

# GYM SCHEDULE

Dorchester YMCA  
May 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 - 11:45 AM	CA: 6:00 AM-7:45 AM	Open Gym 6:00 AM - 11:45 AM	Open Gym 7:00 - 9:45 AM	Open Gym 8:00 AM - 10:00 AM												
6:30 AM																			
7:00 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	Youth Cheer 10:00 - 11:00 AM	Youth Sports 10 AM-11 AM							
7:30 AM																			
8:00 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 - 11:00 AM	Youth Sports 11:00 AM - 2:30 PM	Open Gym 11:00 AM - 1:45 PM							
8:30 AM																			
9:00 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 2:30 PM- 3:45 PM	Open Gym 2:30 PM- 3:45 PM	Open Gym 2:30 PM- 3:45 PM							
9:30 AM																			
10:00 AM													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	Open Gym 5:00 -6:00 PM	Teen Time/ Open Gym 6:00 - 7:45 PM
10:30 AM																			
11:00 AM	Open Gym 5:00 PM- 8:45 PM		Open Gym 5:00 PM- 8:45 PM		Open Gym 5:00 PM- 8:45 PM	Open Gym 5:00 PM- 8:45 PM	Open Gym 5:00 PM- 8:45 PM						Open Gym 5:00 PM- 8:45 PM	Open Gym 5:00 PM- 8:45 PM					
11:30 AM																			
12:00 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 2:30 PM-3:45 PM						Open Gym 2:30 PM- 3:45 PM	Open Gym 2:30 PM- 3:45 PM					
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Gym Schedule is subject to change based on programming needs. Thank you for understanding!

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