

MiniFit 1 B Schedule - Tuesdays from 4 - 5 PM					
Practice at Greene Middle School					
Alto Swim Club	July 2024				altoswimclub.com
Monday	Tuesday	Wednesday	Thursday	Friday	
Jul 1	Jul 2	Jul 3	Jul 4	Jul 5	
	MiniFit 1B 4 - 5 PM				
Jul 8	Jul 9	Jul 10	Jul 11	Jul 12	
	MiniFit 1B 4 - 5 PM				
Jul 15	Jul 16	Jul 17	July 18	Jul 19	
Jul 22	Jul 23	Jul 24	Jul 25	Jul 26	
Jul 29	Jul 30	Jul 31			
- All classes are held at Greene Middle School					
- Please ensure that you order all required practice equipment. Please label your equipment with sharpie!					
- Bring your items in a mesh equipment bag that can be stored poolside during the workout.					
- Swimmers must wear a competitive swim suit (no baggy suits or shirts, this restricts mobility and makes it more difficult to learn the proper strokes)					
- Link Here to Alto Team Store and Equipment / Apparel Information: https://altoswimclub.com/fitness-team-apparel					