



**RAYS 2023-24 SHORT COURSE PRACTICE SCHEDULE**  
 @ **Cobb County Aquatic Center (CAC)**

**Begins August 14th, 2023.**

| Group              | Monday      | Tuesday     | Wednesday   | Thursday    | Friday | Saturday |
|--------------------|-------------|-------------|-------------|-------------|--------|----------|
| National + Futures | 4:00-6:00pm | 4:00-6:00pm | 4:00-6:00pm | 4:00-6:00pm |        |          |

**Begins September 5th, 2023.**

| Group    | Monday      | Tuesday             | Wednesday   | Thursday            | Friday      | Saturday     |
|----------|-------------|---------------------|-------------|---------------------|-------------|--------------|
| National | 4:00-7:00pm | 4:00-7:00pm         | 4:00-7:00pm | 4:00-7:00pm         | 4:00-6:00pm | 6:45-10:00am |
| AM       |             | 5:20-6:45am<br>CAC  |             | 5:20-6:45am<br>CAC  |             |              |
| Futures  | 4:00-7:00pm | 4:00-7:00pm         | 4:00-7:00pm | 4:00-7:00pm         | 4:00-6:00pm | 6:45-10:00am |
| AM       |             | 5:20-6:45am<br>MVAC |             | 5:20-6:45am<br>MVAC |             |              |

**START ANYTIME**

| Group     | Monday      | Tuesday     | Wednesday   | Thursday    | Friday | Saturday             |
|-----------|-------------|-------------|-------------|-------------|--------|----------------------|
| Youth     | 5:30-7:30pm | 5:30-7:30pm | 5:30-7:30pm | 5:30-7:30pm |        | 7:45-10:00am<br>MVAC |
| Age Group | 5:30-7:00pm | 5:30-7:00pm | 5:30-7:00pm | 5:30-7:00pm |        | 9:45-11:30am<br>MVAC |