

George Mason University
Aquatic & Fitness Center, Recreational Pool Schedule
Spring 2019

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							
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 CLOSSES AT 7:30p -- Facility closes at 8p						

SATURDAY

LANES	1	2	3	4	5	6	Ramp
AM 8							
9							
10	MAKO 9:45a- 11:15a						
11							
PM 12							
1	Streamline 12:30p- 5:30p						
2							
3							
4							
5							
5:30	POOL CLOSSES AT 5:30p -- Facility closes at 6p						

SUNDAY

LANES	1	2	3	4	5	6	Ramp
AM 8							
9							
10							
11	CCF 11a- 1p						
PM 12							
1							
2	Swim Smart 2p-3p						
3	An Nam 3p- 4:30p						
4							
5							
6	Streamline 5:30p-7:30p						
7							
7:30	POOL CLOSSES AT 7:30p -- Facility closes at 8p						