

# GYM SCHEDULE

Dorchester YMCA  
January 2024



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM							
6:30 AM							
7:00 AM	C.A Basketball Practice 6:15 – 8:15 AM	C.A Basketball Practice 6:15 – 8:15 AM	C.A Basketball Practice 6:15 – 8:15 AM	C.A Basketball Practice 6:00 – 8:00 AM	CodmanAcademy 6:00 – 9:00 AM		
7:30 AM							
8:00 AM						Open Gym 7:00 – 9:45 AM	
8:30 AM	Codman Academy 8:15 – 9:15 AM	Codman Academy 8:15 – 9:15 AM	Codman Academy 8:15 – 9:15 AM	Codman Academy 8:15 – 9:15 AM			
9:00 AM							
9:30 AM	Open Gym 9:30 – 11:00 AM		Open Gym 9:30 AM – 4:00 PM		Codman Academy 9:00AM – 12:00 PM	Group Ex 10:00 – 10:50 AM	Open Gym 8:00 AM – 2:00pm
10:00 AM					Open Gym 9:00AM – 12:00PM		
10:30 AM							
11:00 AM	Codman Academy 11:00–12:00PM		Codman Academy 11:00AM–12:00PM				
11:30 AM							
12:00 PM	Open Gym 12:00 PM– 1:00 PM	Open Gym 9:30 AM – 4:00 PM	Open Gym 9:30 AM – 4:00 PM	Open Gym 9:30 AM – 4:00 PM		Dorchester YMCA Youth Basketball 11:00 AM – 2:45 PM	
12:30 PM							
1:00 PM	Codman Academy 1:00PM–2:00PM		Codman Academy 1:00PM–2:00PM		Open Gym 12:00 – 4:00 PM		
1:30 PM							
2:00 PM			Open Gym 9:30 AM – 4:00 PM			Open Gym 2:45pm – 4:00pm	
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM	Y After School 4:00 – 5:00 PM	Y After School 4:00 – 5:00 PM	Y After School 4:00 – 5:00 PM	Y After School 4:00 – 5:00 PM	Y After School 4:00 – 5:00 PM		
4:30 PM							
5:00 PM	Teen Time 5:00 – 7:00 PM	Teen Time 5:00 – 7:00 PM	Teen Time 5:00 – 6:00 PM	Teen Time 5:00 – 7:00 PM	Teen Time 5:00 – 7:45 PM		
5:30 PM							
6:00 PM							
6:30 PM							
7:00 PM			Open Gym 7:30 – 8:45PM				
7:30 PM	NHCS 7:00 – 9:00PM	NHCS 7:30 – 9:00 PM		NHCS 7:00 – 9:00PM			
8:00 PM							
8:30 PM							
9:00 PM							
9:30 PM							

Gym Schedule is subject to change based on programming needs. Thank you for understanding!

[www.ymcaboston.org/dorchester](http://www.ymcaboston.org/dorchester)

**CA:**

Codman Academy School

**NHCS:**

Neighborhood House. Effective November 27th

D.E

Dorchester Eagles

T.N

Teen Night every 2nd and 4th Friday of the Month