

GYM SCHEDULE

Dorchester YMCA
August 2026



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6:00 AM	Open Gym 6:00 AM – 08:45 PM	Open Gym 6:00 AM – 8:50AM	Open Gym 6:00 AM – 10:00 AM	Open Gym 6:00 AM – 8:50 AM	Open Gym 6:00 AM – 08:45 PM			
6:30 AM								
7:00 AM						Open Gym 7:00 – 9:50 AM		
7:30 AM								
8:00 AM							Open Gym 8:00 AM – 10:00 AM	
8:30 AM								
9:00 AM		Group Ex 9:00 – 9:50 AM	Senior Pickleball ½ Court 10:00 – 11:30 AM	Group Ex 9:00 – 9:50 AM			Open Gym 8:00 AM – 10:00 AM	
9:30 AM		Open Gym 10:00AM–8:45PM		Open Gym 10:00AM – 8:45PM				
10:00 AM						Group Ex 10:00 AM – 10:50 AM	Youth Sports 10:00AM–11:00 AM	
10:30 AM						Youth Sports 11:00 AM – 2:30 PM	Pickleball Half-Court 11:00 – 12:30 PM	
11:00 AM								Open Gym 11:00 AM – 1:45 PM
11:30 AM								
12:00 PM		Open Gym 11:30 AM– 8:45 PM					Open Gym 2:30 PM– 3:45 PM	
12:30 PM								
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9:00 PM								
9:30 PM								

Gym Schedule is subject to change based on Camp programming needs. Thank you for understanding!

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