

George Mason University
Aquatic & Fitness Center, Recreational Pool Schedule
Fall/Spring 2025 - 2026 (April 20 - April 26)

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	Intermediate Swim 12p - 1:15p						
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							
7:00 AM							
8:00 AM							
9:00 AM							
10:00 AM							
11:00 AM							
12:00 PM	Aqua Aerobics 12p-1p (1/20 - 5/10)						
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM							
5:00 PM	Mako 5p-6:30p						
6:00 PM							
7:00 PM	Paddleboard Bootcamp 6:30p - 7:30p (3/31-5/10)						
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 (1/20 - 5/10)						
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM							
5:00 PM	Mako 5p-6:30p						
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							
9:00 AM	Aqua Aerobics 9a - 10a (1/20 - 5/10)						
10:00 AM							
11:00 AM							
12:00 PM							
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM							
5:00 PM	POOLS CLOSE AT 5:30 PM - FACILITY CLOSES AT 6 PM						
6:00 PM	High Sierra 5p - 7p						
7:00 PM							

SUNDAY							
LANES	1	2	3	4	5	6	Ramp
8:15 AM							
9:00 AM							
10:00 AM	Special Olympics						
11:00 AM	Special Olympics						
12:00 PM	Special Olympics						
1:00 PM	Special Olympics						
2:00 PM	An Nam 2p-5p						
3:00 PM							
4:00 PM							
5:00 PM							
6:00 PM							