

GYM SCHEDULE

Dorchester YMCA
May 2024



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
6:00 AM									
6:30 AM									
7:00 AM	Open Gym 6:15 - 8:15 AM	C.A Volleyball Practice 6:15 - 8:15 AM	C.A Volleyball Practice 6:15 - 8:15AM	C.A Volleyball Practice 6:00 - 8:00 AM	Codman Academy 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 - 9:15AM					
9:00 AM									
9:30 AM	Open Gym 9:30 - 11:00 AM	Open Gym 9:30 AM - 4:00 PM	Open Gym 9:30 AM - 4:00 PM	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 - 12:00 PM	
10:30 AM								4:00PM	
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			Dorchester YMCA Youth Basketball 11:00 AM - 2:00 PM			
12:30 PM		Open Gym 9:30 AM - 4:00 PM		Open Gym 9:30 AM - 4:00 PM					
1:00 PM	Codman Academy 1:00PM-2:00PM		Codman Academy 1:00PM-2:00PM						
1:30 PM									
2:00 PM			Open Gym 9:30 AM - 4:00 PM		Open Gym 9:00 AM - 4:00 PM	Open Gym 2:00pm - 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 - 6:00 PM						
5:30 PM	Teen Time 5:00 - 7:00 PM	Teen Time 5:00 - 7:00 PM		Teen Time 5:00 - 7:00 PM	Teen Time/ Open Gym 5:00 - 7:45 PM				
6:00 PM									
6:30 PM									
7:00 PM			Open Gym 7:30 - 8:45PM						
7:30 PM	Open Gym 7:30 - 8:45PM	Open Gym 7:30 - 8:45PM		Open Gym 7:30 - 8:45PM					
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

CA:
Codman Academy School
NHCS:
Neighborhood House.
D.E:
Dorchester Eagles

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