Monday Tuesday Jul 1 Jul 2 Jul 3 Jul 4 Jul 5 SwimFit 1 3 - 3.45 PM 3 - 3.45 PM 3 - 3.45 PM Jul 19 Jul 29 Jul 29 Jul 20 Jul 20 Jul 21 Jul 29 Jul 20 Jul 20 Jul 21 Jul 28 Jul 29 Jul 29 Jul 20		SwimFit 1	Schedule - M / W / F from	3 - 3:45 PM	
Monday Tuesday Wednesday Thursday Friday Jul 1 Jul 2 Jul 3 Jul 4 Jul 5 SwimFit 1 3 - 3.45 PM 3 - 3.45 PM 3 - 3.45 PM Jul 8 Jul 9 Jul 10 Jul 11 Jul 12 SwimFit 1 3 - 3.45 PM 3 - 3.45 PM Jul 15 Jul 16 Jul 17 July 18 Jul 19 Jul 29 Jul 20		Practice at JLS Middle School			
Jul 1	Alto Swim Club	July 2024			altoswimclub.com
SwimFit 1 3 - 3.45 PM No Swim Day Jul 18 Jul 19 Jul 10 Jul 11 Jul 12 SwimFit 1 3 - 3.45 PM 3 - 3.45 PM 3 - 3.45 PM Jul 15 Jul 16 Jul 17 Jul 18 Jul 19 Jul 29 Jul 23 Jul 24 Jul 25 Jul 26 All classes are held at JLS Middle School Please ensure that you order all required practice equipment. Please label your equipment with sharple! 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)	Monday	Tuesday	Wednesday		Friday
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Link Here to Alto Team Store and Equipment / Apparel Information: https://altoswimclub.com/fitness-team-apparel					ne proper strokes)