

George Mason University
Aquatic & Fitness Center, Recreational Pool Schedule
Spring 2025 (Mar 31 - Apr 6)

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							
7:00 AM							
8:00 AM							
9:00 AM							
10:00 AM							
11:00 AM							
12:00 PM	Beginner Swim Class 12p - 1:15p (1/21 - 5/14)						
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM							
5:00 PM	FFX Aquatics 5p - 6:30p	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							
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	Paddleboard Bootcamp 3:30p - 4:30p						
5:00 PM	Mako 5p-6p						
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						

WEDNESDAY							
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						

THURSDAY							
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	Aqua Aerobics 12p-1p (8/26-12/1)						
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM	Paddleboard Bootcamp 3:30p - 4:30p						
5:00 PM	Mako 5p-6p						
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							
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	Fitter, Faster Swim Clinic 9a - 11:45a						
9:00 AM	Fitter, Faster Swim Clinic 9a - 11:45a						
10:00 AM	Fitter, Faster Swim Clinic 9a - 11:45a						
11:00 AM	Fitter, Faster Swim Clinic 9a - 11:45a						
12:00 PM	Fitter, Faster Swim Clinic 12:30p - 3:15p						
1:00 PM	Fitter, Faster Swim Clinic 12:30p - 3:15p						
2:00 PM	Fitter, Faster Swim Clinic 12:30p - 3:15p						
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	Fitter, Faster Swim Clinic 9a - 11:45a						
9:00 AM	Fitter, Faster Swim Clinic 9a - 11:45a						
10:00 AM	Fitter, Faster Swim Clinic 9a - 11:45a						
11:00 AM						LG Class 10a-12p	
12:00 PM	CCF 11:30a-12:30p						
1:00 PM							
2:00 PM	An Nam 2p-4p		Fitter Faster Swim Clinic: 12:30p - 3:15p				
3:00 PM	An Nam 2p-4p		Fitter Faster Swim Clinic: 12:30p - 3:15p				
4:00 PM	An Nam 2p-4p		Fitter Faster Swim Clinic: 12:30p - 3:15p				
5:00 PM							
6:00 PM							
7:00 PM							
7:30 PM	POOLS CLOSE AT 7:30 PM - FACILITY CLOSES AT 8 PM						