

Varsity Group Schedule - M / W / F from 7:30 - 8:30 PM

Practice at Greene Middle School

Alto Swim Club

July 2024

altoswimclub.com

Monday	Tuesday	Wednesday	Thursday	Friday
Jul 1	Jul 2	Jul 3	Jul 4	Jul 5
Varsity 1 7:30 - 8:30 PM	Varsity 1 7:30 - 8:30 PM	Varsity 1 7:30 - 8:30 PM		No Swim Day
Jul 8	Jul 9	Jul 10	Jul 11	Jul 12
Varsity 1 7:30 - 8:30 PM		Varsity 1 7:30 - 8:30 PM		Varsity 1 7:30 - 8:30 PM
Jul 15	Jul 16	Jul 17	July 18	Jul 19
Jul 22	Jul 23	Jul 24	Jul 25	Jul 26
Jul 29	Jul 30	Jul 31		

- 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>