

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