

# GYM SCHEDULE

Wang YMCA of Chinatown  
Effective September 7th 2026



COURT 1 (LOBBY SIDE)

|          | Monday                               | Tuesday                              | Wednesday                            | Thursday                             | Friday                               | Saturday                                             | Sunday                             |
|----------|--------------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|------------------------------------------------------|------------------------------------|
| 6:00 AM  | Shared Gym Time<br>6:00am - 7:45am   | Shared Gym Time<br>6:00am - 7:45am   | Shared Gym Time<br>6:00am - 7:45am   | Shared Gym Time<br>6:00am - 7:45am   | Natixis<br>6:00am - 7:15am           | CLOSED                                               | CLOSED                             |
| 7:15 AM  |                                      |                                      |                                      |                                      |                                      |                                                      |                                    |
| 8:00 AM  | OST Before School<br>8:00am - 9:00am | OST Before School<br>8:00am - 9:00am | OST Before School<br>8:00am - 9:00am | OST Before School<br>8:00am - 9:00am | OST Before School<br>8:00am - 9:00am | Shared Gym Time<br>7:00am - 12:00pm                  |                                    |
| 9:00 AM  |                                      |                                      |                                      |                                      |                                      |                                                      |                                    |
| 10:00 AM | Shared Gym Time<br>9:00am - 12:00pm  | Shared Gym Time<br>9:00am - 3:00pm   | Shared Gym Time<br>9:00am - 3:00pm   | Shared Gym Time<br>9:00am - 12:00pm  | Shared Gym Time<br>9:00am - 3:00pm   |                                                      | Shared Gym Time<br>9:00am - 4:45pm |
|          | Ping Pong<br>12:00pm - 2:30pm        |                                      |                                      | Ping Pong<br>12:00pm - 2:30pm        |                                      |                                                      |                                    |
| 3:00 PM  | OST After School<br>3:30pm - 5:45pm  | OST After School<br>3:30pm - 5:45pm  | OST After School<br>3:30pm - 5:45pm  | OST After School<br>3:30pm - 5:45pm  | OST After School<br>3:30pm - 5:45pm  | Family Gym /<br>Birthday Parties<br>12:00pm - 4:45pm |                                    |
|          |                                      |                                      |                                      |                                      |                                      |                                                      |                                    |
| 6:00 PM  | Volo<br>5:45pm - 8:45pm              | Shared Gym Time<br>5:45pm - 8:45pm   | Volo<br>5:45pm - 8:45pm              | Shared Gym Time<br>5:45pm - 8:45pm   | Teen Volleyball<br>5:45pm - 9:45pm   | CLOSED                                               | CLOSED                             |
| 7:00 PM  |                                      |                                      |                                      |                                      |                                      |                                                      |                                    |
| 8:00 PM  |                                      |                                      |                                      |                                      |                                      |                                                      |                                    |
| 9:00 PM  |                                      |                                      |                                      |                                      |                                      |                                                      |                                    |
| 10:00 PM | CLOSED                               | CLOSED                               | CLOSED                               | CLOSED                               | CLOSED                               |                                                      |                                    |

COURT 2 (FAR SIDE)

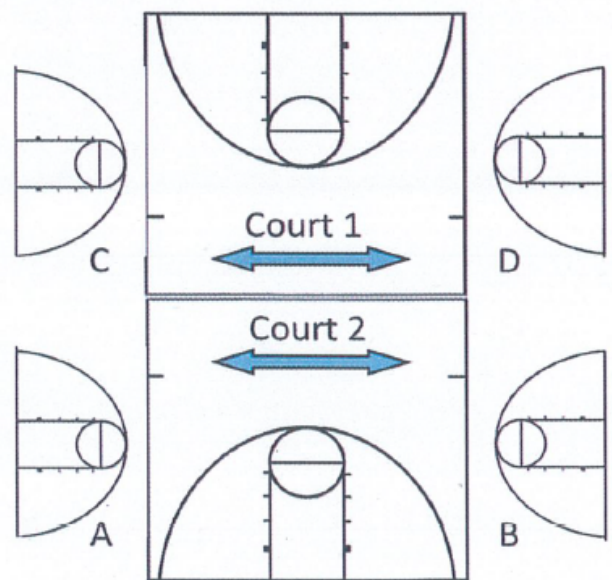
|          | Monday                              | Tuesday                              | Wednesday                           | Thursday                            | Friday                              | Saturday                             | Sunday                                |
|----------|-------------------------------------|--------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|--------------------------------------|---------------------------------------|
| 6:00 AM  | Shared Gym Time<br>6:00am - 8:00 am | Shared Gym Time<br>6:00am - 8:00 am  | Shared Gym Time<br>6:00am - 8:00 am | Shared Gym Time<br>6:00am - 8:00 am | Shared Gym Time<br>6:00am - 8:00 am | CLOSED                               | CLOSED                                |
| 7:15 AM  |                                     |                                      |                                     |                                     |                                     | Pickup Basketball<br>7:00am - 9:00am |                                       |
| 10:00 AM |                                     |                                      |                                     |                                     |                                     | Sports Programs<br>9:00am -12:00pm   | Pickup Basketball<br>9:00am - 12:00pm |
| 11:00 AM | EMK Rental<br>8:00am - 3:00pm       | EMK Rental<br>8:00am - 3:00pm        | EMK Rental<br>8:00am - 3:00pm       | EMK Rental<br>8:00am - 3:00pm       | EMK Rental<br>8:00am - 3:00pm       |                                      |                                       |
| 12:00 PM |                                     |                                      |                                     |                                     |                                     | Ping Pong<br>12:00pm - 2:30pm        | Ping Pong<br>12:00pm - 2:30pm         |
| 1:00 PM  |                                     |                                      |                                     |                                     |                                     |                                      |                                       |
| 2:30 PM  |                                     |                                      |                                     |                                     |                                     |                                      |                                       |
| 3:00 PM  | Shared Gym Time<br>3:00pm - 5:45pm  | Shared Gym Time<br>3:00pm - 5:30pm   | Shared Gym Time<br>3:00pm - 5:45pm  | Shared Gym Time<br>3:00pm - 5:30pm  | Shared Gym Time<br>3:00pm - 5:45pm  | Badminton<br>2:30pm - 4:45pm         | Badminton<br>2:30pm - 4:45pm          |
| 4:45 PM  |                                     |                                      |                                     |                                     |                                     |                                      |                                       |
| 5:00 PM  |                                     |                                      |                                     |                                     |                                     |                                      |                                       |
| 6:00 PM  |                                     | Youth Sports<br>5:30pm - 6:15pm      |                                     | Youth Sports<br>5:30pm - 6:15pm     |                                     | CLOSED                               | CLOSED                                |
| 7:00 PM  | Volo<br>5:45pm - 8:45pm             | Boston Hub Sports<br>6:45pm - 8:45pm | Volo<br>5:45pm - 8:45pm             | Shared Gym Time<br>6:15pm - 8:45pm  | BTSNE Wrestling<br>5:45pm - 8:45pm  |                                      |                                       |
| 8:00 PM  |                                     |                                      |                                     |                                     |                                     |                                      |                                       |
| 9:00 PM  |                                     |                                      |                                     |                                     | Shared Gym Time<br>8:45pm - 9:45pm  |                                      |                                       |
| 10:00 PM | CLOSED                              | CLOSED                               | CLOSED                              | CLOSED                              | CLOSED                              |                                      |                                       |

# GYM RULES & EXPECTATIONS



- No food or drink. Spillproof containers only.
- We are a family facility; appropriate language is expected.
- Zero tolerance on fighting or rough play.
- Members are not allowed in the gym during the closed programs.
- Shirt and shoes are required at all times. Please change in the locker room or bathroom.
- Treat YMCA equipment with care and respect.
- The YMCA is not responsible for lost or stolen items. Keep personal belongings locked up.
- Schedule is subject to change to accommodate outdoor programs due to weather and based on programming needs. Thank you for understanding!
- Courts may be closed for programs or rentals. We will do our best to inform members of these closures.

## GYM MAP



**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.**