

GYM SCHEDULE

Dorchester YMCA
December 1, 2025– February 1, 2026



	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 7:00 – 9:45 AM	Open Gym 8:00 AM – 10:00 AM	
7:30 AM								
8:00 AM		Open Gym 7:45 AM – 9:00 AM		Open Gym 7:45 AM – 9:00 AM	Group Ex 9:00 – 9:50 AM			
8:30 AM								
9:00 AM		Group Ex 9:00 – 9:50 AM		Group Ex 9:00 – 9:50 AM				
9:30 AM								
10:00 AM		Open Gym 10:00 AM – 11:45 AM		Senior Pickleball ½ Court 10:00 – 11:30 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	Youth Sports 10 AM–11 AM
10:30 AM								
11:00 AM	Open Gym 6:00 AM – 11:45 AM	Open Gym 6:00 AM – 10:30 AM	Open Gym 6:00 AM – 10:30 AM	Open Gym 6:00 AM – 10:30 AM	Youth Sports 11:00 AM – 2:15 PM	Youth Sports 10 AM–11 AM		
11:30 AM								
12:00 PM								
12:30 PM								
1:00 PM								
1:30 PM	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		Open Gym 7:45 AM– 4:00 PM		Open Gym 11:00 AM – 1:45 PM
2:00 PM								
2:30 PM								
3:00 PM					Open Gym 2:15 PM– 3:45 PM			
3:30 PM								
4:00 PM	Y Afterschool 4:00 –5:00 PM	Y Afterschool 4:00 –5:00 PM	Y Afterschool 4:00 –5:00 PM	Y Afterschool 4:00 –5:00 PM	Y Afterschool 4:00 –5:00 PM	Open Gym 2:15 PM– 3:45 PM		
4:30 PM								
5:00 PM	CA: 5:00 – 6:00PM	Teen Time 5:00 – 6:00PM	CA: 5:00 – 7:00PM	Teen Time 5:00 – 6:00PM	Open Gym 5:00 –6: 00 PM			
5:30 PM								
6:00 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			
6:30 PM								
7:00 PM	Open Gym 8:00 – 8:45 PM	Open Gym 8:00 – 8:45 PM	Open Gym 6:00 – 8:45 PM	Open Gym 8:00 – 8:45 PM				
7:30 PM								
8:00 PM	Open Gym 8:00 – 8:45 PM	Open Gym 8:00 – 8:45 PM	Open Gym 6:00 – 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

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