

GEORGE MASON UNIVERSITY
AQUATIC & FITNESS CENTER
Competition Pool Schedule: July 7 - July 13

External Rentals									Closed									Internal Programming									Varsity Swim										
MONDAY																		THURSDAY																			
LANES	8	7	6	5	4	3	2	1	LANES	8	7	6	5	4	3	2	1	LANES	8	7	6	5	4	3	2	1	LANES	8	7	6	5	4	3	2	1		
5AM									5AM									5AM									5AM										
6	Open Swim 6:15a - 9:15a		Varsity Swim 6a-7:30a		Mako 6a-7:45a - last day July 24				6	Open Swim 6:15a - 8a		Varsity Swim 6a-7:30a		Mako 6a-7:45a				6																			
6:30									6:30																												
7								7																													
8								8																													
8:30								8:30																													
9			Moons Swimming Club 7:30a - 9a		Mako 7:45a-9:15a																																
10																																					
11																																					
12PM																																					
1																																					
2																																					
3																																					
4																																					
5																																					
6																																					
7																																					
7:30	Pools Close @ 7:30PM																																				

TUESDAY																		FRIDAY																		
LANES	8	7	6	5	4	3	2	1	LANES	8	7	6	5	4	3	2	1	LANES	8	7	6	5	4	3	2	1	LANES	8	7	6	5	4	3	2	1	
5AM									5AM									5AM									5AM									
6	Varsity Swim 6a-7:30a								6									6									6									
6:30									6:30									6:30									6:30									
7									7									7									7									
8									8										8									8								
8:30									8:30										8:30									8:30								
9								9										9									9									
10								10										10									10									
11								11										11									11									
12PM								12PM										12PM									12PM									
1								1										1									1									
2								2										2									2									
3								3										3									3									
4								4										4									4									
5								5										5									5									
6								6										6									6									
7								7										7									7									
7:30	Pools Close @ 7:30PM																	5:30 PM									5:30 PM									

WEDNESDAY																		SATURDAY																	
LANES	8	7	6	5	4	3	2	1	LANES	8	7	6	5	4	3	2	1	LANES	8	7	6	5	4	3	2	1	LANES	8	7	6	5	4	3	2	1
5AM									5AM									6AM									6AM								
6	Open Swim 6:15a - 9:15a		Varsity Swim 6a-7:30a		Mako 6a-7:45a - last day July 24				6									7								7									
6:30									6:30										8								8								
7									7										9								9								
8									8										10								10								
8:30									8:30										10:30a									10:30a							
9			Moons Swimming Club 7:30a - 9a		Mako 7:45a-9:15a													11									11								
10								10										12PM									12PM								
11								11										1									1								
12PM								12PM										2									2								
1								1										3									3								
2								2										4									4								
3								3										5									5								
4								4										6									6								
5								5										7									7								
6								6										4:30									4:30								
7								7										Warm ups: 1:45p - 2:45p Session #4: 3p - 6:30p									Warm ups: 1:45p - 2:45p Session #4: 3p - 6:30p								
7:30	Pools Close @ 7:30PM																	Pools Close @ 7:30PM									Pools Close @ 7:30PM								

SUNDAY																		SUNDAY																	
LANES	8	7	6	5	4	3	2	1	LANES	8	7	6	5	4	3	2	1	LANES	8	7	6	5	4	3	2	1	LANES	8	7	6	5	4	3	2	1
5AM									5AM									6AM									6AM								
6									6									7									7								
6:30									6:30									8									8								
7									7									9									9								
8									8									10									10								
8:30									8:30									11									11								
9									9									12PM									12PM								
10									10									1									1								
11									11									2									2								
12PM									12PM									3									3								
1									1									4									4								
2									2									5									5								
3									3									6									6								
4									4									7									7								
5									5									4:30 PM									4:30 PM								
6									6									Mass Warm Up 6:45a - 7:45a									Mass Warm Up 6:45a - 7:45a								
7									7									Session #5: 8a - 1:15p									Session #5: 8a - 1:15p								
7:30									7:30									Session #6: 2:30p - 6:30p									Session #6: 2:30p - 6:30p								