

**George Mason University**  
**Aquatic & Fitness Center, Recreational Pool Schedule**  
**Spring 2024**

|                         |            |                   |            |
|-------------------------|------------|-------------------|------------|
| AA- Aerobics            |            | Open Lap Swimming | Mason Life |
| CCF-Country Club of Ffx | AN - AnNam | MK - Mako         | Streamline |

**MONDAY**

| LANES    | 1                                                 | 2          | 3 | 4 | 5 | 6 | Ramp |
|----------|---------------------------------------------------|------------|---|---|---|---|------|
| 6:15 AM  | <b>**CLOSED FOR CONSTRUCTION**</b>                |            |   |   |   |   |      |
| 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 |            |   |   |   |   |      |

**TUESDAY**

| LANES    | 1                                                 | 2 | 3 | 4 | 5                         | 6 | Ramp |
|----------|---------------------------------------------------|---|---|---|---------------------------|---|------|
| 6:15 AM  | <b>**CLOSED FOR CONSTRUCTION**</b>                |   |   |   |                           |   |      |
| 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  |                                                   |   |   |   |                           |   |      |
| 6:00 PM  |                                                   |   |   |   |                           |   |      |
| 7:00 PM  |                                                   |   |   |   |                           |   |      |
| 8:00 PM  |                                                   |   |   |   |                           |   |      |
| 9:00 PM  |                                                   |   |   |   | Drop In Log Rolling 8p-9p |   |      |
| 9:30 PM  | POOLS CLOSE AT 9:30 PM - FACILITY CLOSES AT 10 PM |   |   |   |                           |   |      |

**WEDNESDAY**

| LANES    | 1                                                 | 2          | 3 | 4 | 5 | 6 | Ramp |
|----------|---------------------------------------------------|------------|---|---|---|---|------|
| 6:15 AM  | <b>**CLOSED FOR CONSTRUCTION**</b>                |            |   |   |   |   |      |
| 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 |            |   |   |   |   |      |

**THURSDAY**

| LANES    | 1                                                 | 2 | 3 | 4 | 5 | 6 | Ramp |
|----------|---------------------------------------------------|---|---|---|---|---|------|
| 6:15 AM  | <b>**CLOSED FOR CONSTRUCTION**</b>                |   |   |   |   |   |      |
| 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  | Aqua Aerobics 4p-5p (2/29-4/6)                    |   |   |   |   |   |      |
| 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**

| LANES    | 1                                                | 2 | 3 | 4 | 5 | 6 | Ramp |
|----------|--------------------------------------------------|---|---|---|---|---|------|
| 6:15 AM  | <b>**CLOSED FOR CONSTRUCTION**</b>               |   |   |   |   |   |      |
| 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 |   |   |   |   |   |      |

**SATURDAY**

| LANES    | 1                                                | 2 | 3 | 4 | 5 | 6 | Ramp |
|----------|--------------------------------------------------|---|---|---|---|---|------|
| 8:15 AM  |                                                  |   |   |   |   |   |      |
| 9:00 AM  | Aqua Aerobics 9a-10 (2/29-4/6)                   |   |   |   |   |   |      |
| 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 |   |   |   |   |   |      |

**SUNDAY**

| LANES    | 1                                                    | 2 | 3 | 4 | 5 | 6 | Ramp |
|----------|------------------------------------------------------|---|---|---|---|---|------|
| 8:15 AM  |                                                      |   |   |   |   |   |      |
| 9:00 AM  |                                                      |   |   |   |   |   |      |
| 10:00 AM |                                                      |   |   |   |   |   |      |
| 11:00 AM | <b>**CLOSED FROM 11A - 1:30P FOR SPECIAL EVENT**</b> |   |   |   |   |   |      |
| 12:00 PM |                                                      |   |   |   |   |   |      |
| 1:00 PM  |                                                      |   |   |   |   |   |      |
| 2:00 PM  |                                                      |   |   |   |   |   |      |
| 3:00 PM  |                                                      |   |   |   |   |   |      |
| 4:00 PM  | An Nam 3p-4p                                         |   |   |   |   |   |      |
| 5:00 PM  |                                                      |   |   |   |   |   |      |
| 6:00 PM  |                                                      |   |   |   |   |   |      |
| 7:00 PM  |                                                      |   |   |   |   |   |      |
| 7:30 PM  | POOLS CLOSE AT 7:30 PM - FACILITY CLOSES AT 8 PM     |   |   |   |   |   |      |