

George Mason University Aquatic & Fitness Center, Recreational Pool Schedule 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 (3/19-5/14)						
1							
2							
3							
4							
5	Aqua Aerobics						
6							
7							
8							
9							
9:30	POOL CLOSSES AT 9:30p -- 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 CLOSSES 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							
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 8							
9	MAKO 10:30aa- 11:15a						
10							
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 8							
9							
10							
11							
PM 12							
1	CCF 12p- 2p						
2	Swim Smart 2p-3p						
3	An Nam 3p- 4:30p						
4							
5							
6							
7							
7:30	POOL CLOSES AT 7:30p -- Facility closes at 8p						