

# GYM SCHEDULE

Dorchester YMCA  
September- December 19, 2025



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday				
6:00 AM	Open Gym 6:00 AM – 11:45 AM	CA: 6:00 AM-7:45 AM	Open Gym 6:00 AM – 10:30 AM	CA: 6:00 AM-7:45 AM	CA: 6:00 AM-7:45 AM						
6:30 AM											
7:00 AM		Open Gym 7:45 AM – 9:00 AM		Open Gym 7:45 AM – 9:00 AM		Open Gym 7:00 – 9:45 AM	Open Gym 8:00 AM – 10:00 AM				
7:30 AM											
8:00 AM		Group Ex 9:00 – 9:50 AM		Group Ex 9:00 – 9:50 AM				Open Gym 7:45 AM – 4:00 PM			
8:30 AM											
9:00 AM		Open Gym 10:00 AM – 11:45 AM		Open Gym 10:00 AM- 11:45 AM		Group Ex 10:00 – 10:50 AM	Pickleball Pick Up ½ Court 10:00 – 11:30 AM				
9:30 AM											
10:00 AM		CA: 11:45 AM-2:30 PM		CA: 11:45 AM-2:30 PM	CA: 11:45 AM-2:30 PM			CA: 11:45 AM-2:30 PM			
10:30 AM											
11:00 AM											
11:30 AM											
12:00 PM	Youth Sports 11:00 AM – 2:15 PM					Open Gym 11:00 AM – 1:45 PM					
12:30 PM											
1:00 PM											
1:30 PM											
2:00 PM											
2:30 PM	Open Gym 2:30 PM-4:00 PM				Open Gym 2:15 PM- 3:45 PM						
3:00 PM											
3:30 PM											
4:00 PM											
4:30 PM											
5:00 PM	CA: 5:00 – 6:00PM	Teen Time 5:00 – 6:00PM	CA: 5:00 – 6:00PM	Teen Time 5:00 – 6:00PM	Open Gym 5:00 –6: 00 PM						
5:30 PM	NHCS 6:00 PM – 8:00 PM	NHCS 6:00 PM – 8:00 PM	Open Gym 6:00 – 8:45 PM	NHCS 6:00 PM – 8:00 PM	Teen Time/ Open Gym 6:00 – 7:45 PM						
6:00 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!

\*NHCS: NEIGHBORHOOD CHARTER SCHOOL  
\*CA: CODMAN ACADEMY

[www.ymcaboston.org/dorchester](http://www.ymcaboston.org/dorchester)

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