

George Mason University
Aquatic & Fitness Center, Recreational Pool Schedule
Fall 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					Club Log Rolling (Monday's) 8:30p-9:30p		
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	Zumba (Thrs only)						
6							
7							
8							
9					Log Rolling - Tues only		
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						Mason Life 12:30p-3p	
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							
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							
PM 12							
1							
2							
3							
4							
5							
6							
7							
7:30	POOL CLOSSES AT 7:30p -- Facility closes at 8p						