

**MiniFit 1 B Schedule - Tuesdays from 4 - 5 PM**

**Practice at Greene Middle School**

**Alto Swim Club**

**June 2024**

[altoswimclub.com](https://altoswimclub.com)

<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 1B 4 - 5 PM			
<b>Jun 10</b>	<b>Jun 11</b>	<b>Jun 12</b>	<b>Jun 13</b>	<b>Jun 14</b>
	MiniFit 1B 4 - 5 PM			
<b>Jun 17</b>	<b>Jun 18</b>	<b>Jun 19</b>	<b>June 20</b>	<b>Jun 21</b>
	MiniFit 1B 4 - 5 PM			
<b>Jun 24</b>	<b>Jun 25</b>	<b>Jun 26</b>	<b>Jun 27</b>	<b>Jun 28</b>
	MiniFit 1B 4 - 5 PM			

- All classes are held at Greene 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>