

GYM SCHEDULE

CHARLESTOWN YMCA
SEPTEMBER 3 – NOVEMBER 1, 2026



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM							
6:30 AM							
7:00 AM	Open Gym 6:00am – 8:45am	Open Gym 6:00am – 8:45am	Open Gym 6:00am – 8:45am	Open Gym 6:00am – 8:45am	Open Gym 6:00am – 8:45am	Open Gym 7:00am – 7:45am	
7:30 AM							
8:00 AM							
8:30 AM						Pickleball 7:45am–9:45am Full Court	PICKLEBALL 8:15am – 10:00am Full Court
9:00 AM							
9:30 AM	Family Gym 9:00am – 11:00am	Family Gym 9:00am – 11:00am	45+ Pick Up Basketball 9:00am–11:00am	Indoor Play 9:00am – 11:00am	45+ Pick Up Basketball 9:00am–11:00am	Gymnastics ages 3–5 10:00am–10:45am Half Court	Small Group Training (Spartan Race) ages 3–12 10:45am–11:30am (10am–10:30am Prep time)
10:00 AM							
10:30 AM							
11:00 AM						13+ Teen Pick Up Basketball Half court 10:00am–12:15pm	
11:30 AM	Pickleball 11:15am–1:00pm Full Court	65+ Pick Up Basketball 11:00am–12:15pm		65+ Pick Up Basketball 11:00am–12:15pm	Pickleball 10:30am–12:30pm Full Court		
12:00 PM			Pickleball 11:15am–2:30pm Full Court			Soccer for Success Age 3–6 11:30am–12:15pm Half Court	Family Gym 11:45am–2:45pm
12:30 PM		Seaport Academy (Rental) 12:30pm–2:00pm		Seaport Academy (Rental) 12:30pm–2:00pm	Aging Well (50+) Open Gym 12:30pm–2:30pm		
1:00 PM							
1:30 PM							
2:00 PM	Open Gym 1:00pm–4:15pm						
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM	Gymnastics ages 3–5 4:30pm–5:15pm	Family Gym 2:00pm – 5:45pm	Teen Open Gym 2:30pm–4:30pm			18+ Pick-up Basketball 12:15pm –4:45pm Full Court	
4:30 PM							
5:00 PM	Gymnastics ages 6–12 5:15pm–6:00pm			Ippon Sports (Rental) 4:15pm – 5:45pm Half Court	Preschool Basketball Age 3–4 4:30pm–5:15pm		
5:30 PM							
6:00 PM							
6:30 PM				13+ Teen Pick up Basketball 5:45pm – 8:45pm Half Court	Preschool Basketball Age 5–6 5:30pm–6:15pm		
7:00 PM	18+ Pick-up Basketball 6:00pm –8:45pm Full Court	VOLO (Rental) 6:00pm – 9:00pm Full Court	13+ Teen Pick up Basketball 5:30pm – 8:45pm Full Court		Youth Basketball Age 7–12 6:30pm–7:15pm	Birthday Party 2:00p – 5:00p Full Court *Watch for birthday party rentals*	Open Gym OR Birthday Party 11:45am – 3:00pm *Watch for birthday party rentals*
7:30 PM							
8:00 PM				Pickleball 5:45pm – 8:45pm Half Court			
8:30 PM					Open Gym 7:15–7:45pm		
9:00 PM							
9:30 PM							

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

www.ymcaboston.org

OPEN GYM:

Shared gym space open to all members

FAMILY GYM:

Reserved gym space for youth and families