

SwimFit 1 Schedule - M / W / F from 3 - 3:45 PM				
Practice at JLS Middle School				
Alto Swim Club		April 2024		altoswimclub.com
Monday	Tuesday	Wednesday	Thursday	Friday
Apr 1	Apr 2	Apr 3	Apr 4	Apr 5
No Swim Day		No Swim Day		No Swim Day
Apr 8	Apr 9	Apr 10	Apr 11	Apr 12
No Swim Day		No Swim Day		No Swim Day
Apr 15	Apr 16	Apr 17	Apr 18	Apr 19
SwimFit 1 3 - 3:45 PM		SwimFit 1 3 - 3:45 PM	SwimFit 1 4:30 - 5:30 PM	SwimFit 1 3 - 3:45 PM
Apr 22	Apr 23	Apr 24	Apr 25	Apr 26
SwimFit 1 3 - 3:45 PM		SwimFit 1 3 - 3:45 PM	SwimFit 1 4:30 - 5:30 PM	SwimFit 1 3 - 3:45 PM
Apr 29	Apr 30			
SwimFit 1 3 - 3:45 PM	SwimFit 1 4 - 5 PM @ Greene			
- All classes are held at JLS 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				