

Newburyport YWCA

June 14th 2025 – August 2nd 2025

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

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.