



RAYS 2023-2024 SHORT COURSE PRACTICE SCHEDULE

@ **Mountain View Aquatic Center** (MVAC)

*Begins August 14th, 2023.

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior	4:00-6:15pm	4:00-6:15pm	4:00-6:15pm	4:00-6:15pm	4:00-6:00pm	6:45-9:00am CAC
Youth	5:45-8:00pm	6:00-8:00pm	5:45-8:00pm	6:00-8:00pm		7:45-10:00am
Age Group	6:45-8:30am OR 6:15-8:00pm	6:45-8:30am OR 6:15-8:00pm	6:45-8:30am OR 6:15-8:00pm	6:45-8:30am OR 6:15-8:00pm		9:45-11:30am
Masters	5:30-7am		5:30-7am		5:30-7am	
E LAPS	3:30-4:45pm	3:30-4:45pm	3:30-4:45pm	3:30-4:45pm	3:30-4:45pm	11:00-12:15pm
MS LAPS	7:00-8:30am		7:00-8:30am		5:30-7:00pm	11:00-12:30pm

NOTES:

1. AG, Youth and Senior fees are based on 10 payments throughout the year, Aug-May.
2. All practice start-times include WUTS and Dryland.
3. **Aug. 14-Aug 31st will be Mon-Thurs ONLY for AG, Youth, Senior*