



RAYS CAC 2024 LONG COURSE PRACTICE SCHEDULE
@ Cherokee Aquatic Center (CCAC) and Mountain View Aquatic Center (MVAC)
Practice Schedule Begins April 8th – May 25th, 2024.

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CAC National/ Future Groups		5:20-6:45 am MVAC		5:20-6:45 am MVAC		6:45-9:00 am CCAC
PM	4:30-6:30 pm CCAC	4:30-6:30 pm CCAC	4:30-6:30 pm CCAC	4:30-6:30 pm CCAC	4:30-6:30 pm CCAC	
*The pool at CCAC will be LC starting May 6th						
CAC+MVAC Age Group	6:45-8:15 am MVAC	6:45-8:15 am MVAC	6:45-8:15 am MVAC	6:45-8:15 am MVAC		9:45-11:00 am MVAC
OR	6:15-8:00 pm MVAC	6:15-8:00 pm MVAC	6:15-8:00 pm MVAC	6:15-8:00 pm MVAC		

RAYS CAC + MVAC 2024 LONG COURSE PRACTICE SCHEDULE
@ Mountain View Aquatic Center (MVAC) and Cherokee Aquatic Center (CCAC)
Practice Schedule Begins May 28th – June 30th, 2024.

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National + CAC Future	5:45-8:00am CCAC	5:45-8am MVAC	5:45-8am CCAC	5:45-8am MVAC	5:45-8am CCAC	7:45-10:30am MVAC incl. Dryland
PM		2:15-5 pm MVAC incl. Dryland		2:15-5 pm MVAC incl. Dryland		
Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MVAC Senior + Youth Groups	5:45-8 am MVAC	5:45-8am CCAC	5:45-8am MVAC	5:45-8am CCAC	5:45-8am MVAC	7:45-10:30am CCAC incl. Dryland
PM	2:15-5 pm MVAC incl. Dryland		2:15-5 pm MVAC incl. Dryland			
CAC+MVAC Age Group	7:45-9:30am	7:45-9:30am	7:45-9:30am	7:45-9:30am	7:45-9:30am	



RAYS CAC + MVAC 2024 LONG COURSE PRACTICE SCHEDULE
@ Central Aquatic Center (CAC) and Cherokee Aquatic Center (CCAC)
Practice Schedule Begins July 1st – July 25th, 2024. (Age Group Ends July 18th)

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National + CAC Future	6:30-9:00am incl Dryland CAC	5:45-8:00 am CCAC	6:30-9:00 am incl Dryland CAC	5:45-8:00 am CCAC	6:30-9:00 am incl Dryland CAC	7:45-10:30 am CCAC
PM	2:45-5:00 pm CAC	2:45-5:00 pm CCAC		2:45-5:00 pm CCAC		
Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MVAC Senior + Youth Groups	5:45-8:00 am CCAC	5:45-8:00 am CAC	5:45-8:00 am CCAC	5:45-8:00 am CAC	5:45-8:00 am CCAC	7:45-10:30 am CCAC
PM						
CAC+MVAC Age Group	4-6 pm CCAC	4-6 pm CCAC	4-6 pm CCAC		4-6 pm CCAC	10:00-11:30 am CCAC

RAYS CHEROKEE 2024 LONG COURSE PRACTICE SCHEDULE
@ Cherokee Aquatic Center (CCAC)
Practice Schedule Begins May 28th – July 25th, 2024. (Age Group Ends July 18th)

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Future + Senior +HS	5:45-8am	5:45-8am	5:45-8am	5:45-8am	5:45-8am	7:45-10:30am
PM	2:45-5 pm		2:45-5 pm			
Futures are required to do both Doubles. Seniors are required to do only one. HS only swims Mon-Thurs AM.						
Youth	8-10am	8-10am	8-10am	8-10am	8-10am	9:45-Noon
Age Group	4-6 pm	4-6 pm	4-6 pm		4-6pm	10:00-11:30am