

George Mason University
Aquatic & Fitness Center, Recreational Pool Schedule
November 18-24

AA- Aerobics	CCF-Country Club of Ffx	Open Lap Swimming	Mason Life				
AN - AnNam	MK - Mako	Streamline					
MONDAY (November 18)							
LANES	1	2	3	4	5	6	Ramp
6:00 AM							
7:00 AM							
8:00 AM							
9:00 AM							
10:00 AM							
11:00 AM							
12:00 PM							
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM							
5:00 PM	Aqua Aerobics						
6:00 PM							
7:00 PM							
8:00 PM							
9:00 PM					Club Log Rolling 8:30p-9:30p		
9:30 PM	POOLS CLOSE AT 9:30 PM - FACILITY CLOSES AT 10 PM						
TUESDAY (November 19)							
LANES	1	2	3	4	5	6	Ramp
6:00 AM							
7:00 AM							
8:00 AM							
9:00 AM							
10:00 AM					RECR 162: Swimming: Beginners (Oct 14-Dec 18) 9a-10:15a		
11:00 AM							
12:00 PM							
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM							
5:00 PM							
6:00 PM							
7:00 PM							
8:00 PM					Log Rolling - Tues only		
9:00 PM							
9:30 PM	POOLS CLOSE AT 9:30 PM - FACILITY CLOSES AT 10 PM						
WEDNESDAY (November 20)							
LANES	1	2	3	4	5	6	Ramp
6:00 AM							
7:00 AM							
8:00 AM							
9:00 AM							
10:00 AM							
11:00 AM							
12:00 PM							
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM							
5:00 PM	Aqua Aerobics						
6:00 PM							
7:00 PM							
8:00 PM							
9:00 PM							
9:30 PM	POOLS CLOSE AT 9:30 PM - FACILITY CLOSES AT 10 PM						

THURSDAY (November 21)							
LANES	1	2	3	4	5	6	Ramp
6:00 AM							
7:00 AM							
8:00 AM							
9:00 AM	Reserved for Patriot Invitational warm up/cool down 9a-2p					RECR 162: Swimming: Beginners (Oct 14-Dec 18) 9a-10:15a	
10:00 AM							
11:00 AM							
12:00 PM							
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM	Reserved for Patriot Invitational warm up/cool down 4p-9:30p						
5:00 PM							
6:00 PM							
7:00 PM							
8:00 PM							
9:00 PM							
9:30 PM	POOLS CLOSE AT 9:30 PM - FACILITY CLOSES AT 10 PM						
FRIDAY (November 22)							
LANES	1	2	3	4	5	6	Ramp
6:00 AM							
7:00 AM							
8:00 AM							
9:00 AM	Reserved for Patriot Invitational warm up/cool down 9a-2p						
10:00 AM							
11:00 AM							
12:00 PM							
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM	Reserved for Patriot Invitational warm up/cool down 4p-close						
5:00 PM							
6:00 PM							
7:00 PM							
7:30 PM	FACILITY CLOSES AT 8 PM						
SATURDAY (November 22)							
LANES	1	2	3	4	5	6	Ramp
8:00 AM							
9:00 AM	Reserved for Patriot Invitational warm up/cool down 9a-2p						
10:00 AM							
11:00 AM							
12:00 PM							
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM	Reserved for Patriot Invite 4p-close						
5:00 PM	POOLS CLOSE AT 5:30 PM - FACILITY CLOSES AT 6 PM						
5:30 PM							
SUNDAY (November 23)							
LANES	1	2	3	4	5	6	Ramp
8:00 AM							
9:00 AM							
10:00 AM							
11:00 AM	CCF 11a-1p						
12:00 PM							
1:00 PM	Swim Smart 1:30p-3:30p						
2:00 PM							
3:00 PM						Club Log Rolling 3-4p	
4:00 PM							
5:00 PM							
6:00 PM							
7:00 PM							
7:30 PM	POOL CLOSES AT 7:30p -- Facility closes at 8p						