

SwimFit 3 Schedule - M / W / F from 7:30 - 8:30 PM

Practice at JLS Middle School

Alto Swim Club

September 2023

altoswimclub.com

Monday	Tuesday	Wednesday	Thursday	Friday
Sep 11	Sep 12	Sep 13	Sep 14	Sep 15
SwimFit 3 7:30 - 8:30 PM		SwimFit 3 7:30 - 8:30 PM		SwimFit 3 7:30 - 8:30 PM
Sep 18	Sep 19	Sep 20	Sep 21	Sep 22
SwimFit 3 7:30 - 8:30 PM		SwimFit 3 7:30 - 8:30 PM		SwimFit 3 7:30 - 8:30 PM
Sep 25	Sep 26	Sep 27	Sep 28	Sep 29
No Swim Day - PAUSD Holiday		SwimFit 3 7:30 - 8:30 PM		SwimFit 3 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: <https://altoswimclub.com/fitness-team-apparel>