

SwimFit 1 Schedule - M / W / F from 3 - 3:45 PM				
Practice at JLS Middle School				
Alto Swim Club	July 2024			altoswimclub.com
Monday	Tuesday	Wednesday	Thursday	Friday
Jul 1	Jul 2	Jul 3	Jul 4	Jul 5
SwimFit 1 3 - 3:45 PM	SwimFit 1 3 - 3:45 PM	SwimFit 1 3 - 3:45 PM		No Swim Day
Jul 8	Jul 9	Jul 10	Jul 11	Jul 12
SwimFit 1 3 - 3:45 PM		SwimFit 1 3 - 3:45 PM		SwimFit 1 3 - 3:45 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 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				