

# GYM SCHEDULE

Dorchester YMCA  
October 2024



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

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

**CA:**  
Codman Academy School  
**NHCS:**  
Neighborhood House.

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