

# April 2024 Aquatics Calendar

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

**MONDAY**

**IMPORTANT**

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

**Tuesday**


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

**WEDNESDAY**

**Aqua ZUMBA**  
 Monday & Friday  
 11am-12pm  
 And  
**Aqua Aerobics**  
 Tuesday, Wednesday & Thursday  
 11am-12pm  
**Tuesday & Thursday 2pm - 3pm**  
 FBC Members

**THURSDAY**

**Swim Lessons w/Mr. Booker (volunteer)**  
**9:05am thru 10:30am**  
**Monday thru Thursday**



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

**FRIDAY**

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

Aqua ZUMBA  
 w/Sandi  
 11am-12pm

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

*April Fool's Day!*

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

Aqua Aerobics  
 w/Tyler  
 11AM-12pm

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

Aqua Aerobics  
 2pm-3pm

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

Aqua Aerobics  
 w/Tyler  
 11AM-12pm

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

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

Aqua Aerobics  
 w/Tyler  
 11AM-12pm

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

Aqua Aerobics  
 2pm-3pm

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

Aqua ZUMBA  
 w/Sandi  
 11am-12pm

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

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

Aqua ZUMBA  
 w/Sandi  
 11am-12pm

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

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

Aqua Aerobics  
 w/Tyler  
 11AM-12pm

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

Aqua Aerobics  
 2pm-3pm

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

Aqua Aerobics  
 w/Tyler  
 11AM-12pm

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

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

Aqua Aerobics  
 w/Tyler  
 11AM-12pm

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

Aqua Aerobics  
 2pm-3pm

12 *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><b>15</b></p> <p><i>Free Swim</i> 9:05-10:30AM (Cycles &amp;Treadmills) Aqua ZUMBA w/Video 11am-12pm</p> <p><i>Free Swim</i> (Cycles &amp;Treadmills) 12:15pm – 4:00pm</p>	<p><b>16</b></p> <p><i>Free Swim</i> 9:05-10:30AM (Cycles &amp;Treadmills)</p> <p>Aqua Aerobics w/Tyler 11AM-12pm</p> <p><i>Free Swim</i> (Cycles &amp;Treadmills) 12:15pm – 1:45pm</p> <p>Aqua Aerobics 2pm-3pm</p>	<p><b>17</b></p> <p><i>Free Swim</i> 9:05-10:30AM (Cycles &amp;Treadmills)</p> <p>Aqua Aerobics w/Tyler 11AM-12pm</p> <p><i>Free Swim</i> (Cycles &amp;Treadmills) 12:15pm – 4:00pm</p>	<p><b>18</b></p> <p><i>Free Swim</i> 9:05-10:30AM (Cycles &amp;Treadmills)</p> <p>Aqua Aerobics w/Tyler 11AM-12pm</p> <p><i>Free Swim</i> (Cycles &amp;Treadmills) 12:15pm – 1:45pm</p> <p>Aqua Aerobics 2pm-3pm</p>	<p><b>19</b></p> <p><i>Free Swim</i> 9:05-10:30AM (Cycles &amp;Treadmills) Aqua ZUMBA w/Video 11am-12pm</p> <p><i>Free Swim</i> (Cycles &amp;Treadmills) 12:15pm – 4:00pm</p>
<p><b>22</b></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 &amp;Treadmills) 12:15pm – 4:00pm</p>	<p><b>23</b></p> <p><i>Free Swim</i> 9:05-10:30AM (Cycles &amp;Treadmills)</p> <p>Aqua Aerobics w/Tyler 11AM-12pm</p> <p><i>Free Swim</i> (Cycles &amp;Treadmills) 12:15pm – 1:45</p> <p>Aqua Aerobics 2pm-3pm</p>	<p><b>24</b></p> <p><i>Free Swim</i> 9:05-10:30AM (Cycles &amp;Treadmills)</p> <p>Aqua Aerobics w/Tyler 11AM-12pm</p> <p><i>Free Swim</i> (Cycles &amp;Treadmills) 12:15pm – 4:00pm</p>	<p><b>25</b></p> <p><i>Free Swim</i> 9:05-10:30AM (Cycles &amp;Treadmills)</p> <p>Aqua Aerobics w/Tyler 11AM-12pm</p> <p><i>Free Swim</i> (Cycles &amp;Treadmills) 12:15pm – 1:45pm</p> <p>Aqua Aerobics 2pm-3pm</p>	<p><b>26</b></p> <p><i>Free Swim</i> 9:05-10:30AM (Cycles &amp;Treadmills)</p> <p>Aqua ZUMBA w/Sandi 11am-12pm</p> <p><i>Free Swim</i> (Cycles &amp;Treadmills) 12:15pm – 4:00pm</p>
<p><b>29</b></p> <p><i>Free Swim</i> 9:05-10:30AM (Cycles &amp;Treadmills) Aqua ZUMBA w/Sandi 11am-12pm</p> <p><i>Free Swim</i> (Cycles &amp;Treadmills) 12:15pm – 4:00pm</p>	<p><b>30</b></p> <p><i>Free Swim</i> 9:05-10:30AM (Cycles &amp;Treadmills)</p> <p>Aqua Aerobics w/Tyler 11AM-12pm</p> <p><i>Free Swim</i> (Cycles &amp;Treadmills) 12:15pm – 1:45pm</p> <p>Aqua Aerobics 2pm-3pm</p>	<p><i>March is Financial Literacy Month</i></p>	<p>Oak St. Health will hand out water bottles and snacks on the following dates:</p> <p>April 24<sup>th</sup> 10-11am April 30<sup>th</sup> 11-12pm</p>	<p>Lap Swimmers</p> <p>7:45 – 9:05 AM</p>  <p><b>IMPORTANT</b> No Free Swimming During Lap Swimming Period</p>