

# September 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!!!**

**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*



## MONDAY

## Tuesday

## WEDNESDAY

## THURSDAY

## FRIDAY

2

*The Pinnacle Closed*

3

*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

4

*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

5

*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

6

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

*Aqua ZUMBA*  
w/Sandi  
11am-12pm

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

9

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

*Aqua ZUMBA*  
w/Sandi  
11am-12pm  
*Free Swim*  
(Cycles &Treadmills)  
12:15pm – 4:00pm

10

*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

11

*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

12

*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

13

*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**

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

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

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

**17** 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

**18** 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

**19** 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

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

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

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

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

Aqua ZUMBA  
w/Sandi  
11am-12pm

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

**24** 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

**25** 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

**26** 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

**27**



Fort Bend County Fair Day

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

Aqua ZUMBA  
w/Sandi  
11am-12pm

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

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

*September 13<sup>th</sup> 10am-11am*  
*September 24<sup>th</sup> 9am-10am*



**ATTENTION**

**There will be no admittance to any aqua class 10 minutes after the start time. Please be mindful and good stewards of all.**

**Thank you!**

