George Mason University
Aquatic & Fitness Center, Recreational Pool Schedule
Fall 2017/Spring 2018

AA- Aerobics		Open Lap Swimming	Mason Life
CCF-Country Club of Ffx	AN - AnNam	MK - Mako	Streamline

MONDAY/WEDNESDAY

LANES	1	2	3	4	5	6	Ramp
AM 6							
7							
8							
9							
10							
11							
PM 12	Inter Swim 12p-1:15p						
1							
2							
3							
4							
5	Aqua Aerobics						
6							
7							
8							
9							
9:30	POOL CLOSES AT 9:30 P -- FACILITY CLOSES AT 10p						

TUESDAY/ THURSDAY

LANES	1	2	3	4	5	6	Ramp
AM 6							
7							
8							
9							
10							
11							
PM 12							
1							
2							
3							
4							
5							
6							
7							
8					Log Rolling - Tues only		
9							
9:30	POOL CLOSES AT 9:30p -- FACILITY CLOSES AT 10p						

FRIDAY

LANES	1	2	3	4	5	6	Ramp
AM 6							
7							
8							
9							
10							
11							
PM 12				Mason Life 12:30-3:00			
1							
2							
3							
4							
5							
6							
7							
7:30	POOL CLOSES AT 7:30p -- FACILITY CLOSES AT 8p						

SATURDAY

LANES	1	2	3	4	5	6	Ramp
AM 815							
9							
10	MAKO 10:30a-11:15a						
11							
PM 12							
1	Streamline 12:30p-5:30p						
2							
3							
4							
5							
5:30	POOL CLOSES AT 5:30p -- FACILITY CLOSES AT 6p						

SUNDAY

LANES	1	2	3	4	5	6	Ramp
AM 9							
10							
11							
PM 12	CCF						
1	CCF						
2							
3	An Nam 3p-4:30p						
4							
5							
6	Streamline 5:30p-7:30p						
7							
7:30	POOL CLOSES AT 7:30p -- FACILITY CLOSES AT 8p						