

GYM SCHEDULE

Dorchester YMCA
September 2024



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