

August 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 LIFEGUARD ON DUTY SWIM AT YOUR OWN RISK!!!



**Come Celebrate July Birthdays
w/Constable Daryl L. Smith Sr.
August 28th @ 10:45am MPR**

MONDAY

Tuesday

WEDNESDAY

THURSDAY

FRIDAY



Notice!
*Swim Lessons are in session during
free swim 9:10-10:45am
Monday-Thursday
In designated area W/ Mr. Booker
&
Monday, Wednesday & Friday
2:00pm-3:45pm
In designated area w/Tyler*

*Oak Street Health will hand out
water bottles and snacks on the
following dates:
August 3rd 10:00am-11:00am
August 26th 9:00am-10:00am*

*World Senior Citizens Day
Celebration Plant Propagation
August 21st 10am-12pm
Sponsored by Judge KP George
In the Auditorium*

*Houston Food Bank Senior Box
Distribution
Friday, August 9, 2024
12:30-2:30pm
The Pinnacle will close at 11am.*

1 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

2 Free Swim
9:05-10:30AM

Aqua ZUMBA
w/Sandi
11am-12pm

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

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

Aqua ZUMBA
w/Sandi

11am-12pm
Free Swim
(Cycles &Treadmills)
12:15pm – 4:00pm

6 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

7 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

8 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

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

Aqua ZUMBA
w/Sandi
11am-12pm

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>12 Free Swim 9:05-10:30AM (Cycles &Treadmills)</p> <p>Aqua ZUMBA w/Ms. Sandi 11am-12pm</p> <p>Free Swim (Cycles &Treadmills) 12:15pm – 4:00pm</p>	<p>13 Free Swim 9:05-10:30AM (Cycles &Treadmills)</p> <p>Aqua Aerobics w/Tyler 11AM-12pm</p> <p>Free Swim (Cycles &Treadmills) 12:15pm – 1:45pm</p> <p>Aqua Aerobics w/Tyler 2pm-3pm</p>	<p>14 Free Swim 9:05-10:30AM (Cycles &Treadmills)</p> <p>Aqua Aerobics w/Tyler 11AM-12pm</p> <p>Aqua Balance w/Sandie 12:15pm-1:15pm</p> <p>Free Swim (Cycles &Treadmills) 1:15pm – 4:00pm</p>	<p>15 Free Swim 9:05-10:30AM (Cycles &Treadmills)</p> <p>Aqua Aerobics w/Tyler 11AM-12pm</p> <p>Free Swim (Cycles &Treadmills) 12:15pm – 1:45pm</p> <p>Aqua Aerobics w/Tyler 2pm-3pm</p>	<p>16 Free Swim 9:05-10:30AM (Cycles &Treadmills)</p> <p>Aqua ZUMBA w/Ms. Sandi 11am-12pm</p> <p>Free Swim (Cycles &Treadmills) 12:15pm – 4:00pm</p>
<p>19 Free Swim 9:05-10:30AM</p> <p>Aqua ZUMBA w/Sandi 11am-12pm</p> <p>Free Swim (Cycles &Treadmills) 12:15pm – 4:00pm</p>	<p>20 Free Swim 9:05-10:30AM (Cycles &Treadmills)</p> <p>Aqua Aerobics w/Tyler 11AM-12pm</p> <p>Free Swim (Cycles &Treadmills) 12:15pm – 1:45</p> <p>Aqua Aerobics w/Tyler 2pm-3pm</p>	<p>21 Free Swim 9:05-10:30AM (Cycles &Treadmills)</p> <p>Aqua Aerobics w/Tyler 11AM-12pm</p> <p>Aqua Balance w/Sandie 12:15pm-1:15pm</p> <p>Free Swim (Cycles &Treadmills) 1:15pm – 4:00pm</p>	<p>22 Free Swim 9:05-10:30AM (Cycles &Treadmills)</p> <p>Aqua Aerobics w/Tyler 11AM-12pm</p> <p>Free Swim (Cycles &Treadmills) 12:15pm – 1:45pm</p> <p>Aqua Aerobics w/Tyler 2pm-3pm</p>	<p>23 Free Swim 9:05-10:30AM (Cycles &Treadmills)</p> <p>Aqua ZUMBA w/Sandi 11am-12pm</p> <p>Free Swim (Cycles &Treadmills) 12:15pm – 4:00pm</p>
<p>26 Free Swim 9:05-10:30AM</p> <p>Aqua ZUMBA w/Sandi 11am-12pm</p> <p>Free Swim (Cycles &Treadmills) 12:15pm – 4:00pm</p>	<p>27 Free Swim 9:05-10:30AM (Cycles &Treadmills)</p> <p>Aqua Aerobics w/Tyler 11AM-12pm</p> <p>Free Swim (Cycles &Treadmills) 12:15pm – 1:45</p> <p>Aqua Aerobics w/Tyler 2pm-3pm</p>	<p>28 Free Swim 9:05-10:30AM</p> <p>Aqua ZUMBA w/Sandi 11am-12pm</p> <p>Free Swim (Cycles &Treadmills) 12:15pm – 4:00pm</p>	<p>29 Free Swim 9:05-10:30AM</p> <p>Aqua ZUMBA w/Sandi 11am-12pm</p> <p>Free Swim (Cycles &Treadmills) 12:15pm – 1:45pm</p>	<p>30 2024 Senior Citizens In The Spotlight Expo Theme: Fun Fiesta 10AM-2PM</p> <p>The Pinnacle will be closed.</p>