



RAYS 2021-2022 SHORT COURSE PRACTICE SCHEDULE
 @ **Mountain View Aquatic Center (MVAC)**
 Begins August 9th, 2021.

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior	4:00-6:00pm + ZOOM Dryland 6:30-7:00am	4:00-6:00pm	4:00-6:00pm	4:00-6:00pm + ZOOM Dryland 6:30-7:00am	5:15-7:00am	7:45-10:00am
Youth	5:45-7:45pm + ZOOM Dryland 6:30-7:00am	5:45-7:45pm	5:45-7:45pm	5:45-7:45pm + ZOOM Dryland 6:30-7:00am		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	5:30-7am		
E LAPS	3:30-4:45pm	3:30-4:45pm	3:30-4:45pm	3:30-4:45pm	4:15-5:30pm	11:30-12:45pm
MS LAPS	7:00-8:30am		7:00-8:30am		5:00-6:30pm	11:30-1:00pm

RAYS 2021-2022 SHORT COURSE PRACTICE SCHEDULE
 @ **Cherokee County Aquatic Center (CCAC)**
 Begins August 9th, 2021.

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



RAYS 2021-22 SHORT COURSE PRACTICE SCHEDULE

@ **Cobb County Aquatic Center** (CAC)

Begins August 9th, 2021.

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National	4:00-6:45pm (incl. Dry)	4:00-6:00pm	4:00-6:45pm (incl. Dry)	4:00-6:45pm (incl. Dry)	4:00-6:00pm	7:00-9:45am (incl. Dry)
AM		5:20-6:45am		5:20-6:45am		
(Dryland)	6:30-7:00am Zoom		6:30-7:00am Zoom	4:00-4:30pm		
Futures	4:00-6:45pm (incl. Dry)	4:00-6:00pm	4:00-6:45pm (incl. Dry)	4:00-6:45pm (incl. Dry)	4:00-6:00pm	7:00-9:45am (incl. Dry)
(Dryland)	6:30-7:00am Zoom		6:30-7:00am Zoom			

NOTES:

1. AG, Youth, SR, Futures, and National teams' fees are based on 10 payments throughout the year, Aug-May.
2. All practice start-times include WUTS and dryland if applicable.
3. Aug. 9-Aug. 28 will be Mon-Thurs ONLY for AG, Youth, Senior, Future and National