

SwimFit 1 Schedule - M / W / F from 3 - 3:45 PM				
Practice at JLS Middle School				
Alto Swim Club		June 2024		altoswimclub.com
Monday	Tuesday	Wednesday	Thursday	Friday
Jun 3	Jun 4	Jun 5	Jun 6	Jun 7
SwimFit 1 3 - 3:45 PM		SwimFit 1 3 - 3:45 PM		SwimFit 1 3 - 3:45 PM
Jun 10	Jun 11	Jun 12	Jun 13	Jun 14
SwimFit 1 3 - 3:45 PM		SwimFit 1 3 - 3:45 PM		SwimFit 1 3 - 3:45 PM
Jun 17	Jun 18	Jun 19	June 20	Jun 21
SwimFit 1 3 - 3:45 PM		No Swim Day		SwimFit 1 3 - 3:45 PM
Jun 24	Jun 25	Jun 26	Jun 27	Jun 28
SwimFit 1 3 - 3:45 PM		SwimFit 1 3 - 3:45 PM		SwimFit 1 3 - 3:45 PM
- 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				