

OCTOBER 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**

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

**NO LIFEGUARD
ON DUTY SWIM
AT YOUR OWN
RISK!!!**



1	Free Swim 9:05-10:30AM (Cycles &Treadmills)	2	Free Swim 9:05-10:30AM (Cycles &Treadmills)	3	Free Swim 9:05-10:30AM (Cycles &Treadmills)	4	Free Swim 9:05-10:30AM	
	Aqua Aerobics w/Tyler 11AM-12pm		Aqua Aerobics w/Tyler 11AM-12pm		Aqua Aerobics w/Tyler 11AM-12pm		Aqua ZUMBA w/Sandi 11am-12pm	
	Free Swim (Cycles &Treadmills) 12:15pm – 1:45pm Aqua Aerobics w/ Tyler 2pm-3pm		Aqua Balance w/Sandie 12:15pm-1:15pm Free Swim (Cycles &Treadmills) 1:15pm – 4:00pm		Free Swim (Cycles &Treadmills) 12:15pm – 1:45pm Aqua Aerobics w/Tyler 2pm-3pm		Free Swim (Cycles &Treadmills) 12:15pm – 4:00pm	
7	Free Swim 9:05-10:30AM (Cycles &Treadmills)	8	Free Swim 9:05-10:30AM (Cycles &Treadmills)	9	Free Swim 9:05-10:30AM (Cycles &Treadmills)	10	Free Swim 9:05-10:30AM (Cycles &Treadmills)	
	Aqua ZUMBA w/Sandi 11am-12pm Free Swim (Cycles &Treadmills) 12:15pm – 4:00pm		Aqua Aerobics w/Tyler 11AM-12pm		Aqua Aerobics w/Tyler 11AM-12pm		Aqua Aerobics w/Tyler 11AM-12pm	Aqua ZUMBA w/Sandi 11am-12pm
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11	Free Swim 9:05-10:30AM (Cycles &Treadmills)	11	Free Swim 9:05-10:30AM (Cycles &Treadmills)	11	Free Swim 9:05-10:30AM (Cycles &Treadmills)	11	Free Swim 9:05-10:30AM (Cycles &Treadmills)	
	Aqua ZUMBA w/Sandi 11am-12pm		Aqua Aerobics w/Tyler 11AM-12pm		Aqua Aerobics w/Tyler 11AM-12pm		Aqua ZUMBA w/Sandi 11am-12pm	
	Free Swim (Cycles &Treadmills) 12:15pm – 4:00pm		Aqua Balance w/Sandie 12:15pm-1:15pm Free Swim (Cycles &Treadmills) 1:15pm – 4:00pm		Free Swim (Cycles &Treadmills) 12:15pm – 1:45pm Aqua Aerobics w/Tyler 2pm-3pm		Free Swim (Cycles &Treadmills) 12:15pm – 4:00pm	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>14 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>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 Aerobics w/Tyler 11AM-12pm</p> <p>Aqua Balance w/Sandie 12:15pm-1:15pm Free Swim (Cycles &Treadmills) 1:15pm – 4:00pm</p>	<p>17 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>18 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>21 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>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 Aerobics w/Tyler 11AM-12pm</p> <p>Aqua Balance w/Sandie 12:15pm-1:15pm Free Swim (Cycles &Treadmills) 1:15pm – 4:00pm</p>	<p>24 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>25 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>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 (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>30 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 Free Swim (Cycles &Treadmills) 1:15pm – 4:00pm</p>		<p>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!</p>