

BASKETBALL GYM SCHEDULE

Thomas M. Menino YMCA | Effective September 1, 2026
 *Schedule subject to change depending on special events



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
6:00 AM	Open Gym 6AM – 9:45AM	Open Gym 6AM–2:30PM	Open Gym 6AM-9:45AM	Open Gym 6AM – 9:2:30PM	Open Gym 6AM – 7:30AM	CLOSED	CLOSED		
6:30 AM									
7:00 AM									
8:00 AM						Open Gym 8AM–9:45AM	Open Gym 8AM – 9:30AM		
8:30 AM									
9:00 AM									
9:30 AM	Stretch & Tone 10AM – 12PM	Open Gym 6AM–2:30PM	Little Movers 9:45AM– 10:45AM	Open Gym 6AM – 9:2:30PM	Open Gym 6AM – 7:30AM	Preschool Soccer Skills/Drills 10AM –10:30AM	Family Open Gym 9:30AM – 11AM		
10:00 AM									
10:30 AM						Preschool Basketball Skills/Drills 10:45 AM –11:15AM			
11:00 AM						Youth Soccer Skills/Drills 11:30AM –12:15AM	Open Gym		
11:30 AM									
12:00 PM	Open Gym 12:00 PM – 2:15 PM	Open Gym 6AM–2:30PM	Open Gym 11:00AM – 2:15PM	Open Gym 6AM – 9:2:30PM	Open Gym 6AM – 7:30AM	Youth Basketball Skills/Drills 12:30PM – 1:15pm	Open Gym		
12:30 PM									
1:00 PM									
1:30 PM									
2:30 PM	OST 2:30PM – 5:00PM								
3:00 PM									
3:30 PM									
4:00 PM									
4:30 PM									
5:00 PM	Open Gym 5:PM – 6:45PM	Open Gym 5:00PM – 6:30PM	Open Gym 5:PM – 5:30PM	Open Gym 5PM -8:00PM	Teen Gym 5:00PM – 6:30pm	CLOSED	CLOSED		
5:30 PM			Pre-school Sports Sampler 5:45PM – 6:15PM						
6:00 PM		Adult Pick-up Basketball 6:30PM – 8:00PM CLOSED	Family Gym 6:30PM – 8:00PM PM					Open Gym 5PM -8:00PM	Teen Gym 5:00PM – 6:30pm
6:30 PM									
7:00 PM									
7:30 PM									
8:00 PM	CLOSED	CLOSED	CLOSED		CLOSED				
8:30 PM									

GYM RULES & EXPECTATIONS

Thomas M. Menino YMCA



1. No food or drink. Spillproof containers only.
2. We are a family facility; appropriate language is expected.
3. Zero tolerance on fighting or rough play.
4. Members are NOT allowed in the gym during the closed programs.
5. Shirt and shoes are required at all times. Please change in the locker room or bathroom.
6. Treat YMCA equipment with care and respect.
7. The YMCA is not responsible for lost or stolen items. Keep personal belongings locked up.
8. Schedule is subject to change to accommodate outdoor programs due to weather.
9. Courts may be closed for programs or rentals. We will do our best to inform members of these closures.
10. Violation of our rules can result in termination of YMCA Membership

YMCA staff have final authority to enforce gym rules and provide additional guidelines for the safety of our members, children, and families. Failure to comply may result in a loss of membership privileges.