

To promote health, wellness, fitness, and competition for adults through swimming.



"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."





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About USMS

Local Programs Learn-to-Swim & Fitness

ss Training

Events & Results

s For Coaches & Instructors

For Volunteers





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

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Exhaling—The Hidden Secret to Swimming Farther and Faster

Even before the development of scientific studies and advanced

aboratories 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...

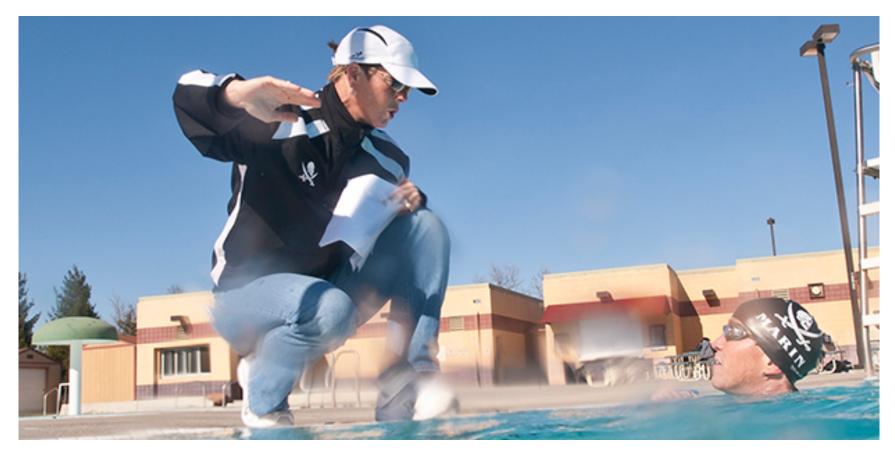
Encouraging adults to swim

Learn more



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. <u>Sign up now.</u>







EDUCATION

OPPORTUNITY



ADULTS ASPIRE TO SWIM MORE THAN ANY OTHER ACTIVITY...

April Adult Learn-to-Swim Month

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



Breakout Group 1 Tucson Room LMSCs Supporting Coaches and Instructors in the Masters Swimming Experience.	
Breakout Group 3 Staghorn Room LMSCs Helping Masters Swimming	

Breakout Group 2 Mesa Room LMSCs Offering Non-Competitive **Opportunities**

Programs Save Space or Gain Pool Space.

Breakout Group 4 Buckhorn Room The Value of LMSC Communication