

GYM SCHEDULE

Dorchester YMCA
August 2025



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
6:00 AM	Open Gym 6:00 AM – 5:30 AM	Open Gym 6:00 AM – 9:00 AM	Open Gym 6:00 AM – 5:30 PM	Open Gym 10:00 AM – 11:00 PM	Open Gym 6:00 AM – 5:00 AM					
6:30 AM										
7:00 AM						Open Gym 7:00 – 9:45 AM				
7:30 AM										
8:00 AM		Group Ex 9:00 – 9:50 AM		Open Gym 8:00 AM – 1:45 PM						
8:30 AM										
9:00 AM		Group Ex 9:00 – 9:50 AM		Group Ex 9:00 – 9:50 AM		Open Gym 12:00 PM- 1:00 PM	Group Ex 10:00 – 10:50 AM	Pickleball Pick Up ½ Court 10:00 – 11:30 AM		
9:30 AM		Open Gym 10:00 AM – 11:00 PM								
10:00 AM		Senior Pickleball ½ Court 11:00 – 12:30 AM		Open Gym 12:30 PM – 8:45 PM			Open Gym 6:30 – 8:45 PM			
10:30 AM										
11:00 AM		Open Gym 11:00am – 4:00pm								
11:30 AM										
12:00 PM										
12:30 PM										
1:00 PM										
1:30 PM										
2:00 PM										
2:30 PM										
3:00 PM										
3:30 PM										
4:00 PM										
4:30 PM		Teen Time 3:00 – 6:30 PM								
5:00 PM										
5:30 PM	Youth Sports 5:30 PM– 6:30 PM				Teen Time/ Open Gym 5:00 – 7:45 PM					
6:00 PM	Youth Sports 5:30 PM– 6:30 PM									
6:30 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!

***WEATHER PERMITTING: CAMP WILL BE INDOORS**

www.ymcaboston.org/dorchester

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