

SwimFit 1 Schedule - M / W / F from 3 - 3:45 PM				
Practice at JLS Middle School				
Alto Swim Club	May 2024			altoswimclub.com
Monday	Tuesday	Wednesday	Thursday	Friday
		May 1	May 2	May 3
		SwimFit 1 3 - 3:45 PM		SwimFit 1 3 - 3:45 PM
May 6	May 7	May 8	May 9	May 10
SwimFit 1 3 - 3:45 PM		SwimFit 1 3 - 3:45 PM		SwimFit 1 3 - 3:45 PM
May 13	May 14	May 15	May 16	May 17
SwimFit 1 3 - 3:45 PM		SwimFit 1 3 - 3:45 PM		SwimFit 1 3 - 3:45 PM
May 20	May 21	May 22	May 23	May 24
SwimFit 1 3 - 3:45 PM		SwimFit 1 3 - 3:45 PM		No Swim Day
May 27	May 28	May 29	May 30	May 31
No Swim Day		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				