

Newburyport YWCA

Fall Season

September 8, 2025 – December 1, 2025

Program	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Green Program	6:30-8:00 PM	6:30-8:00 PM	6:30-8:00 PM	6:30-8:00 PM	Practice at SJP	Saturday AM at SJP
Blue Program	6:30-8:00 PM	6:30-8:00 PM	6:30-8:00 PM	6:30-8:00 PM	Practice at SJP	Saturday AM at SJP
White Program	6:30-7:30 PM	6:30-7:30 PM	6:30-7:30 PM	6:30-7:30 PM	Practice at SJP	Saturday AM at SJP
Preteam Program	No Practice	6:30 – 7:00 pm*	No Practice	6:30 – 7:00 pm*	No Practice	

*Starting November 1, Preteam practice is also available 7-7:30pm on Tuesdays and Thursdays!

Monday- Thursday practice location: Newburyport YWCA.

White schedule: Minimum 2 practices/ maximum 4 practices per week for 60 minutes.

Blue schedule: Minimum 3 practices / maximum 5 practices per week for 90 minutes.

Green Schedule: Minimum 5 practice/ maximum 8 practices per week for 90 minutes. Mornings double sessions are seasonal and are by invite only.

- Practice schedule subject to change based on program needs.
- Check daily calendar for closings, swim meets, or changes.

Newburyport YWCA

Fall Season

December 1, 2025 – December 13, 2025

Program	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Green Program	6:00-7:30 PM	6:00-7:30 PM	6:00-7:30 PM	6:00-7:30 PM	Practice at SJP	Saturday AM at SJP
Blue Program	6:00-7:30 PM	6:00-7:30 PM	6:00-7:30 PM	6:00-7:30 PM	Practice at SJP	Saturday AM at SJP
White Program	6:30-7:30 PM	6:30-7:30 PM	6:30-7:30 PM	6:30-7:30 PM	Practice at SJP	Saturday AM at SJP
Preteam Program	No Practice	6:30 – 7pm or 7-7:30pm	No Practice	6:30 – 7pm or 7-7:30pm	No Practice	

Monday- Thursday practice location: Newburyport YWCA.

White schedule: Minimum 2 practices/ maximum 4 practices per week for 60 minutes.

Blue schedule: Minimum 3 practices / maximum 5 practices per week for 90 minutes.

Green Schedule: Minimum 5 practice/ maximum 8 practices per week for 90 minutes. Mornings double sessions are seasonal and are by invite only.

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