

# GYM SCHEDULE

Charlestown YMCA  
1/21/26 - 2/15/26



|          | Monday  | Tuesday   | Wednesday                                   | Thursday   | Friday   | Saturday   | Sunday  |
|----------|---|---|---|--|--|--|---|
| 6:00 AM  | Open Gym<br>6:00am - 11:30am                              | Open Gym<br>6:00am - 10:00am                    | Open Gym<br>6:00am - 11:30am                | Open Gym<br>6:00am - 11:30am                                       | Open Gym<br>6:00am - 11:30am                   |  |   |
| 6:30 AM  |   |   |   |  |  |  |   |
| 7:00 AM  |   |   |   |  |  | Open Gym<br>7:00am - 7:45am  |   |
| 7:30 AM  |   |   |   |  |  |  |   |
| 8:00 AM  |   |   |   |  |  |  | Open Gym<br>8:00am - 9:00am   |
| 8:30 AM  |   |   |   |  |  | Pickleball<br>7:45am-9:45am<br>Full Court  |   |
| 9:00 AM  |   |   |   |  | Pickleball<br>9:00am-11:00am<br>Full Court     |  |   |
| 9:30 AM  |   |   |   |  |  |  |   |
| 10:00 AM |   |   |   |  | Family Gym<br>10:00am-11:00am<br>Full Court    |  |   |
| 10:30 AM |   |   |   |  |  |  |   |
| 11:00 AM |   |   |   |  |  | Family Gym<br>11:00am-12:00pm<br>Full Court  |   |
| 11:30 AM | Family Gym<br>11:30am-12:30pm<br>Full Court               | Spaulding<br>11:00am-12:30pm<br>Half Court      | Family Gym<br>11:30am-12:30pm<br>Full Court | Family Gym<br>11:30am-12:30pm<br>Full Court                        | Family Gym<br>11:30am-12:30pm<br>Full Court    | Youth Program/<br>Family Gym<br>11:30am-12:00pm<br>Full Court  |   |
| 12:00 PM |   |   |   |  |  |  |   |
| 12:30 PM | Open Gym<br>12:30p - 4:15pm                               | Seaport Academy<br>12:30pm-2:00pm<br>Full Court |   | Seaport Academy<br>12:30pm-2:00pm<br>Full Court                    | Open Gym<br>12:30pm - 3:30pm                   | 18+ Pick-up<br>Basketball<br>12:00pm -2:00pm<br>Full Court   | Open Gym<br>OR<br>Birthday Party<br>12:00pm - 3:00pm<br>*Watch for birthday<br>party rentals* |
| 1:00 PM  |   |   |   |  |  |  |   |
| 1:30 PM  |   |   |   |  |  |  |   |
| 2:00 PM  |   |   |   |  |  |  |   |
| 2:30 PM  |   | Pickleball<br>2:00pm-4:00pm<br>Full Court       | Pickleball<br>2:00pm-4:00pm<br>Half Court   | Pickleball<br>2:00pm-4:00pm<br>Full Court                          |  | Family Gym<br>OR<br>Birthday Party<br>2:00p - 5:00p<br>Full Court<br>*Watch for birthday<br>party rentals* |   |
| 3:00 PM  |   |   |   |  |  |  |   |
| 3:30 PM  |   |   |   |  |  | Family Gym<br>3:30pm-4:30pm<br>Full Court  |   |
| 4:00 PM  |   |   |   |  |  |  |   |
| 4:30 PM  |   | Youth Program<br>4:15pm - 6:10pm<br>Half Court  |   | Youth Program/<br>Warren Prescott<br>4:00pm - 5:30pm<br>Full Court | Youth Program<br>4:15pm - 5:45pm<br>Half Court |  |   |
| 5:00 PM  |   |   | CYB<br>4:30pm-6:00pm<br>Full Court          |  |  |  |   |
| 5:30 PM  |   |   |   |  |  |  |   |
| 6:00 PM  |   |   |   |  | Youth Program<br>4:30pm - 8:00pm<br>Full Court |  |   |
| 6:30 PM  | 18+ Pick-up<br>Basketball<br>6:10pm -9:00pm<br>Full Court | VOLO<br>6:00pm - 9:00pm<br>Full Court           | MGH<br>5:30pm - 9:00pm<br>Full Court        | CYB<br>5:45pm - 9:00pm<br>Full Court                               |  |  |   |
| 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!

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

## OPEN GYM:

Shared gym space open to all members

## FAMILY GYM:

Reserved gym space for youth and families