

June 2024 Aquatics Calendar

The Pinnacle Aquatic
Fitness Center
5525-D Hobby Rd.
Houston, Texas 77053
Monday –Friday
7:30am – 4:00pm
New Hours

Reminder!
Please sign in daily
•To participate in “Aquatic”
activities you must register sign
a waiver of liability
•You must also attend/view a
pool orientation video on
safety and guidelines

- IMPORTANT**
- You must shower before entering the pool.
 - You must wear appropriate swimwear/water shoes.
 - NO bandages or open sores/wounds

Lap Swimming
7:45 – 9:05 AM

IMPORTANT
**No Free-Swimming During
Lap Swimming Period**



**No Lifeguards on Duty Swim at
Your own Risk!!!!**

MONDAY

Tuesday

WEDNESDAY

THURSDAY

FRIDAY

<p>3</p> <p><i>Free Swim</i> 9:05-10:30AM (Cycles &Treadmills)</p> <p>Aqua ZUMBA w/Sandi</p> <p>11am-12pm <i>Free Swim</i> (Cycles &Treadmills) 12:15pm – 4:00pm</p>	<p>4</p> <p><i>Free Swim</i> 9:05-10:30AM (Cycles &Treadmills)</p> <p>Aqua Aerobics w/Tyler 11AM-12pm</p> <p><i>Free Swim</i> (Cycles &Treadmills) 12:15pm – 1:45pm</p> <p>Aqua Aerobics w/ Tyler 2pm-3pm</p>	<p>5</p> <p><i>Free Swim</i> 9:05-10:30AM (Cycles &Treadmills)</p> <p>Aqua Aerobics w/Tyler 11AM-12pm</p> <p>Aqua Balance w/Sandie 12:15pm-1:15pm <i>Free Swim</i> (Cycles &Treadmills) 1:15pm – 4:00pm</p>	<p>6</p> <p><i>Free Swim</i> 9:05-10:30AM (Cycles &Treadmills)</p> <p>Aqua Aerobics w/Tyler 11AM-12pm</p> <p><i>Free Swim</i> (Cycles &Treadmills) 12:15pm – 1:45pm</p> <p>Aqua Aerobics w/Tyler 2pm-3pm</p>	<p>7</p> <p><i>Free Swim</i> 9:05-10:30AM</p> <p>Aqua ZUMBA w/Sandi 11am-12pm</p> <p><i>Free Swim</i> (Cycles &Treadmills) 12:15pm – 4:00pm</p>
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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

17 *Free Swim*
9:05-10:30AM
(Cycles &Treadmills)

Aqua ZUMBA
w/Ms. Sandi
11am-12pm

Free Swim
(Cycles &Treadmills)
12:15pm – 4:00pm


18 *Free Swim*
9:05-10:30AM
(Cycles &Treadmills)

Aqua Aerobics
w/Tyler
11AM-12pm

Free Swim
(Cycles &Treadmills)
12:15pm – 1:45pm

Aqua Aerobics w/Tyler
2pm-3pm

19
**In observance of Juneteenth
The Pinnacle Senior Center
will be closed.**



20 *Free Swim*
9:05-10:30AM
(Cycles &Treadmills)

Aqua Aerobics
w/Tyler
11AM-12pm

Free Swim
(Cycles &Treadmills)
12:15pm – 1:45pm

Aqua Aerobics w/Tyler
2pm-3pm
Summer Begins

21 *Free Swim*
9:05-10:30AM
(Cycles &Treadmills)

Aqua ZUMBA
w/Ms. Sandi
11am-12pm

Free Swim
(Cycles &Treadmills)
12:15pm – 4:00pm

24 *Free Swim*
9:05-10:30AM

Aqua ZUMBA
w/Sandi
11am-12pm

Free Swim
(Cycles &Treadmills)
12:15pm – 4:00pm

25 *Free Swim*
9:05-10:30AM
(Cycles &Treadmills)

Aqua Aerobics
w/Tyler
11AM-12pm

Free Swim
(Cycles &Treadmills)
12:15pm – 1:45

Aqua Aerobics w/Tyler
2pm-3pm

26 *Free Swim*
9:05-10:30AM
(Cycles &Treadmills)

Aqua Aerobics
w/Tyler
11AM-12pm

Aqua Balance w/Sandie
12:15pm-1:15pm

Free Swim
(Cycles &Treadmills)
1:15pm – 4:00pm

27 *Free Swim*
9:05-10:30AM
(Cycles &Treadmills)

Aqua Aerobics
w/Tyler
11AM-12pm

Free Swim
(Cycles &Treadmills)
12:15pm – 1:45pm

Aqua Aerobics w/Tyler
2pm-3pm

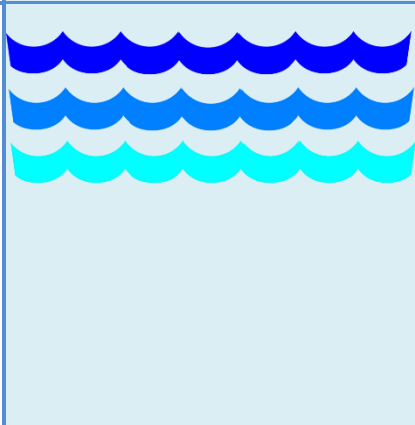
28 *Free Swim*
9:05-10:30AM
(Cycles &Treadmills)

Aqua ZUMBA
w/Sandi
11am-12pm

Free Swim
(Cycles &Treadmills)
12:15pm – 4:00pm

**Oak Street Health will
hand out bottles of water
and snacks on the
following dates:**

June 14th – 10:00-11:00am
June 25th – 9:00-10:00am



*Come Celebrate June Birthdays w/
Constable Daryl L. Smith Sr.
June 26th @10:45am MPR*

Notice!
*Swim Lessons are in session during
free swim 9:10-10:45am
In designated area*

Welcome Back Mr. Booker!

**Houston Food Bank Senior Box
Distribution
June 14th
1:00pm to 3: 00pm**