

MiniFit 1 B Schedule - Tuesdays from 4 - 5 PM				
Practice at Greene Middle School				
Alto Swim Club	May 2024			altoswimclub.com
Monday	Tuesday	Wednesday	Thursday	Friday
		May 1	May 2	May 3
May 6	May 7	May 8	May 9	May 10
	MiniFit 1B 4 - 5 PM			
May 13	May 14	May 15	May 16	May 17
	MiniFit 1B 4 - 5 PM			
May 20	May 21	May 22	May 23	May 24
	MiniFit 1B 4 - 5 PM			
May 27	May 28	May 29	May 30	May 31
	MiniFit 1B 4 - 5 PM			
- 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				