

North Shore Swim Club
 At Newburyport YWCA
 Spring 2023 Program Schedule
 March 20- June 16, 2023

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	5:00-6:00 PM*	8:00-9:30 AM#	
Blue Program	6:30-8:00 PM	6:30-8:00 PM	6:30-8:00 PM	6:30-8:00 PM	5:00-6:30 PM*	8:00-9:30 AM#	
Green Program	6:30-8:00 PM	6:30-8:00 PM	6:30-8:00 PM	6:30-8:00 PM	5:00-6:30 PM*	8:00-9:30 AM#	

Monday- Thursday practice location: Newburyport YWCA.

*Friday practice location: St. John's Prep.

Saturday practice location: Gordon College.

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.