

GYM SCHEDULE

Dorchester YMCA
April 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 - 11:45 AM	CA: 6:00 AM-7:45 AM	Open Gym 6:00 AM - 11:45 AM	Open Gym 6:00 AM - 11:45 AM	Open Gym 6:00 AM - 11:45 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 7:45 AM - 9:00 AM	CA: 6:30 AM-8:30AM	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		Senior Pickleball ½ Court 10:00 - 11:30 AM				Group Ex 9:00 - 9:50 AM	Henderson Transition Program 1/2 Court 10:00 - 11:00 AM	Group Ex 10:00 - 10:50 AM	Pickleball Pick Up ½ Court 10:00 - 11:30 AM	
8:30 AM												
9:00 AM		Open Gym 10:00 AM - 11:45 AM		Open Gym 10:00 AM - 11:45 AM				Open Gym 10:00 AM - 11:45 AM	Open Gym 10:00 AM - 11:45 AM	Open Gym 10:00 AM - 11:45 AM	Youth Sports 10 AM-11 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	Open Gym 8:30 AM - 3:45 PM	Youth Sports 11:00 AM - 2:15 PM	Open Gym 11:00 AM - 1:45 PM
10:30 AM												
11:00 AM												
11:30 AM												
12:00 PM												
12:30 PM												
1:00 PM												
1:30 PM												
2:00 PM												
2:30 PM												
3:00 PM	Open Gym 2:30 PM-3:45 PM	Open Gym 2:30 PM-3:45 PM	Open Gym 2:30 PM-3:45 PM	Open Gym 2:30 PM-3:45 PM	Open Gym 2:15 PM- 3:45 PM	Open Gym 2:15 PM- 3:45 PM	Open Gym 2:15 PM- 3:45 PM					
3:30 PM												
4:00 PM	Y Afterschool 3:45 -5:00 PM	Y Afterschool 3:45 -5:00 PM	Y Afterschool 3:45 -5:00 PM	Y Afterschool 3:45 -5:00 PM	Y Afterschool 3:45 -5:00 PM	Y Afterschool 3:45 -5:00 PM	Y Afterschool 3:45 -5:00 PM					
4:30 PM												
5:00 PM	Y Basketball Conditioning Class 5:00 - 6:00PM	CA 5:00 PM - 6:30 PM	Y Basketball Conditioning Class 5:00 - 6:00PM	CA 5:00 PM - 6:30 PM	Open Gym 5:00 - 6:00 PM	Open Gym 5:00 - 6:00 PM	Open Gym 5:00 - 6:00 PM					
5:30 PM												
6:00 PM	Open Gym 6:00 PM- 8:45 PM	Open Gym 6:30 - 8:45 PM	Open Gym 6:00 PM- 8:45 PM	Open Gym 6:30 - 8:45 PM	Teen Time/ Open Gym 6:00 - 7:45 PM	Teen Time/ Open Gym 6:00 - 7:45 PM	Teen Time/ Open Gym 6:00 - 7:45 PM					
6:30 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!

*NHCS: NEIGHBORHOOD CHARTER SCHOOL
*CA: CODMAN ACADEMY