

GYM SCHEDULE

Dorchester YMCA
May 2025



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM	Codman Academy 6:00AM-10:00AM	Codman Academy 6:00AM-10:00AM	Codman Academy 6:00AM-10:00AM	Codman Academy 6:00AM-10:00AM	Codman Academy 6:00AM-10:00AM	Open Gym 7:00 – 9:45 AM	
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM							Open Gym 8:00 AM – 1:45 PM
8:30 AM							
9:00 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	Pickleball Pick Up ½ Court 10:00 – 11:30 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	Open Gym 10:00 AM – 1:00 PM	Codman Academy 11:00AM-12:00PM	Open Gym 11:00am – 4:00pm	
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	Open Gym 12:00 PM – 4:00 PM	Open Gym 8:00 AM – 1:45 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				
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 – 6:30 PM	Teen Time 5:00 – 6:30 PM		Teen Time 5:00 – 6:30 PM			
5:30 PM							
6:00 PM			Open Gym 5:00 PM – 8:45 PM	Teen Time/ Open Gym 5:00 – 7:45 PM			
6:30 PM	Open Gym 6:30 – 8:45 PM	Open Gym 6:30 – 8:45 PM			Open Gym 6:30 – 8:45 PM		
7:00 PM							
7:30 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!

CA:
Codman Academy School
NHCS:
Neighborhood House.