



RAYS 2026 LONG COURSE PRACTICE SCHEDULE

@Mountain View Aquatic Center

Practice Schedule Begins May 21st – July 15th(AG) & 22nd (Senior) 2026

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National + Future	5:45-8 am National CCAC	5:45-8 am	5:45-8 am National CCAC	5:45-8 am	5:45-8 am National CCAC	7:45-10:30 am
PM	2:15-5 pm		2:15-5 pm			
Senior	5:45-8 am	5:45-8 am CCAC	5:45-8 am	5:45-8 am CCAC	5:45-8 am	7:45-10 am
PM		2:30-5 pm		2:30-5 pm		
Pre Senior	7:30-10 am	7:30-9:30 am	7:30-10 am	7:30-9:30 am	7:30-10 am	
Choose 1 pm session		2:30-5 pm		2:30-5 pm		
Age Group	7:45-9:30 am	7:45-9:30 am	7:45-9:30 am	7:45-9:30 am	7:45-9:30 am	
Masters		6-7:30 am		6-7:30 am		



RAYS 2026 LONG COURSE PRACTICE SCHEDULE

@Cherokee County Aquatic Center (CCAC)

Schedule Begins May 26th – July 15th(AG) & 22nd (Senior) 2026

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National/Senior/ Futures / High School [M-Th]	5:45-8 am	7:45-10 am				
PM	3-4:30 pm		3-4:30 pm			
Pre Senior	8-10 am	7:45-10 am				
PM			3-4:30 pm			
Age Group	4-6 pm	4-6 pm	4-6 pm		4-6 pm	7:45-9:30 am
LAPS	4-5 pm	4-5 pm	4-5 pm			

MASTERS	5:30-7 am		5:30-7 am		5:30-7 am	
PM	Noon-1 pm		Noon-1 pm		Noon-1 pm	

REVISED 02/24/26