

## TRAVEL DIRECTIONS TO COMPETITION POOLS

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### A Note About These Directions and Facility Phone Numbers

If you encounter any faulty directions, please bring them to the attention of HACY via the web site's Contact page. HACY does not guarantee that these directions are 100% correct. If you already know of a better way (quicker, more direct, etc.) to get to any of these pools, please use your own directions. Not all facility's telephone numbers have been verified. Some area codes, for example, are subject to change.

**Bayonne YMCA** (Lincoln Community School). East 30th Street and Prospect Avenue (Avenue F), Bayonne. Pool, (201) 858-5977.

Proceed north on the New Jersey Turnpike to Exit 14A. Follow signs to the Holland Tunnel and bear off the highway at the Bayonne exit. Bear left under the overpass onto Avenue E and proceed approximately 1.4 miles to 30<sup>th</sup> Street. Make a left onto 30<sup>th</sup> Street and proceed over the bridge. The Lincoln Community School is on your right near the end of 30<sup>th</sup> Street; entrance is through the schoolyard.

**Bergen County Community College**. 400 Paramus Road, Paramus. Athletic Facilities, (201) 447-7943.

Proceed north on the Garden State Parkway to Exit 160 (for Passaic Street). Coming off the ramp, turn left onto Passaic Street (which becomes Paramus Road north of NJ Route 4) and continue north for about 2 miles to the college entrance on the right.

**Berkeley Aquatic Club – Main Pool** (Berkeley Heights). 649 Springfield Avenue, Berkeley Heights. Pool, (908) 464-0574.

From the Mercer County area, proceed north using the route of your choice to the Somerville area and pick up Route I-278 northbound. From the US Route 202/206 on ramp, continue for approximately 3½ miles to the exit for Route I-78. Take the exit for I-78 east (toward New York City) and continue for approximately 9½ miles to the exit for County Route 531/Gillette. Turn left onto Hillcrest Road (which turns into Mountain Avenue) and continue for 1¼ miles into Gillette to the intersection at Valley Road. Make a right onto Valley Road (which turns into Springfield Avenue) and continue for approximately 1 mile into Berkeley Heights to the Berkeley Aquatics pool on your left.

**Blair Academy**. 2 Park Street, Blairstown. (908) 362-6121.

*From the New Jersey Turnpike:* Take the New Jersey Turnpike north to the exit for the Garden State Parkway. Exit onto the Garden State Parkway, then continue north to the exit for I-280 west. Exit onto I-280 and continue west to Route I-80. Merge onto I-80, continuing westbound. Follow directions "From Route I-80."

*From Route I-80:* Take Exit 12 for Blairstown and proceed north for approximately 4.9 miles on County Route 521 to NJ Route 94. Make a left at the STOP sign at Route 94 and continue down

the hill, through the light, then turn right at the Blair Academy sign opposite the Coastal station. Proceed through two quick STOP signs, then turn right through the main gate.

*From US Route 206:* From the Mercer County area, proceed north on US Route 206 for approximately 45-50 miles (from Route I-295) to the intersection of Route I-80 in the Netcong area. Take I-80 west then follow directions “From Route I-80.”

*From NJ Route 31:* From the Mercer County area, proceed north on NJ Route 31 for approximately 40-45 miles to the intersection of US Route 46 in Buttzville. Make a left onto Route 46 and proceed north roughly 1.4 miles to County Route 519 (Bridgeville Road). Make a right onto Route 519 — which turns into Hope Road, then into County Route 521 in the Hope area — and continue north for approximately 7½ miles to Route I-80. Continue with the directions “From Route I-80,” ignoring the instruction to “Take Exit 12.”

**Bucknell University – Arthur D. Kinney Jr. Natatorium.** Moore Avenue, Lewisburg, PA. Aquatics Coordinator, (570) 577-3594.

From the Mercer County area, proceed on your preferred route north to I-80 westbound. Continue west on I-80 to Exit 210A – US Route 15 South. Proceed south on Route 15 for approximately 7.4 miles to Moore Avenue. Make left at the light onto Moore Avenue. The Recreational Sports Complex/Davis Gymnasium, which houses the Kinney Natatorium, is the first building/set of buildings on your left (just off Moore Avenue).

**Centennial Avenue Pool.** See Cranford Community Pool.

**Clifton Boys and Girls Club.** 822 Clifton Avenue/181 Colfax Avenue (same place, two addresses), Clifton. (973) 773-0966.

*From the Garden State Parkway:* Follow the Garden State Parkway north and take Exit 154 for US Route 46 east. Proceed east on Route 46 for approximately 0.3 miles to the first exit (for Paulison Avenue). At the bottom of the ramp, make a left onto Paulison Avenue and continue for about ½ mile to the first light (Clifton Avenue). Make a right onto Clifton Avenue and proceed about ¼ mile to the next light (at Colfax Avenue). Make a right onto Colfax Avenue and then an immediate left into the club parking lot.

**College of New Jersey.** 2000 Pennington Road, Ewing. Pool Deck, (609) 771-3245.

*From I-295 in the Mercer County Area:* Proceed to Exit 4 of I-95 and head south on NJ Route 31 (Pennington Road). Continue south on Route 31 approximately 1.4 miles from the I-95 overpass to the light at the main campus gate. Turn left into campus and bear right onto the loop road. Continue on the loop road for roughly 0.9 miles to a left turn just at the bottom of a small hill (dorms and a parking structure will be in front of and to the right of you just before you turn). Continue down this access road past the athletic fields on your left. The parking lot for the pool is on your right at the end of the access road.

**Cranford Community Pool (Centennial Avenue Pool, Cranford Recreation Center).** 401 Centennial Avenue, Cranford. (908) 272-9595.

Proceed north on the Garden State Parkway to Exit 136 (for Cranford). Make a left at the light at the end of the ramp onto Centennial Avenue and continue for less than ½ mile to the light just past the Cranford Town Tavern. Make a right at the light into the pool/recreation complex.

**DeNunzio Pool.** See Princeton University.

**Fanwood-Scotch Plains YMCA.** 1340 Martine Avenue, Scotch Plains. (908) 889-8880.

*From the Garden State Parkway.* Take Exit 135 for Westfield onto Central Avenue to the first light. Make a left onto Raritan Road and proceed to Lake Avenue. Make a right onto Lake Avenue (which becomes Martine Avenue). The YMCA is on the left.

*From Route 22.* Take US Route 22 to Park Avenue in Scotch Plains (by Pantageous Restaurant) and follow south through Scotch Plains and Fanwood. Park Avenue becomes Martine Avenue. The YMCA is on the right.

**Freehold YMCA.** See Western Monmouth County YMCA.

**Garfield YMCA** (meets are held at the Garfield Boys Club). 490 Midland Avenue, Garfield. (973) 772-7450.

*From Route 80 East.* Take Exit 61 for Garfield/Elmwood Park. Make a right at the end of the ramp onto River Road. Proceed to the first light, then make a left onto Outwater Lane. Proceed to the second light, then make a right onto Midland Avenue. The Garfield Boys Club is approximately five blocks down on the left, next to the library.

*From Route 80 West.* Take Exit 61 for Garfield/Elmwood Park. Make a left at the end of the ramp onto River Road. Proceed through two [quick] lights, then continue for approximately 1½ miles to the next light. Make a left onto Outwater Lane, then follow directions from Outwater Lane, above (under “From Route 80 East”).

*From the South:* Take the Garden State Parkway north to Exit 156 (Route 46/River Road). Proceed on Route 46 east, staying to the right. Follow the bend over the river to the first exit on the right for Route 507/Garfield. Bear right onto River Road and continue to the first traffic (at Outwater Lane). Make a left onto Outwater Lane, then follow directions from Outwater Lane, above (under “From Route 80 East”).

**George Mason University – Aquatic and Fitness Center.** 4400 University Boulevard, Fairfax, VA. Pool, (703) 993-3939.

Follow I-95 south from the Trenton area to the Capital Beltway (I-495) interchange north of Washington, DC. Follow signs for I-495/Capital Beltway West and continue into Virginia. Approximately 12 miles from the Potomac River, look for Exit 54 and follow signs for Braddock Road/Route 620 West. Proceed west on Braddock Road/Route 620 for approximately 5.5 miles. Make a right onto Nottaway River Lane and proceed on to campus and straight to Patriot Circle. Make a right on Patriot Circle. The Aquatic and Fitness Center is on the corner on your right.

**Gloucester County Institute of Technology.** 1360 Tanyard Road, Deptford Township. (856) 468-1445.

Follow I-295 south from the Trenton area (*down the New Jersey side of the river*). In the Camden area, watch for and follow signs for NJ Route 42 South (or East). Follow Route 42 south/east about 1.6 miles to NJ Route 55. Exit onto Route 55 and proceed south for about 3.7 miles to the exit for NJ Route 47; take the first Route 47 exit. Coming off of the ramp, quickly get into the left-turn lane at the first traffic light (at Bankbridge Road). Follow Bankbridge Road to the first intersection (with Tanyard Road). Make a left onto Tanyard Road and proceed about four-tenths of a mile to the entrance of the Vo-Tec school on the left.

**Greater Bergen YMCA.** 360 Main Street, Hackensack. (201) 487-6600.

*From the Morristown Area.* Take Route I-287 north to the exit for Route I-80 east. Follow I-80 east and exit onto the Garden State Parkway north. Take Exit 160 and proceed east (right) on Passaic Street. Continue for over 3 miles to Main Street. The YMCA is at the intersection on the left.

*From the Trenton Area.* Take the New Jersey Turnpike north to the Garden State Parkway north. Continue to Exit 160 and proceed east (right) on Passaic Street. Continue for over 3 miles to Main Street. The YMCA is at the intersection on the left.

**Hamilton High School West.** 2720 South Clinton Avenue, Hamilton Township. Main Office, (609) 581-5000.

*From Route I-295.* Proceed to Route I-95 or I-295 and exit onto the highway heading northbound. Continue to Exit 61 for Arena Drive south (or east). From the I-295 overpass, continue for approximately 0.7 miles to the intersection of Whitehorse-Mercerville Road. Make a right onto Whitehorse-Mercerville Road and proceed three blocks to South Clinton Avenue. Make a right onto South Clinton Avenue and continue for approximately 1.2 miles to the light at Park Avenue (the school is on the far right corner). Make a right onto Park Avenue and then a left into the parking lot.

*From Route I-195:* From I-195 westbound, take Exit 3 for Arena Drive. Proceed approximately 0.7 miles to the light at Whitehorse-Mercerville Road. Make a left onto Whitehorse-Mercerville Road and proceed three blocks to South Clinton Avenue. Make a right onto South Clinton Avenue and continue for approximately 1.2 miles to the light at Park Avenue (the school is on the far right corner). Make a right onto Park Avenue and then a left into the parking lot.

*From the New Jersey Turnpike:* Take the New Jersey Turnpike to Exit 7A. Follow signs for Trenton, proceeding westbound on Route I-195. Follow directions "From Route I-195."

**Hillsborough YMCA.** See Somerset Valley YMCA – Hillsborough Branch.

**Hunterdon County YMCA.** 144 West Woodschurch Road, Flemington. (908) 782-1030.

Follow NJ Route 31 north to Route 31/US Route 202 north to the Flemington Circle. Follow Route 31 north past the Hunterdon Medical Center. From the light at the medical center, proceed approximately 1.8 miles to West Woodschurch Road and make a right. The YMCA is ½ mile on the right.

**JFK Pool (Newark).** 211 West Kinney Street, Newark. (908) 782-1030.

Take the New Jersey Turnpike north to Exit 15W for I-280 west. Proceed on I-280 west for approximately 3-3½ miles to the exit for Martin Luther King (MLK) Boulevard. Turn right onto MLK Boulevard and proceed roughly 1.4 miles past Saint Benedict's Prep and Essex County Community College to West Kinney Street. Make a right onto West Kinney Street and continue two blocks to the JFK Pool on the right. Park in the dirt lot across the street.

**Lakeland Hills YMCA.** 100 Fanny Road, Mountain Lakes. (973) 334-2820.

Follow Route I-287 north through the Morristown area and take the exit for Intervale Road/Mountain Lakes. Make a left at the end of the ramp. Immediately after crossing over I-287, make a right onto Fanny Road. The YMCA is approximately ½ mile up Fanny Road on the left.

**Madison YMCA.** 1 Ralph Stoddard Drive, Madison. (973) 377-6200.

*From the Garden State Parkway:* Take Exit 142 onto Route I-78 west. If you are traveling north on the Garden State Parkway, you must make a U-turn at Exit 54. Continue following the directions "From Route I-78."

*From the New Jersey Turnpike:* Follow the New Jersey Turnpike to the exit for Route I-78. Follow Route I-78 west toward Clinton, staying in the local lanes. Continue following the directions "From Route I-78."

*From Route I-78:* Take Exit 48 for Route 24 and continue toward Springfield and Morristown. From Route 24 west, take Exit 7 and proceed onto Route 124 west toward Chatham. Continue to the sixth light, at which point you will be entering Madison. Continue past the Jaguar dealership to Prospect Street (an intersection with three gas stations). Make a left onto Prospect Street and continue to the train trestle. Just past the trestle, make a left onto Kings Road. The YMCA is on your right just before the turn in the road.

*From Route I-287:* Take Exit 35 for Madison Avenue / Route 124 East. If you are traveling north on I-287, you will need to make a left off the ramp onto Route 124 East. Continue past Fairleigh Dickinson University on the left and Drew University on the right. Proceed into town and look for an intersection with three gas stations (at Prospect Street). Make a right and continue to the train trestle. Just past the trestle, make a left onto Kings Road. The YMCA is on your right just before the turn in the road.

**Mercer County Community College.** 1200 Old Trenton Road, West Windsor. Athletics, (609) 586-4800.

*From I-295 in the Mercer County Area:* Proceed to Exit 65 of I-295 and head east on Sloan Avenue. Continue east on Sloan Avenue (which turns into Flock Road) approximately 1.6 miles to the light at Edinburg Road. Make a left onto Edinburg Road and proceed about one mile (passing through a traffic light) to a jughandle on the right that will take you to the light at the main entrance to the campus (which will be on your left). From the jughandle, proceed through the light to the STOP sign. Make a right at the STOP sign and continue on the loop road to it dead ends at a turnaround right in front of the pool, which will be on your right.

*From US Route 1:* In the West Windsor/Lawrenceville area, watch for the exit for Quakerbridge Road. Bear onto Quakerbridge Road heading south and continue for two miles to Hughes Drive on your left. Make a left onto Hughes Drive and proceed 1¼ miles to the entrance to the college

on your left. Make a left into the college and follow the loop all the way around to the other side of campus (approximately 1½ miles) where it will dead end at a turnaround right in front of the pool, which will be on your right.

**Metuchen Municipal Pool.** Lake Avenue, Metuchen. Pool Manager, (732) 494-9442.

Follow US Route 1 north to the Metuchen exit. Follow Main Street north toward Metuchen for approximately ½ mile (from Route 1) to Brunswick Avenue (on your left; Brunswick Avenue is the fifth left after crossing over Route I-287). Make a left onto Brunswick Avenue and follow it two blocks to the end of the street. Make a left onto Lake Avenue. The pool is a couple of hundred yards down the street on your left.

**Metuchen-Edison YMCA.** 65 High Street, Metuchen. (732) 548-2044.

Follow US Route 1 north to the Metuchen exit. Follow Main Street north toward Metuchen for approximately 0.7 miles (from Route 1) to High Street. Make a left onto High Street and proceed one block. The YMCA is on your left.

NOTE: If the meet is at the Wardlaw-Hartridge School, see directions for the school later in this section.

**Montclair State University.** Valley Road and Normal Avenue, Upper Montclair. (973) 655-4000.

Follow the Garden State Parkway north to Exit 153B for NJ Route 3 West; this is left exit. Continue for approximately 1.5 miles. Just before Route 3 West ends and blends with US Route 46, stay to the right and take the exit for Valley Road Montclair/Paterson. Stay to the right. At the stop sign, turn right and then make an immediate left. Follow the U-turn signs to Montclair. Make a right turn onto Valley Road; you'll be heading south. Continue south on Valley Road for approximately one mile to first traffic light. Make a right onto Normal Avenue. Proceed for a couple of hundred yards, then make the first right onto College Avenue. Panzer Pool is adjacent to the football field on your left.

**Montclair YMCA.** 25 Park Street, Montclair. (973) 744-3400.

Follow the Garden State Parkway north to Exit 148 (for Montclair/Bloomfield Avenue). Proceed off the Exit 148 ramp and cross over Bloomfield Avenue, staying to the left. Travel around the loop, heading back toward Bloomfield Avenue. Make a right onto Bloomfield Avenue and proceed west for approximately 2.1 miles to Park Avenue in Montclair. Make a right onto Park Avenue. The YMCA is on the right. Parking is available in the adjacent parking garage, accessible just before you reach the YMCA building.

**Morris Center YMCA.** 79 Horsehill Road, Cedar Knolls. (973) 267-0704.

Follow Route I-287 north to the Morristown area. Take the Lafayette Avenue West exit and make a right onto Ridgedale Avenue. Proceed about three-quarters of a mile to Hanover Avenue. Make a left onto Hanover Avenue and go about a half mile to the light at Horsehill Road. The YMCA is approximately two-tenths of a mile down the hill on the right.

**Morristown-Beard School.** 78 Whippany Road, Morristown. (973) 539-3032.

Follow Route I-287 north to the Morristown area. Take Exit 36A for Morris Avenue/Morristown. Once on Morris Avenue, get into the middle lanes so that when the road splits, you are on Whippany Road. Proceed on Morris Avenue for approximately one-half mile to where the road splits. At the split, go left onto Whippany Road. Proceed roughly six-tenths of a mile; the school entrance is on the left.

**Nassau County Aquatic Center.** Eisenhower Park, Merrick Avenue, East Meadow. (516) 572-0513.

Follow the New Jersey Turnpike north to Exit 13 for the Goethals Bridge/Staten Island Expressway/Route I-278 east. From the turnpike, follow Route I-278 (Staten Island Expressway) east for approximately 9 miles to the Verrazano-Narrows Bridge. Cross the bridge, then exit onto the Belt Parkway east, heading toward JFK International Airport/Long Island. Continue on the Belt Parkway eastbound for approximately 17 miles to the Kennedy Airport area. Soon after passing JFK International Airport, stay in the left lane and watch for signs for the Southern State Parkway.

*NOTE: Roughly 3 miles past Exit 20, the road bends left, heading northbound, and may be called the Laurelton Parkway. Do NOT take Sunrise Highway! After the road bends left, it continues north for about 2 miles, until it bends back to the right, heading eastbound. At this point, it becomes the Southern State Parkway.*

Follow the Southern State Parkway east for about 8½ miles (from Exit 13 of the Southern State Parkway) to Exit 22N for the Meadowbrook Parkway. Proceed north on the Meadowbrook Parkway for about 2.1 miles to Exit M5 for NY Route 24/Hempstead Turnpike east. At the end of the ramp, make a right onto Hempstead Turnpike and proceed immediately to the left lane. A few hundred yards up the road, make a left at the first light (at Merrick Avenue). Follow Merrick Avenue for approximately 0.6 miles to the entrance into Eisenhower Park and the Nassau County Aquatic Center on the right.

**Newark Academy.** 91 South Orange Avenue, Livingston. (973) 992-7000.

From the Mercer County area, proceed north to Route I-287 using your route of preference (recommended route is north on US Route 206 to Somerville). Proceed north on I-287 to Exit 36A (Morris Avenue). At the end of the ramp, bear right onto Morris Avenue and continue for 0.4 miles to the fork in the road. Bear right at the fork (following signs for Florham Park and the Morristown Airport), and continue on Morris Avenue – which becomes Columbia Turnpike/Route 510 East/South Orange Avenue – for approximately 5.4 miles to Newark Academy. Turn left at the light into the school's driveway.

**North Brunswick High School.** 98 Raider Road, North Brunswick. (732) 289-3702.

Follow US Route 130 north into the North Brunswick area (if you make it to US Route 1, you went too far). In North Brunswick, look for the jughandle for Raider Road. Take the jughandle across Route 1 and follow the road around to the back of the school.

**Nottingham High School.** 1055 Klockner Road, Hamilton Township. Hamilton Aquatics' Head Coach, Sue Welsh, (609) 936-7294.

*From the New Jersey Turnpike:* Take Exit 7A to Route I-195 west toward Trenton. From I-195, take Exit 3B for Hamilton Square. Proceed approximately 0.9 miles to the light at Klockner Road.

Make a left onto Klockner Road and proceed for 2.75 miles to the light at Hamilton Avenue. Nottingham High School will be on the far left corner of Klockner Road and Hamilton Avenue. Take the second driveway into the back parking lot.

*From Route I-295:* Take Exit 63 for NJ Route 33 west toward Trenton. Bear right onto Route 33 (also called Nottingham Way) and continue to the first light (at Klockner Road). Make a left onto Klockner Road and proceed approximately ¼ mile to the first driveway into Nottingham High School on the right. The pool entrance is at the rear of the building.

**Peddie School.** Etra Road, Hightstown. (609) 490-7500.

*From the Northern Mercer County, Princeton Area:* From the Princeton area, proceed south on County Route 571 (Washington Road/Princeton-Hightstown Road) into the Hightstown area. Cross straight over US Route 130 and continue into downtown Hightstown on Stockton Street. At the 'T' intersection in the middle of town, make a right at the light at Main Street. At the fork in the road one block up, bear left, continuing south on Main Street. From the fork, travel approximately 0.4 miles to Etra Road (County Route 571). Make a left onto Etra Road and continue for less than ½ mile to the driveway back to the pool on your left.

*From the Route I-95/I-295 Corridor:* Following the route of your choice, proceed to US Route 130 north/NJ Route 33 east and travel north/east into the Hightstown area. At the Route 130/33 split (the first major intersection in the Hightstown area), bear right, following the signs for Route 33 east/downtown, and continue for approximately ½ mile to Airport Road. Make a right onto Airport Road and follow it to the end (almost 1 mile). Make a left onto County Route 539 (Old York Road) and continue for 0.6 miles to Etra Road (County Route 571). Make a right onto Etra Road and continue for less than ½ mile to the driveway back to the pool on your left.

**Princeton University – DeNunzio Pool.** Faculty Road, Princeton. Michael McLaughlin @ DeNunzio Pool, (609) 258-2732.

*From US Route 1:* In the Princeton area, watch for the exit for Washington Road (County Route 571). Take the Washington Road exit, heading toward Princeton. Continue on Washington Road for approximately 0.9 miles to the light at Faculty Road just over the Carnegie Lake bridge. Make a right onto Faculty Road and continue about ¼ mile to the pool on the left.

**Princeton YMCA.** 59 Paul Robeson Place, Princeton. (609) 497-9622.

*From US Route 1:* In the Princeton area, watch for the exit for Washington Road. Take the Washington Road exit, heading toward Princeton. Continue on Washington Road for roughly 1.7 miles to the light at Nassau Street. Make a left onto Nassau Street and continue through town for 7 or 8 short blocks (about ½ mile) to the light at US Route 206. Make a right at the light onto US Route 206 and continue north for one block to the light at Paul Robeson Place (the YMCA is on the far right corner). Make a right onto Paul Robeson Place and then a left into the parking lot.

**Ocean County YMCA.** 1000 Whitty Road, Toms River. (732) 341-9622.

From the Mercer County area, proceed east on Route I-195 to US Route 9. Take the exit for US 9 South and continue for approximately 12 miles through Lakewood area, into the Toms River area, and to Whitty Road on the left. Make a left onto Whitty Road and proceed approximately ¼ mile to the YMCA on the left.



**Ramapo College of New Jersey.** 505 Ramapo Valley Road, Mahwah. Pool, (201) 684-7862.

From the Mercer County area, proceed north to Route I-287 using your route of preference (recommended route is north on US Route 206 to Somerville). Proceed north on I-287 to Exit 66 (Mahwah). Coming off the ramp, follow NJ Route 17 south for ½ mile to the exit for US Route 202. At the end of the exit ramp, make a left onto Route 202 (Ramapo Valley Road) southbound and continue for approximately 1.3 miles to the traffic light at the main entrance. Make a left onto campus.

**Raritan Valley Community College.** Old NJ Route 28 and Lamington Road, North Branch. (908) 526-1200.

Follow US Route 206 north to the Somerville Circle. At the Somerville Circle, exit onto NJ Route 28 and proceed west for approximately 4 miles. The entrance to Raritan Valley Community College will be on your right at a traffic light (Orr Drive will be on your left).

**Raritan Valley YMCA** (North Brunswick Township High School). (732) 257-4114.

Take US Route 1 north to the intersection of US Route 130. Bear right onto Route 130 and head south for approximately one mile to the first traffic light (Raider Road). Make a right onto Raider Road and continue 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.*

**Red Bank YMCA.** 166 Maple Avenue, Red Bank. (732) 741-2504.

Follow NJ Route 33 east to Freehold. In the Freehold area, pick up County Route 537 north and attentively follow signs for Route 537 through Freehold. Continue north on Route 537 for approximately 9.5 miles (from downtown Freehold), passing under NJ Route 18, through Colts Neck, and to a “T” intersection at Tinton Avenue. Make a right onto Tinton Avenue and proceed about four-tenths of a mile to Sycamore Avenue. Make a left onto Sycamore Avenue and proceed east for about 2.7 miles to Broad Street. Make a left onto Broad Street and proceed one mile to the intersection with the railroad tracks. Cross the tracks and take the left fork onto Maple Avenue. The YMCA is on the left about a ¼ mile past the traffic light.

**Rider University – Richard Coppola Pool.** 2083 Lawrenceville Road, Lawrenceville. Pool, (609) 896-5024.

*From I-295 in the Mercer County Area:* Proceed to Exit 7 of I-95 and head south on US Route 206. Continue south on Route 206 approximately ½ mile from the I-95 overpass, past the main entrance to campus, then turn right into the South Entrance to campus. Pass through the security gate, then continue straight through the next two STOP signs. The access road winds around past the Greek Houses, then bears right. The Richard Coppola Pool is in Mauer Gym on the left at the bend.

**Ridgewood YMCA.** 112 Oak Street, Ridgewood. (201) 444-5600.

Take the Garden State Parkway north to Exit 163 and follow NJ Route 17 north. Proceed on Route 17 to the Linwood Avenue exit, following signs to Ridgewood. Exit onto Linwood Avenue (crossing back over Route 17) and continue until the road intersects at a “T” with Oak Street. Turn left onto Oak Street and proceed about two blocks; the YMCA is on the right.

**Rutgers University — Sonny Werblin Recreation Center Pool.** Rutgers University, Busch Campus, Piscataway. (732) 445-0460.

Follow US Route 1 or the New Jersey Turnpike north to NJ Route 18 North (Turnpike Exit 9).

If you traveling north on US 1: At the Route 1/Route 18 intersection, you will go under the Route 18 overpass and then bear to the right JUST after the overpass. Watch out for traffic merging onto Route 1 from Route 18 just before the overpass! Stay to the right and merge onto Route 18. Get out of the right lane ASAP because if you don't, you'll be right back onto Route 1 heading south. From the Route 18/Route 1 intersection, continue almost exactly three miles north on Route 18 to the bridge over the river (which you'll clearly see).

**TIP:** *When traveling on Route 18 from US 1, it's better to stay in the left lane as it will reduce the urge to bear off of Route 18 onto one of the New Brunswick exits.*

After crossing the river, move to the right lane and continue about a ½ mile to the exit for Busch Campus/Rutgers Stadium. Follow the ramp onto campus, taking the access road past the athletic fields to the traffic circle.

Once on the circle, take the first right; the Sonny Werblin Recreation Center is on your left. Continue to the four-way stop at the next intersection. Make a left, then bear left into the rec center's parking lot about 100 yards up the road.

**Saint Peter's College.** 2641 Kennedy Boulevard, Jersey City. (201) 915-9000.

Travel north on the New Jersey Turnpike to Exit 14C (Grand Street). Continue off the exit ramp to Montgomery Street. Make a left onto Montgomery Street. Continue on Montgomery Street for approximately one mile to Kennedy Boulevard. Proceed straight over Kennedy Boulevard. Travel down the hill and make a right into the parking deck. Once on campus, ask for directions to the pool (sorry, there's no campus map online and directions to the pool aren't provided).

**Seton Hall University.** 400 South Orange Avenue, South Orange. (973) 761-9000.

Travel north on the Garden State Parkway to Exit 144. Take Exit 144 and proceed to the second light. Make a left at the light onto South Orange Avenue and continue for approximately 2 miles to the university's main gate on your left.

**Somerset Hills YMCA.** 140 Mount Airy Road, Basking Ridge. (908) 766-7898.

Take US Route 206 north to Route I-287 north. Proceed on I-287 to the second Mount Airy Road exit, following signs for Bernardsville. After coming off the ramp, continue to the traffic light. Make a right onto Mount Airy Road; the YMCA is ¼ mile up the road on the right.

**Somerset Valley YMCA.** 601 Garretson Road, Bridgewater. (908) 526-0688.

*From US Route 206.* Take US Route 206 north to the vicinity of the Bridgewater Commons Mall. Approximately ¼ mile north of the US Route 22 interchange, exit at Commons Way. Make a left at the light at the end of the ramp and continue to the next light (Garretson Road). Make a left onto Garretson Road and proceed about ¼ mile to the YMCA on the right, opposite the school.

*From US Route 1.* Proceed north on US Route 1 to I-287 (in the Edison area). Exit Route 1 onto I-287 north and proceed to the Somerville area. Take the exit for US Route 22 West; exit from the two LEFT lanes. Follow Route 22 west and exit onto Commons Way. Follow Commons Way to Garretson Road. Make a left onto Garretson Road and proceed about ¼ mile to the YMCA on the right, opposite the high school.

**Somerset Valley YMCA – Hillsborough Branch.** 591 Amwell Road, Hillsborough. (908) 369-0490.

Take US Route 206 north to Amwell Road (County Route 514) in Hillsborough (a shopping center is on the right at the intersection). Make a left onto Amwell Road and travel approximately 1.4 miles to where Route 514 and Amwell Road split. Bear right at the split and continue for approximately one mile. The YMCA is on the left opposite a small shopping center called “The Corner.”

**Steinert High School.** 2900 Klockner Road, Hamilton Township. Main Office, (609) 890-3743.

*From the North (other than on the New Jersey Turnpike).* Proceed to Route I-95 and exit onto the highway heading north (for Camden/New York). Continue to Exit 64 for Route 33 East/Mercerville. From the end of the ramp, continue for approximately ¾ of a mile to the light at the "T" intersection at Nottingham Way. Make a left and proceed one block to the next light (stay to the right). Make a right at the light onto Quakerbridge Rd and continue for 0.8 miles to the light at Klockner Road. Make a left onto Klockner Road and continue for 1½ miles to Steinert High School, which will be on the left.

*From the South (other than the New Jersey Turnpike).* Proceed to Route I-295 and exit onto the highway heading north (for Camden/New York). Continue to Exit 63 for Route 33 East/Mercerville. At the end of the ramp, merge onto NJ Route 33 eastbound. Continue on Route 33 east for approximately 0.6 miles to the light at Whitehorse-Mercerville Road. Make a right onto Whitehorse-Mercerville Road and continue for 0.6 miles to the light at Klockner Road. Make a left onto Klockner Road and continue for 1½ miles to Steinert High School, which will be on the left.

*From Route I-195:* From I-195 westbound, take Exit 3B for Hamilton Square. Proceed approximately 0.9 miles to the light at Klockner Road (the high school will be on the far left corner). Make a left onto Klockner Road and then a right just past the school into the parking lot.

*From the New Jersey Turnpike:* Take the New Jersey Turnpike to Exit 7A. Follow signs for Trenton, proceeding westbound on Route I-195. Follow directions “From Route I-195.”

**Stevens Institute of Technology.** Castle Point on Hudson, Hoboken. (201) 216-5000.

Travel north on the New Jersey Turnpike to Exit 14C (Grand Street) and follow signs to the Holland Tunnel. Where the turnpike ends (at the first traffic light), make a left onto Jersey Avenue, heading towards Hoboken. Continue for a few blocks, pass under the train bridge, then bear right onto Newark Street (which will become Observer Highway). Proceed on Newark Street/Observer Highway for about ¾ of a mile to the last traffic light on Observer Highway (at Washington Street).

Turn left onto Washington Street and continue for approximately  $\frac{3}{4}$  of a mile to Ninth Street. Make a right onto Ninth Street and proceed through the gates of the school.

**Summit YMCA.** 67 Maple Avenue, Summit. (908) 273-3330.

*From the Garden State Parkway.* Take the parkway north and exit at the Union toll plaza. Take Route I-78 to NJ Route 24. Follow Route 24 west to Summit and exit at Broad Street. Circle over Route 24 and follow Broad Street into downtown Summit. At Maple Street, turn left.

*From US Route 206.* Take Route 206 north to Route I-78 eastbound. Continue on Route 78 and exit at Summit/Millburn. Continue to Broad Street and proceed two miles to the corner of Broad and Maple.

Additional parking is available in the parking garage located a few blocks from the YMCA. From Broad Street, turn right at the light onto Maple Street; the YMCA is on your left. At the next light, turn right onto Springfield Avenue and continue approximately  $\frac{1}{4}$  mile to the entrance of the parking garage; it's on the left just before Bagel Chateau.

**Sussex County YMCA.** 15 Wits End Road, Hamburg. (973) 209-9622.

NOTE: There is no quick, convenient way to get to this pool. These directions take you the most direct way – north on US Route 206, through Newton, to NJ Route 94. You might consider taking I-287 north to I-80 west to NJ Route 15 north/west as an alternate route to get to Route 94 north of Newton.

*From the Mercer County Area.* Take U.S. Route 206 north to Newton (it is approximately 55 miles from downtown Princeton to downtown Newton). In downtown Newton, make a right onto NJ Route 94 north (Water Street, which becomes Hampton House Road outside of town) and continue for 2.3 miles to where you'll make a right onto Sunset Inn Limecrest Road (continue following signs for Route 94 north). Proceed for about 8.6 miles – being careful to follow signs for Route 94 – to Wits End Road. Make a left onto Wits End Road and continue to the YMCA's driveway.

NOTE: The Y's directions are not specific on how far down Wits End Road their facility is, but the road is not very long and loops back to Route 94 less than a half-mile away.

**Union Boys and Girls Club.** 1050 Jeanette Avenue, Union. (908) 687-2697.

From the Mercer County area, proceed north on the Garden State Parkway to Exit 140 for US Route 22 east. Proceed east on Route 22 for less than  $\frac{1}{2}$  mile and take the exit for NJ Route 82 west. Proceed west on Route 82 for approximately 1 mile to Jeanette Avenue. Make a right onto Jeanette Avenue. The pool is on the left less than one block from Route 82.

**University of Maryland – College Park, Campus Recreation Center Natatorium.** Off of MD Route 193 (University Boulevard); NW Quad; Campus Map Building Number 068. Campus Recreation Services Main Office, (301) 226-4400.

Follow I-95 South to the Washington Beltway (I-495). As you approach the Beltway, stay in the middle lane(s) — you need to follow signs for Exit 27 – College Park (you'll be heading toward I-495 West, not I-495 East). After you pass the Beltway East exit (which will be on your left), stay to the left. Bear left, following the signs for Exit 27 – Route 1/College Park. Exit again at Exit 25B – Route 1 South/College Park. At the end of the ramp, turn right onto Route 1 South. Proceed

south for 1 mile to the ramp for MD Route 193 (University Boulevard) north (or west). Continue on University Boulevard for approximately 1¼ miles to the light at the bottom of the hill; move into the left-turn lane. Make a left and proceed onto campus. At the traffic circle in front of the football stadium, go ¾ of the way around. Stay to the left at the first split of the road past the circle (about 100 yards up the road). At the next intersection (another 100 yards or so up the road), continue straight to go into the parking lot or make a right to drive past the Campus Recreation Center, which will be on your left.

**Upper Main Line YMCA.** 1416 Berwyn-Paoli Road, Berwyn, PA. (610) 647-9622.

From the Mercer County area, proceed using the route of your choice to the Pennsylvania Turnpike westbound. In the King of Prussia area, take the exit for Route I-76 east (should be Exit 24) toward Philadelphia. Proceed on I-76 for just under one mile to the exit for US Route 202 south (toward West Chester; Route 202 may also be called Swedesford Road or DeKalb Pike). Continue south on Route 202 for approximately 3½ miles to the intersection of PA Route 252. Follow signs for Route 252 South/Paoli and proceed south roughly 2¼ miles into Paoli to the intersection of US Route 30. Make a left onto Route 30 and continue eastbound for 0.8 miles to Glenn Avenue. Make a right onto Glenn Avenue and proceed southbound for ¼ mile to Berwyn-Paoli Road. Make a right onto Berwyn-Paoli Road; the YMCA is a couple of hundred yards down the road on your left.

**Wardlaw-Hartridge School** (alternate meet venue for the Metuchen-Edison YMCA). 1295 Inman Avenue, Edison. (908) 754-1882.

*From the Garden State Parkway:* Take Exit 131 to NJ Route 27 south. Continue south on NJ Route 27 for about ¼ mile to the traffic light at Wood Avenue (at the bottom of a hill). Make a right onto Wood Avenue and continue for approximately 2¼ miles to the third traffic light (at Inman Avenue). Turn left at the light onto Inman Avenue and continue for 2½ miles to the school, which will be on the left (watch for a green sign on the left).

*From US Route 22:* Coming from the east, turn right onto the Terrill Road jughandle (across from Sears) and cross over US Route 22. Coming from the west, turn right onto Terrill Road (Sears is on the right). Continue on Terrill Road for 1¼ miles to the fifth light at East Seventh Street. Turn right on East Seventh Street and continue for ¾ of a mile to the second light (at Woodland Avenue). Turn left onto Woodland Avenue and proceed roughly 2¼ miles to the second light (at Maple Avenue; watch for the golf course). Make a left onto Maple Avenue and proceed to the fork, where you will bear right onto Inman Avenue. The school is ¼ mile from the fork on the right (watch for the green sign on the right side of the road).

*From Route I-78:* Take Exit 40 for Hillcrest Avenue. If you are coming from the east, turn left onto Hillcrest Road; if you are coming from the west, bear right onto Hillcrest Road. Continue on Hillcrest Road for about a mile to the Watchung Circle. Proceed ¾ of the way around the circle, exiting right onto Somerset Street. Continue on Somerset Street almost to Route 22; turn left at the sign that says "The Plainfields." Continue over the overpass, then turn left onto Somerset Street, which becomes Park Avenue. Continue on Somerset Street/Park Avenue for about 3.2 miles to the light at Maple Avenue. Make a left onto Maple Avenue and proceed to the fork, where you will bear right onto Inman Avenue. The school is ¼ mile from the fork on the right (watch for the green sign on the right side of the road).

**Wayne YMHA.** 1 Pike Drive, Wayne. (973) 595-0100.

*From Mercer County.* Proceed north using the route of your choice to the Garden State Parkway northbound. Continue on the Garden State Parkway to [left] Exit 155 (NJ Route 19 North / I-80 West / Paterson). Continue on Route 19 for approximately 2 miles to the I-80 interchange. Follow signs for Grand Street. At Grand Street, make a right and proceed about ¼ mile to Main Street. Make a left onto Main Street and continue for ½ mile to West Broadway. Make a left onto West Broadway and proceed 1.3 miles to Central Avenue (County Route 504). Make a right onto Central Avenue and continue for approximately 1 mile to Hamburg Turnpike. Bear right onto Hamburg Turnpike and go roughly 4/10 of a mile to Ratzer Road. Make a left onto Ratzer Road and proceed for 1.1 miles (bear right at the fork on Ratzer) to Pike Drive. Make a right onto Pike Drive. The YMHA is on your left.

**Wesleyan University (Freeman Athletic Center).** 161 Cross Street, Middletown, CT. Freeman Athletic Center, (860) 685-2690.

There are many routes that can be used to get from our area to Middletown or the central Connecticut area. Depending on when you travel, there may be no way to avoid traffic backups. Following is our recommended route; if you have a preferred route; use it.

From the Mercer County area, take the Garden State Parkway north into New York State and pick up Route I-87 south toward the Tappan Zee Bridge. Cross the Tappan Zee Bridge and continue southbound on I-87 toward White Plains. At the split for I-87/Route I-287, follow signs for White Plains/Cross Westchester Expressway. From that split, continue eastbound on the Cross Westchester Expressway for approximately 6½ to 7 miles to the exit for Route I-684 north. Proceed north on I-684 for about 27 to 28 miles to the intersection of Route I-84. Follow signs for I-84 eastbound for Danbury and Waterbury. From the I-684/I-84 interchange, continue east for roughly 30 miles to Exit 27 (for Route I-691/CT Route 66). From this exit, take I-691/Route 66 eastbound for approximately 14½ miles into Middletown to Vine Street, which will be on your right (NOTE: I-691/Route 66 will cease to be an expressway about 1½ miles past the I-91 interchange and become Washington Street as you approach Middletown). Make a right onto Vine Street and proceed for 0.4 miles to the 'T' intersection at Cross Street. Make a right onto Cross Street and continue for a few hundred yards to the Freeman Athletic Center/Wesleyan Natatorium on the left.

**West Essex YMCA.** 321 South Livingston Avenue, Livingston. (973) 992-7500.

*From Route I-280:* Take Exit 5A for Livingston and proceed south on Livingston Avenue. Continue to the fourth light, where you will see Kings on the left and a 7-11 on the right. Proceed through the light and continue for approximately 300 yards to the West Essex YMCA on the left. If you reach the Livingston Police Department, you went too far.

*From the Garden State Parkway:* Take Exit 145 and proceed west on Route I-280 to Exit 5A (Livingston). Continue following directions "From Route I-280."

**West Morris YMCA.** 14 Dover-Chester Road, Randolph. (973) 366-1120.

Take US Route 206 north to Route I-287 north. Proceed on I-287 to the exit for Dover/Route 10 West and continue west for approximately nine miles on Route 10 (toward Dover). Go past the County College of Morris and bear right on the Dover/Chester/Ironia exit at Dover-Chester Road. Do not cross over Route 10. The YMCA is about ½ mile up the road on the left.

**West Windsor-Plainsboro High School South** (site of the Hamilton YMCA's home meets). 346 Clarksville Road, Princeton Junction. (609) 716-5050.

*From US Route 1:* In the Princeton area, watch for the exit for Washington Road/Princeton Junction. Coming from the north, proceed  $\frac{3}{4}$  of the way around the traffic "circle." Coming from the south, make a right off of Route 1 ( $\frac{1}{4}$  way around the traffic "circle"). Travel south on Washington Road (County Route 571) toward Princeton Junction/Hightstown for 2 miles to the light at Clarksville Road (the high school is on the far right corner). Make a right on Clarksville Road and continue to the first light (at Penn Lyle Road). Make a left on to Penn Lyle Road and pull into the parking lot at the back of the school. The pool is under the "bubble."

*From Route I-195:* Take Exit 5 for US Route 130 north. Proceed north on Route 130 for approximately 7.2 miles to the light at County Route 571 (Princeton-Hightstown Road). Make a left on to Princeton-Hightstown Road and proceed north for approximately 5 miles to the light at Clarksville Road (the high school is on the far right corner). Make a left on Clarksville Road and continue to the first light (at Penn Lyle Road). Make a left on to Penn Lyle Road and pull into the parking lot at the back of the school. The pool is under the "bubble."

*From the New Jersey Turnpike:* Take Exit 7A for Route I-195 west and proceed toward Trenton. Follow directions "From Route I-195."

*From NJ Route 31:* Proceed south on NJ Route 31 to Route I-95. Take the exit for I-95 north and continue for 4.8 miles to the exit for US Route 1 north. Follow directions "From US Route 1."

*From the North on US Route 206.* Proceed south on US Route 206 into downtown Princeton. At the light at Nassau Street, make a left onto Nassau Street. Continue through downtown Princeton for approximately  $\frac{1}{2}$  mile to the light at Washington Road. Make a right and continue on Washington Road for roughly 1.7 miles to US Route 1. Cross over Route 1 and continue south on Washington Road (County Route 571) toward Princeton Junction/Hightstown for 2 miles to the light at Clarksville Road (the high school is on the far right corner). Make a right on Clarksville Road and continue to the first light (at Penn Lyle Road). Make a left on to Penn Lyle Road and pull into the parking lot at the back of the school. The pool is under the "bubble."

*From the South:* Proceed north on Route I-295 to the exit for US Route 1 north. Follow directions "From US Route 1."

**Western Monmouth County YMCA (Freehold YMCA).** 470 East Freehold Road, Freehold. (732) 462-0464.

*From the Mercer County Area:* Proceed east on NJ Route 33. As you approach the Freehold area, watch for signs for Business (or local) Route 33. Bear off of expressway Route 33 onto Business Route 33 and continue toward Freehold for approximately 1.9 miles to US Route 9. Make a left onto Route 9 and proceed north for approximately 1.8 miles to the exit for East Freehold Road. Bear right off of Route 9. Make a left and then a quick right onto East Freehold Road and proceed about  $1\frac{1}{2}$  miles. The YMCA is on the right.

**Westfield YMCA.** 220 Clark Street, Westfield. (908) 233-2700.

*From US Route 22.* Exit onto Park Avenue into Scotch Plains. At the third traffic light, turn left onto Midway Avenue. This becomes North Avenue. Proceed to the first street past the Lord & Taylor store. Turn left onto Clark Street. The YMCA is on the right.

*From the Garden State Parkway.* Take Exit 135 for Westfield/Clark. Exit onto Central Avenue. Proceed 2½ miles to the fourth traffic light, where you'll see a Gulf and a Sunoco gas station on the left corners. Turn left onto South Avenue and proceed ½ mile to the second traffic light. Turn right and go under the railroad tracks. Proceed to the first traffic light. Turn left onto North Avenue. Proceed about 100 yards and turn right onto Clark Street. The YMCA is on the right.

**Wyckoff YMCA.** 691 Wyckoff Avenue, Wyckoff. (201) 891-2081.

*From the Garden State Parkway:* Take Exit 160 to NJ Route 4 west. At the Route 4/NJ Route 208 split, follow Route 208 north approximately six miles to the Russell Avenue exit. Make a left onto Russell Avenue and continue to the 'T' intersection at Helena Avenue. Make a right onto Helena Avenue and proceed about ¼ mile to the intersection at Wyckoff Avenue. Make a left onto Wyckoff Avenue and continue into the center of town. As you cross over the railroad tracks, you will see an A&P shopping center on your right and Bergen Brick and Tile Company on your left. The Wyckoff YMCA's driveway is the first one on your left just beyond Bergen Brick and Tile and just before a pink building. Follow the long driveway past the lake to the main building at the end.