

**George Mason University**  
**Aquatic & Fitness Center, Recreational Pool Schedule**  
**Spring 2023 (January 23-May 5)**

AA- Aerobics	CCF-Country Club of Ffx	AN - AnNam	Open Lap Swimming	MK - Mako	Mason Life	Streamline	
<b>MONDAY</b>							
LANES	1	2	3	4	5	6	Ramp
6:15 AM							
7:00 AM							
8:00 AM							
9:00 AM							
10:00 AM							
11:00 AM							
12:00 PM	Intermediate Swim 12p-1:15p (1/23-5/17) - Sue						
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM							
5:00 PM		Mako 5p-7p					
6:00 PM							
7:00 PM							
8:00 PM					Club Log Rolling 7:30p-9:30p		
9:00 PM							
9:30 PM	POOLS CLOSE AT 9:30 PM - FACILITY CLOSES AT 10 PM						
<b>TUESDAY</b>							
LANES	1	2	3	4	5	6	Ramp
6:15 AM							
7:00 AM							
8:00 AM							
9:00 AM	Beginning Swim 9a-10:15a (1/24-3/12) - Fred						
10:00 AM							
11:00 AM							
12:00 PM	Aqua Aerobics 12p-1p (1/24-5/6)						
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM							
5:00 PM							
6:00 PM							
7:00 PM							
8:00 PM					Drop In Log Rolling 8p-9p		
9:00 PM							
9:30 PM	POOLS CLOSE AT 9:30 PM - FACILITY CLOSES AT 10 PM						
<b>WEDNESDAY</b>							
LANES	1	2	3	4	5	6	Ramp
6:15 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		Mako 5p-7p					
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						

<b>THURSDAY</b>							
LANES	1	2	3	4	5	6	Ramp
6:15 AM							
7:00 AM							
8:00 AM							
9:00 AM	Beginning Swim 9a-10:15a (1/24-3/12) - Fred						
10:00 AM							
11:00 AM							
12:00 PM	Aqua Aerobics 12p-1p (1/24-5/6)						
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM							
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						
<b>FRIDAY</b>							
LANES	1	2	3	4	5	6	Ramp
6:15 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	Mako 5p-6p						
6:00 PM							
7:00 PM							
7:30 PM	POOLS CLOSE AT 7:30 PM - FACILITY CLOSES AT 8 PM						
<b>SATURDAY</b>							
LANES	1	2	3	4	5	6	Ramp
8:15 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							
5:30 PM	POOLS CLOSE AT 5:30 PM - FACILITY CLOSES AT 6 PM						
<b>SUNDAY</b>							
LANES	1	2	3	4	5	6	Ramp
8:15 AM							
9:00 AM							
10:00 AM							
11:00 AM							
12:00 PM	CCF 11:30a-12:30p						
1:00 PM							
2:00 PM							
3:00 PM	An Nam 3p-4p						
4:00 PM							
5:00 PM							
6:00 PM							
7:00 PM							
7:30 PM	POOLS CLOSE AT 7:30 PM - FACILITY CLOSES AT 8 PM						