardlaw-Hartridge is 1/4 mile on right. There is a green Wardlaw-Hartridge sign next to the road.

FROM NORTH OR SOUTH

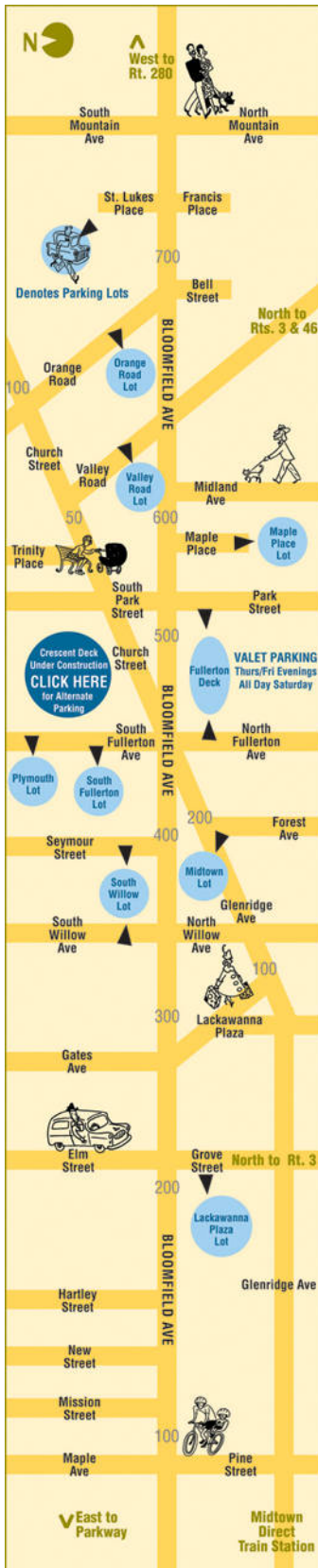
- **On Garden State Parkway South** take exit 135. Bear right off exit onto Central Avenue. At first light turn left onto Raritan Road and go to end (name of road changes to Oak Ridge Road and Featherbed Lane). Turn right onto Inman Avenue. Wardlaw-Hartridge is 2 miles on left. There is a green Wardlaw-Hartridge sign next to the road.
- **On Route 287 South (heading east)** take Durham Exit. Turn left at light onto New Durham Road. Bear left at fork (Shell Station). Turn left at light onto Central Avenue which becomes Plainfield Road. Turn left after Bishop Ahr High School Tingley Lane. Go to end. Turn left onto Inman Avenue and Wardlaw-Hartridge is 1/4 mile on left. There is a green Wardlaw-Hartridge sign next to the road.
- **On New Jersey Turnpike North** take exit 11 onto the Garden State Parkway North.
- **On Garden State Parkway North** take exit 131 onto Route 27 South. Turn right at second light (bottom of hill) onto Wood Avenue. Turn left at third light (approx. 2 miles) onto Inman Avenue. Wardlaw-Hartridge is 2 1/2 miles on left. There is a green Wardlaw-Hartridge sign next to road.

Montclair YMCA 25 Park Street, Montclair 07042 973-744-3400

Enter the Y at the lower entrance that is below street level and meets the Fullerton parking deck attached to the Y on the ground level. Use Map below to find alternate parking if the deck is full. Feed Meters on Saturdays – they do ticket

- **Garden State Parkway north:** Take Exit 148 (Montclair, Bloomfield Ave.) Bear left off the exit ramp across Bloomfield Ave., around the loop and turn right onto Bloomfield Ave. West. *Go approx. 3 miles, (during which time you may notice that you are passing a park street in Bloomfield) wait until you past the Claridge Theatre on your left and at the next traffic light turn right onto Park Street. The “Y” is on the right after the parking deck.
- **Garden State Parkway South:** Take Exit 148. Stay in the center lane off the exit ramp. Turn right onto Bloomfield Ave. Follow directions above*.
- **Route 287** to Route 280 East to Exit 8B – Prospect Ave. (Cedar Grove). At the light (by the gas station and K Mart) go straight to the light at Bloomfield Ave. (Exxon, Montclair Acura). Turn right onto Bloomfield Ave. Go about 2 miles, you will pass the police station, and at the next light make a left onto Park St. The “Y” is on the right after the parking deck.
- **Route 78:** take to Parkway North, then follow above.

***** In the event that the Fullerton Deck, just next to the Y is full, parking maps are below to help you navigate to Maple Place Lot.



MORRIS CENTER YMCA 79 Horsehill Road, Cedar Knolls 07927 973-267-0704

- From the North:** Take Route 287 south to the first Morristown Exit (Ridgedale Ave.). Turn right onto Ridgedale and left at the 2nd light onto Hanover Ave. Turn right at the 1st light onto Horsehill Road. The “Y” is 2/10 of a mile down the hill on the right.

- **From the South:** Take Route 287 north to Lafayette Ave. West Exit. Turn right onto Ridgedale Ave. At 2nd light turn left onto Hanover Ave. Turn right at 1st light onto Horsehill Road. The “Y” is 2/10 of a mile down the hill on the right.
- **From the East:** Take Route 80 West or Route 280 West. Follow North directions above. Take Route 78 West to Route 287 North. Follow South directions above.
- **From the West:** Take Route 80 East to Route 287 South. Follow North directions above. Take Route 78 East to Route 287 North. Follow South directions above.

OCEAN COUNTY YMCA 1088 W. Whitty Rd. Toms River (732) 341-9622.

- **From The North:** Take Garden State Parkway Exit 88 to Route 70 West. Take Route 70 West to New Hampshire Avenue South. (To make left turn you must use jug handle to right). Continue 2 1/2 miles on New Hampshire. Make right turn onto West Whitty Road just before the Garden State Parkway Overpass). The “Y” will be on the right just past a cemetery.
- **From The South:** Take Garden State Parkway Exit 83 (You will be on Route 9 North). Continue North, West Whitty Road will be 1/2 mile past the first traffic light. Look for a small “Y” sign on Route 9. Turn right onto West Whitty Road and the “Y” will be a quarter mile further on the left.
- **From The West:** Take Route 70 East to Route 571 East. (Right Turn onto Route 571). At the Route 9 intersection make left turn to Route 9 North. West Whitty Road will be 1/2 mile on right. Look for a small “Y” sign on Route 9. Turn right onto West Whitty Road and the "Y" will be a quarter mile further on the left.

Old Bridge YMCA, 1 Mannino Park Drive, Old Bridge, NJ 08857

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PRINCETON YMCA *Meets are swum at John Witherspoon Middle School, 217 Walnut Lane, Princeton*

- **From the North:** Take 287 South to exit 17 (Route 202 South/Route 206 South). Follow signs for Route 206 South which will take you through a roundabout. Take the 3rd exit on the roundabout to 206 South. Follow for about 15 miles and turn left onto Ewing Street. After about .4 miles, turn right onto Cuyler Road. Turn left onto Walnut Lane.
- **From Route 1 Southbound:** Take right onto CR 522 West/Promeade Blvd. Follow for about 1.5 miles and turn left onto Route 27/Lincoln Highway. Follow for about 4 miles and turn right onto Chestnut Street. Chestnut Street becomes Walnut Lane.

RARITAN VALLEY YMCA *Meets are held at North Brunswick Township High School*

- **From the South:** Take Route 18 north to Route 1 south (toward Trenton). Continue on Route 1 south for approximately 3 miles to the intersection of Route 130 South. Take the exit for 130 South. Cross over Route 1 and travel on Route 130 south to the first traffic light (about 1 mile). Make a right onto Raider Road. Take road to the end (facing the high school), make a right into the main parking lot and head toward the rear of the building. Enter the building through the door nearest to and facing the rear of the parking lot. Go through the doors and make the second right down the hallway. Go to the end and make a left into the pool area. **DO NOT WALK THROUGH THE GYMNASIUM.**
- **From the North (Parkway):** Take the Parkway south to Route 1 south (Exit 130). Take Route 1 south for about 10 miles to Route 130 south and proceed as above.
- **I-287 from the North:** Take Route 287 South to Exit 5 (Bound Brook/Highland Park). At the end of the ramp, turn right toward Highland Park. This is River Road (Temp. Rt. 18 South). Continue for 3 1/2 miles. Follow signs for New Brunswick/Route 18 South. Continue on Rt. 18 south past Rutgers University/New Brunswick campus and the City of New Brunswick. Take exit for Route 1 south

(before entering East Brunswick, if you pass the Tower Center/Hilton Hotel, you have gone too far). Continue on Route 1 south to Route 130. Follow directions as above.

RED BANK YMCA 166 Maple Ave., Red Bank 07701 732-741-2504

- Take Parkway south to Exit 109. After tollbooths, turn left onto Newman Springs Road/Route 520. Follow until the end (Dunkin Donuts on the right). Turn left on to Route 35, cross over railroad tracks, and bare left onto Maple Ave/Route 35. Go through 1 traffic light. The YMCA is .5 mile after the traffic light, on the left.

RIDGEWOOD YMCA 112 Oak Street, Ridgewood 07450 201-444-5600

- Take Parkway north to Exit 163 (Route 17 North). Take Rt. 17 north to Linwood Ave. (Ridgewood) exit. Exit onto Linwood Ave. (crossing over Rt. 17) and continue on Linwood Ave., which ends at Oak Street. Turn left onto Oak St. the “Y” is about 2 blocks on the right.

SOMERSET HILLS YMCA 140 Mt. Airy Road, Basking Ridge (908) 766-7898

- **From the North:** Take Route 287 south to Mt. Airy Road exit. Turn right onto Mt. Airy Road and proceed about ½ mile. The “Y” is on the right.
- **From the South:** Take Route 287 north to second Mt. Airy Road exit (Bernardsville). Proceed about ¼ of a mile to the “Y” on the right.

SOMERSET VALLEY YMCA (*Swims out of 2 different locations*)

- ❖ SVY Bridgewater, 601 Garretson Rd., Bridgewater 908-526-0688
 - **From the North:** Take Route 287 south to Exit 17 (Commons Way-Route 202/206, Somerville). Follow signs for Commons Way. At the exit ramp light, turn right on Commons Way and proceed to Garretson Road. At the next light, turn left onto Garretson Road. The “Y” Bridgewater pool is ¼ of a mile ahead on the right, opposite the high school.
 - **From the South:** Take Route 287 north to Route 22 West Exit. Exit from the LEFT lanes. Travel west on Route 22 to Commons Way exit. Stay on Commons Way and proceed to Garretson Road. At light, turn left onto Garretson Road. The pool is ¼ of a mile a head on the right, opposite the high school.
- ❖ **SVY HILLSBOROUGH BRANCH** **(DO NOT MAPQUEST)** 19 EAST MOUNTAIN ROAD, HILLBOROUGH 908-369-0490
From Somerville take Route 206 South to:
 - Triangle Road (Exxon service station on the right) make a right turn onto Triangle Road and travel approx. 2 miles to a “T” and stop sign (this is Beekman Lane). *Make a left turn onto Beekman and go to the next stoplight. (This is South Branch Road with the Hillsborough Municipal Complex on the right.) Make a right onto South Branch Road and travel approx. 1/2 mile to the small shopping center on the left called “The Corner.” The “Y” will be on the opposite corner.
 - New Amwell Road (Getty service station is on the right) make a right turn onto New Amwell Road and travel approx. 1.4 miles to a “T” and stop sign (this is Beekman Lane). Follow directions above starting at the *.

SUMMIT YMCA 67 Maple Ave, Summit (908) 273-3330

Please note: metered parking; bring change

- ❖ **From the Parkway:** Exit at Union Toll Plaza. Take I-78 to Route 24. Take Route 24 west to Summit. Exit at Broad Street and circle over Route 24. Take Broad Street into downtown Summit to Maple Street and turn left.

- ❖ **Eastbound I-78 to Rt. 24:** Take Summit/Millburn exit to Broad Street. Go two miles on Broad Street to the corner of Broad and Maple.
- ❖ **Westbound I-78:** Take Route 78 to Berkeley Heights. Turn left at the end of the ramp. At the stop sign turn left onto Plainfield Ave. At first light, turn right onto Mountain Ave. At the yellow blinking light at Maple Street, turn left to Broad and Maple.

**Additional parking is available in the parking garage located a few blocks from the “Y”. Directions to the garage: from Broad Street, turn right at the light onto Maple Street. (The “Y” will be on the left.) At the next light, turn right onto Springfield Ave. and continue approx. ¼ of a mile to the entrance to the parking garage is on the left, just before Bagel Chateau.*

Sussex County YMCA 15 Wits End Rd. Hamburg, NJ 07419 973-209-9622

(Mapquest address: 15 Wits End Dr., Hamburg, NJ 07419-9727)

- **From Route 23 N:** Take NJ-23 N toward BUTLER. Drive through Stockholm and down the mountain (road becomes 1 lane). Go straight through the traffic light at Munsonhurst Rd. and continue to drive on Rt. 23 through Franklin and into Hamburg. After you drive up a small bridge, take a Left onto Rt. 94 at the light. (Wachovia Bank is on the left corner). Drive through 1 traffic light at Wallkill Regional HS, and continue past a strip mall on the right. Turn Right at the 2nd Wits End Rd. sign after the strip mall (the first one is before the strip mall). Take the first Left road into the YMCA driveway.
- **From Route 80 West:** 80 West towards Delaware Water Gap, Merge onto **NJ-15 N** via **EXIT 34B** toward **JEFFERSON/SPARTA**, drive approx. 14 miles, cross over railroad tracks, go through 1 traffic light, pass Car Wash (on the right), and take a Right at the light onto White Lake Rd. (Aurora Electric is at corner). Follow White Lake Rd. to the end and turn Right onto 94. Follow for about 5 miles, pass through traffic light at Shell Gas Station, pass Wheatsworth Rd. on the right, and take your next Left onto Wits End Rd., follow and take Left at first road into the YMCA driveway.

WEST ESSEX YMCA 321 S. Livingston Ave., Livingston 07039 973-992-7500

- **East/West:** Take Route 280 to Exit 5A. Take Livingston exit going south onto Livingston Ave. At the 4th light you will see "Kings" on the left and "7-11" on the right. Go through the light and the West Essex YMCA is 300 yards on the left, before Livingston Police Dept..
- **Parkway:** North or South: Take Parkway (Exit 145) to Route 280 West. (Follow directions above.)

WEST MORRIS AREA YMCA 14 Dover-Chester Road, Randolph 07869 973-366-1120

- **From the North or South:** Take Route 287 to the exit for Dover –Route 10 West. Take Route 10 west toward Dover for about 9 miles. Go past the County College of Morris. Turn right at the Dover/Chester/Ironia exit at Dover-Chester Road. Bear right toward Dover. Do not cross Route 10. The “Y” is about ½ of a mile on your left.
- **From the East:** Take Route 80 west to Route 287 south. Exit at Dover-Route 10 West. Follow from Route 10 above.

WESTERN MONMOUTH COUNTY YMCA 470 E. Freehold Road. Freehold 07728 732-462-0464

- Take Parkway south to Exit 123 (2nd exit after Raritan Toll Plaza). Follow Route 9 south to Route 18 south. Continue on Route 18 south to Freehold Exit (Route 79 South). Follow 2 to 3 miles and turn right onto East Freehold Road. The “Y” is on the left about ¼ of a mile down.

WESTFIELD YMCA 220 Clark Street, Westfield 07090 908-233-2700

- **From Route 22:** Exit onto Park Ave. into Scotch Plains. At third traffic light, turn left onto Midway Ave. This becomes North Ave. Proceed to the first street past Lord and Taylor store. Turn left onto Clark Street. The “Y” is on the right.
- **From the Parkway:** Take Exit 135 (Westfield/Clark) Exit onto Central Ave. Go 2 ¼ miles to the 5th traffic light. (Gulf and Exxon stations are on the left corners.) Turn left onto South Ave. and proceed ½ mile to the 2nd traffic light. Turn right and go under the railroad tracks. Proceed to the 1st traffic light and turn left onto North Ave. Go about 100 yards and turn right onto Clark Street. The “Y” is on the right.

Woodbridge YMCA 600 Main Street, Woodbridge, NJ 07095 732-596-4170

- **From Garden State Parkway:** Take exit 129. Follow signs for Route 9 North. Take Main Street exit off Rt 9 North. Turn left on to Main Street. Turn right at 2nd traffic light. Turn left into parking lot. YMCA is located inside Woodbridge Community Center.
- **From NJ Turnpike:** Take exit 10. Follow signs for Garden State Parkway and Route 9 North. Follow above directions from Rt 9 North.
- **From 287 South:** Follow 287 South until road turns into 440 North. Follow signs for Route 9 North. Follow GSP directions from Rt 9 North.

WYCKOFF YMCA 691 Wyckoff Avenue, Wyckoff 07481 201-891-2081

- **From the Garden State Parkway:** Exit 160 to Route 4 West to Route 208 north to Russell Ave. exit. Left onto Russell Ave. and follow to the ‘T’ intersection. Left at the ‘T’ intersection onto Wyckoff Ave. Follow Wyckoff Ave. into the center of town. As you come over a set of railroad tracks, you will see Bergen Brick & Tile Co. on your left. The YMCA’s driveway is the first driveway on your left just beyond Bergen Brick & Tile. Follow the long driveway past Spring Lake. The YMCA main building is at the end of the long driveway.
- **From 287 South or North:** take exit for Rt 208 South to Ewing Ave. At the stop sign make a left on Ewing Ave. At the next light, turn right onto Franklin Ave. At the next light, turn left onto Wyckoff Ave. After crossing the railroad tracks, turn left into the Y’s driveway. Follow past Spring Lake all the way to the YMCA driveway