

Newburyport YWCA

Winter Season

December 15, 2025 – February 14, 2026

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	6:00-7:00 PM	6:00-7:00 PM	6:00-7:00 PM	6:00-7:00 PM	Practice at SJP	Saturday AM at SJP
Preteam Program	No Practice	6 – 6:30pm 6:30 – 7pm	No Practice	6 – 6:30pm 6:30 – 7pm	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.

☐ Practice schedule subject to change based on program needs.

☐ Check daily calendar for closings, swim meets

Newburyport YWCA

Spring Season

February 16, 2026 – March 21, 2026

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 – 7pm 7-7:30PM	No Practice	6:30 – 7pm 7-7:30PM	No Practice	

- ☐ 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.
- ☐ **No Practice Days:**
- ☐ April 20-23rd
- ☐ May 25th