George Mason University
Aquatic & Fitness Center, Recreational Pool Schedule
Fall/Spring 2026 -2027 (November 9 - November 15)

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	Aqua Aerobics 8:45a - 9:45a						
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 (8/24-12/1)						
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM							
5:00 PM	Mako 5p-6p						
6:00 PM							
7:00 PM	Paddleboard Bootcamp 6:30p - 7:30p (8/25-12/13)						
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	Track Team 1:30p - 2p (10/22 - 12/3)						
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 (8/24-12/1)						
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM							
5:00 PM	Mako 5p-6p						
6:00 PM							
7:00 PM	Paddleboard Bootcamp 6:30p - 7:30p (8/25-12/13)						
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							
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							
12:00 PM	CCF 11:30a-12:30p						
1:00 PM							
2:00 PM	An Nam 2p-5p						
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						