

| <b>MiniFit 1 A Schedule - Thursdays from 4:30 - 5:30 PM</b>   |                  |                  |                              |  |
|---|------------------|------------------|------------------------------|--|
| <b>Practice at JLS Middle School</b>  |                  |                  |                              |  |
| <b>Alto Swim Club</b>   | <b>June 2024</b> |                  |                              | <a href="http://altoswimclub.com">altoswimclub.com</a> |
| <b>Monday</b>   | <b>Tuesday</b>   | <b>Wednesday</b> | <b>Thursday</b>              | <b>Friday</b>  |
| <b>Jun 3</b>  | <b>Jun 4</b>     | <b>Jun 5</b>     | <b>Jun 6</b>                 | <b>Jun 7</b>   |
|   |                  |                  | MiniFit 1A<br>4:30 - 5:30 PM |  |
| <b>Jun 10</b>   | <b>Jun 11</b>    | <b>Jun 12</b>    | <b>Jun 13</b>                | <b>Jun 14</b>  |
|   |                  |                  | MiniFit 1A<br>4:30 - 5:30 PM |  |
| <b>Jun 17</b>   | <b>Jun 18</b>    | <b>Jun 19</b>    | <b>June 20</b>               | <b>Jun 21</b>  |
|   |                  |                  | MiniFit 1A<br>4:30 - 5:30 PM |  |
| <b>Jun 24</b>   | <b>Jun 25</b>    | <b>Jun 26</b>    | <b>Jun 27</b>                | <b>Jun 28</b>  |
|   |                  |                  | MiniFit 1A<br>4:30 - 5:30 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: <a href="https://altoswimclub.com/fitness-team-apparel">https://altoswimclub.com/fitness-team-apparel</a> |                  |                  |                              |  |