

**George Mason University**  
**Aquatic & Fitness Center, Recreational Pool Schedule**  
**Spring 2025**

AA- Aerobics		Open Lap Swimming	Mason Life					
CCF-Country Club of Ffx	AN - AnNam	MK - Mako	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	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						Rehab		
7:00 PM								
8:00 PM								
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								
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							
<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				High Sierra LG Class 3p - 5p				
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							
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						
<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	Aqua Aerobics 9:00a - 10:00a						
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	An Nam 2p-4p						
3:00 PM							
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						