

GYM SCHEDULE

Dorchester YMCA
July 2024



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM							
6:30 AM							
7:00 AM	Open Gym 6:00 - 8:145AM	Open Gym 6:00 - 8:45 AM	Open Gym 6:00 - 8:45 AM	Open Gym 6:00 - 8:45 AM	Open Gym 6:00 - 8:45 AM	Open Gym 7:00 - 9:45 AM	Open Gym 8:00 AM - 2:00pm
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM							
9:30 AM	CAMP 9:00AM - 12:00PM					Group Ex 10:00 - 10:50 AM	Open Gym 8:00 AM - 2:00pm
10:00 AM							
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM	CAMP 12:00PM - 3:00PM	Open Gym 12:00AM - 5:00PM	CAMP 12:00PM - 3:00PM	Open Gym 12:00AM - 5:00PM	CAMP 12:00PM - 3:00PM	Open Gym 12:00AM - 7:45PM	Dorchester YMCA Youth Basketball 11:00 AM - 2:00 PM
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM	Open Gym 3:00 PM - 5:00 PM					Open Gym 2:00pm - 4:00pm	
3:00 PM							
3:30 PM							
4:00 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 - 7:00 PM	Teen Time 5:00 - 7:00 PM	Teen Time/ Open Gym 3:00 - 7:45 PM		
5:30 PM							
6:00 PM							
6:30 PM							
7:00 PM							
7:30 PM	Open Gym 7:00 - 8:45PM	Open Gym 7:00 - 8:45PM	Open Gym 7:00 - 8:45PM	Open Gym 7:00 - 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