

November 2024 Aquatics Calendar

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

MONDAY

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

Tuesday

IMPORTANT

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

WEDNESDAY

Lap Swimmimg
7:45 – 9:05 AM
IMPORTANT
**No Free-Swimming During Lap
Swimming Period**

THURSDAY

Notice!
Swim Lessons are in session during
free swim 9:10-10:45am
Monday-Thursday
In designated area W/ Mr. Booker



FRIDAY

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



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!

**Daylight Savings Time
Ends November 3rd**



Oak Street Health Will Hand Out
Water and Snacks on The
Following Dates:

November 6th 10AM-11AM
November 22nd 9AM-10AM

1

Free Swim
9:05-10:30AM

Aqua ZUMBA
w/Sandi
11am-12pm

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

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

Aqua ZUMBA
w/Sandi

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

5



**November 5th
Election Day**

6 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

7

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

8

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>11</p> <p style="text-align: center;">Closed</p> 	<p>12</p> <p>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>13</p> <p>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>14</p> <p>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>15</p> <p>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>18</p> <p>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>19</p> <p>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>20</p> <p>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>21</p> <p>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>22</p> <p>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>25</p> <p>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>26</p> <p>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>27</p> <p>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>28</p> 	<p>29</p> <p style="text-align: center;"><i>The Pinnacle Senior Center is Closed</i></p>