

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