

George Mason University Aquatic & Fitness Center, Recreational Pool Schedule December 9-15 (Mako Meet week)							
AA- Aerobics		Open Lap Swimming	Mason Life				
CCF-Country Club of Ffx	AN - AnNam	MK - Mako	Streamline				
<b>MONDAY/WEDNESDAY</b>							
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					Club Log Rolling (Monday's) 8:30p- 9:30p		
9							
9:30	POOL CLOSSES AT 9:30p -- Facility closes at 10p						
<b>TUESDAY/ THURSDAY</b>							
LANES	1	2	3	4	5	6	Ramp
AM 6							
7							
8							
9					RECR 162: Swimming: Beginners (Oct 14-Dec 18) 9a-10:15a		
10							
11							
PM 12							
1							
2							
3							
4							
5	Zumba (Thrs only)						
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						Mason Life 12:30p-3p	
2							
3							
4							
5							
6							
7							
7:30	POOL CLOSSES AT 7:30p -- Facility closes at 8p						
<b>SATURDAY</b>							
LANES	1	2	3	4	5	6	Ramp
AM 8							
9	MAKO 9:45a- 11:15a						
10							
11							
PM 12							
1							
2							
3	Streamline 1:30p-5:30p						
4							
5							
5:30	POOL CLOSSES AT 5:30p -- Facility closes at 6p						
<b>SUNDAY</b>							
LANES	1	2	3	4	5	6	Ramp
AM 8							
9							
10							
11	CCF 11a-1p						
PM 12							
1							
2							
3	Swim Smart 2:30-3:30p	An Nam 3p 4:30p				Club Log Rolling 3-4p	
4							
5							
6							
7							
7:30	POOL CLOSSES AT 7:30p -- Facility closes at 8p						