ADULT LEARN-TO-SWIM PROGRAM
U.S. MASTERS SWIMMING

FOUR WAYS TO GET INVOLVED

1. Become a USMS-certified ALTS instructor
2. Host an adult learn-to-swim event or program
3. Volunteer with an adult learn-to-swim program
4. Fundraise for the Swimming Saves Lives Foundation

1 Become a USMS-certified ALTS instructor

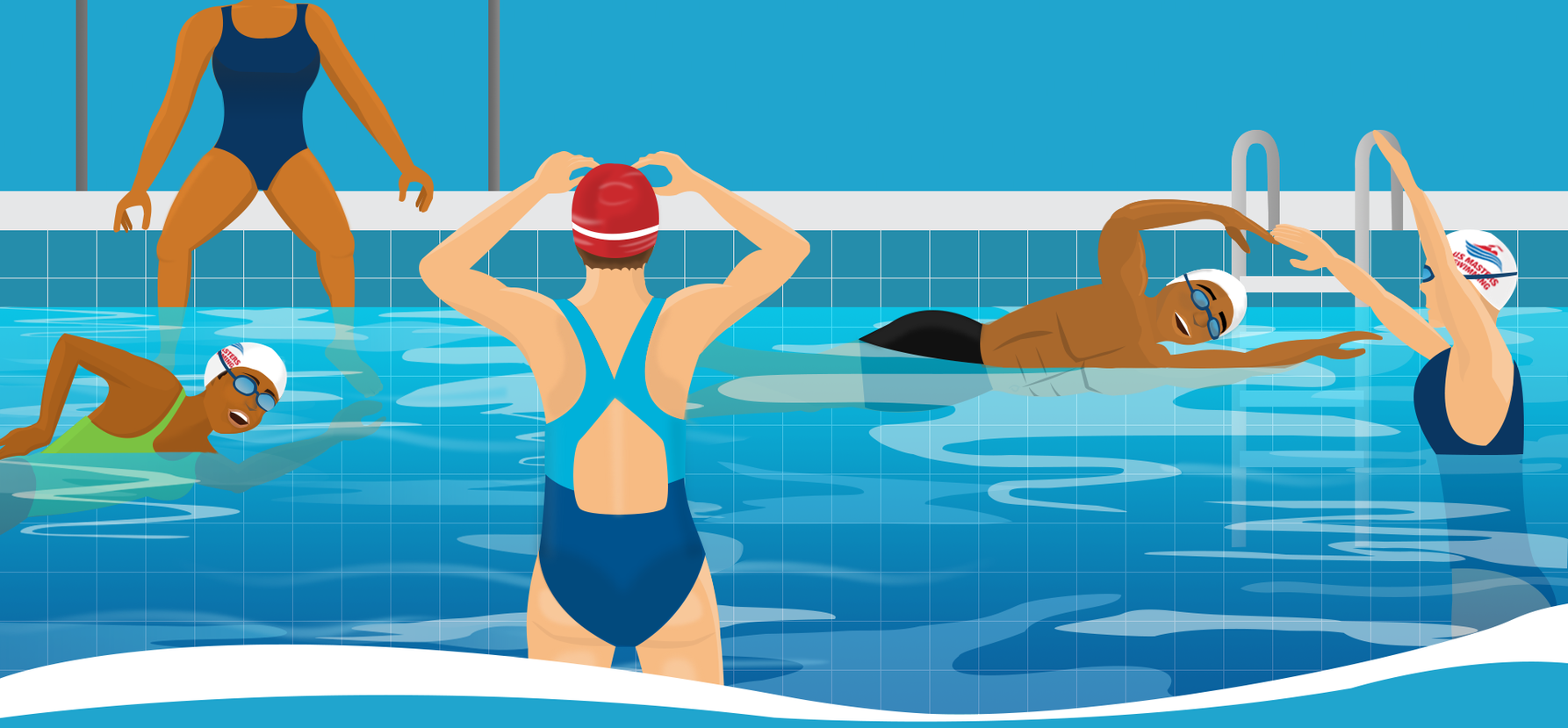
Learn the most innovative and effective training methods and tools to teach adults to swim, at a minimum, one length of a 25-yard pool and become safer in the water.

Learn about certification and classes in your area at usms.org/alts

2 Host an adult learn-to-swim event or program

Launch a long-term program or introductory ALTS event at your pool. The USMS National Office can help, and connect you with successful ALTS program organizers.

Find out more at usms.org/content/aprilhowto



3 Volunteer with an adult learn-to-swim program

Even if you're not USMS-certified, you can volunteer to support a certified instructor or recruit an instructor to teach adult swim lessons at your pool.

Find out more at usms.org/alts/altsinstrsearch.php

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VOLUNTEER TODAY

4 Fundraise for or donate to the Swimming Saves Lives Foundation

The Foundation provides grants and education to swim-lesson providers who teach adults. You can support the Foundation's efforts with everything from large-scale event fundraising to fun and easy crowdfunding to individual donations. We provide tools for a successful campaign.

Find out more at usms.org/giving

SWIMMING

LEARN MORE

DONATE