GYM SCHEDULE

Dorchester YMCA
November 1–14 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM	Open Gym 6:00 AM – 10:45 AM	CA 6:00 AM – 7:45 AM	Open Gym 6:00 AM – 09:30 AM	CA 6:00 AM – 7:45 AM	Open Gym 6:00–10:00 AM		
6:30 AM							
7:00 AM						Open Gym 7:00 – 10:00 AM	
7:30 AM							
8:00 AM		Open Gym 6:00 AM – 7:45 AM		Open Gym 6:00 AM – 7:45 AM			Open Gym 8:00AM – 08:45AM
8:30 AM							
9:00 AM		Group Ex 9:00 – 9:50 AM	Senior Pickleball ½ Court 09:30 – 10:45 AM	Group Ex 9:00 – 9:50 AM			Youth Sports 08:45 AM–11:00 AM
9:30 AM							
10:00 AM		Open Gym 10:00 AM – 10:45 AM		Open Gym 10:00 AM– 10:45 AM	Henderson Transition Program 1/2 Court 10:00 – 11:00 AM	Group Ex 10:00 – 10:50 AM	
10:30 AM							
11:00 AM	CA: 10:45 AM–12:00 PM	CA: 10:45 AM–12:00 PM	CA: 10:45 AM–12:00 PM	CA: 10:45 AM–12:00 PM	Open Gym 10:00–3:45 PM	Youth Sports 11:00 AM – 2:15 PM	Pickleball Pick Up ½ Court 11:00 – 12:30 PM
11:30 AM							
12:00 PM	Open Gym 12:00 PM – 1:15 PM	Open Gym 12:00 PM – 1:15 PM	Open Gym 12:00 PM – 1:15 PM	Open Gym 12:00 PM – 1:15 PM			
12:30 PM							Open Gym 11:00 AM – 1:45 PM
1:00 PM							
1:30 PM	CA: 1:15 PM–2:30 PM	CA: 1:15 PM–2:30 PM	CA: 1:15 PM–2:30 PM	CA: 1:15 PM–2:30 PM			
2:00 PM							
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	Open Gym 2:30 PM–3:45 PM		Open Gym 2:15 PM– 3:45 PM	
3:00 PM							
3:30 PM							
4:00 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	Y Afterschool 3:45 –5:00 PM		
4:30 PM							
5:00 PM	CA 5:00 AM – 6:00 PM	Open Gym 5:00 – 06:00 PM	CA 5:00 – 06:00 PM	Open Gym 05:00 – 06:00 PM	Open Gym 5:00 –6:00 PM		
5:30 PM							
6:00 PM	NHCS 6:00 PM – 8:00 PM	NHCS 6:00 PM – 8:00 PM	Open Gym 6:00 PM– 8:45 PM	NHCS 6:00 PM – 8:00 PM	Teen Time/ Open Gym 6:00 – 7:45 PM		
6:30 PM							
7:00 PM							
7:30 PM							
8:00 PM	Open Gym 8:00 – 8:45 PM	Open Gym 8:00 – 8:45 PM		Open Gym 8:00 – 8:45 PM			
8:30 PM							
9:00 PM							
9:30 PM							

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

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

www.ymcaboston.org/dorchester

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