



RAYS 2023-2024 SHORT COURSE PRACTICE SCHEDULE

@ **Cherokee Aquatic Center** (CCAC)

*Begins August 14th, 2023.

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Futures	4:00-6:15pm	4:00-6:15pm	4:00-6:15pm	4:00-6:15pm	4:00-5:45pm	7:45-10:00am
Senior	4:00-6:00pm	4:00-6:00pm	4:00-6:00pm	4:00-6:00pm		7:45-10:00am
High School	4:00-5:45pm	4:00-5:45pm	4:00-5:45pm	4:00-5:45pm		
Youth	5:45-7:45pm	5:45-7:45pm	5:45-7:45pm	5:45-7:45pm		7:45-10:00am
Age Group	5:45-7:30pm	5:45-7:30pm	5:45-7:30pm	5:45-7:30pm		8:00-9:30am
Masters	Noon-1:00pm		Noon-1:00pm		Noon-1:00pm	
E LAPS	3:30-4:45pm	3:30-4:45pm	3:30-4:45pm	3:30-4:45pm	4:00-5:15pm	9:30-10:45pm
MS LAPS	5:00-6:30pm	5:00-6:30pm	5:00-6:30pm	5:00-6:30pm	4:45-6:15pm	9:30-11:00am

NOTES:

1. AG, Youth, High School, Senior and Futures 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**
4. LAPS Session 1 will begin August 7, 2023