To be the premier resource for adult aquatic fitness in the United States and make fitness through swimming available for as many adults as possible.
Where Did Our Vision Come From?

“It is necessary that exercise be continued throughout life...

It is suggested that swimming has many unique advantages for such an endeavor.”
Encouraging adults to swim

Click to read more...

Swimming and Eye Health
We all know the feeling of getting out of the pool, physically sore yet pleasantly rejuvenated. But another perception...

Maximizing Open Water Sighting Efficiency
Coaches: Open water season is approaching and with it the need to help your swimmers learn the basics of sighting. One...

Exhaling—The Hidden Secret to Swimming Farther and Faster
Even before the development of scientific studies and advanced laboratories for metabolic analysis, swimmers became...

Afraid to Try a Swim Meet?
Let's be honest: Masters Swimming is the best activity around. However, there are a lot of swimmers out there who...

The USMS Go the Distance program is a free fitness event. Track your miles swum in our online Fitness Log, reach key milestones, and gain online recognition for your achievements. Sign up now.

JOIN
60,000+)

7,568,161
Miles logged by USMS swimmers in the Fitness Logs
ADULTS ASPIRE TO SWIM MORE THAN ANY OTHER ACTIVITY...

...YET, 37% CAN NOT SWIM THE LENGTH OF A POOL

April
Adult Learn-to-Swim Month
Breakout Group 1
Tucson Room
LMSCs Supporting Coaches and Instructors in the Masters Swimming Experience.

Breakout Group 2
Mesa Room
LMSCs Offering Non-Competitive Opportunities

Breakout Group 3
Staghorn Room
LMSCs Helping Masters Swimming Programs Save Space or Gain Pool Space.

Breakout Group 4
Buckhorn Room
The Value of LMSC Communication