


MON	TUE	WED	THU	FRI
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			



5525-C Hobby Road • Houston, Texas 77053
Mon-Fri: 7:30am - 4:30pm • 832-471-2765

Aquatic Calendar Schedule

<p>The Pinnacle Aquatic Fitness Center 5525-D Hobby Rd. Houston, Texas 77053 Monday –Friday 7:30am – 4:00pm New Hours</p> <p>MONDAY</p>	<p>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</p> <p>Tuesday</p>	<p>IMPORTANT</p> <ul style="list-style-type: none"> You must shower before entering the pool. You must wear appropriate swimwear/water shoes. NO bandages or open sores/wounds <p>WEDNESDAY</p>	<p>Lap Swimming 7:45 – 9:05 AM</p> <p>IMPORTANT No Free-Swimming During Lap Swimming Period</p> <p>NO LIFEGUARD ON DUTY! SWIM AT YOUR OWN RISK!!!</p> <p>THURSDAY</p>	<p>Notice! Swim Lessons are in session during free swim 9:10-10:30am Monday-Thursday In designated area W/ Mr. Booker</p>  <p>FRIDAY</p>
<p>2 Free Swim 9:05-10:30AM (Cycles &Treadmills) Aqua ZUMBA w/Sandi 11am-12pm Free Swim (Cycles &Treadmills) 12:15pm – 4:00pm</p>	<p>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</p>	<p>4 Free Swim 9:05-10:30AM (Cycles &Treadmills) Pinnacle will be closed at 11am</p>	<p>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</p>	<p>6 Free Swim 9:05-10:30AM (Cycles &Treadmills) Aqua ZUMBA w/Sandi 11am-12pm Free Swim (Cycles &Treadmills) 12:15pm – 4:00pm</p>
<p>9 Free Swim 9:05-10:30AM (Cycles &Treadmills) Aqua ZUMBA w/Ms. Sandi 11am-12pm Free Swim (Cycles &Treadmills) 12:15pm – 4:00pm</p>	<p>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</p>	<p>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</p>	<p>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</p>	<p>13 Free Swim 9:05-10:30AM (Cycles &Treadmills) Pinnacle will be closed at 11am <i>Houston Food Bank Senior Box Distribution Day</i></p>

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PINNACLE AQUATIC CENTER

DECEMBER 2024

MON	TUE	WED	THU	FRI
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			

THE PINNACLE SENIOR CENTER PARKS & RECREATION



5525-C Hobby Road • Houston, Texas 77053
Mon-Fri: 7:30am - 4:30pm • 832-471-2765

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
16 Free Swim 9:05-10:30AM Aqua ZUMBA w/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/Video 11am-12pm Free Swim (Cycles & Treadmills) 12:15pm - 4:00pm
23 Free Swim 9:05-10:30AM Aqua ZUMBA w/Video 11am-12pm Free Swim (Cycles & Treadmills) 12:15pm - 4:00pm	24 Closed 	25 Closed	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 Free Swim 9:05-10:30AM Aqua ZUMBA w/Sandi 11am-12pm Free Swim (Cycles & Treadmills) 12:15pm - 4:00pm
30 Free Swim 9:05-10:30AM Aqua ZUMBA w/Video 11am-12pm Free Swim (Cycles & Treadmills) 12:15pm - 4:00pm	31 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	NO LIFEGUARD ON DUTY! SWIM AT YOUR OWN RISK!!! 	Attention: Afternoon Swim Lessons w/Tyler will resume at the beginning of the New Year	Oak Street Health Will Hand Out Water and Snacks on The Following Dates: December 13th 10AM- 11AM

PINNACLE AQUATIC CENTER