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

FOUR WAYS TO GET INVOLVED

1. **Become a USMS-certified ALTS instructor**
   - Learn the techniques and skills of adult learn to swim and earn the reputation of a reliable and responsible adult swim instructor.
   - Find out more at usms.org/giving/

2. **Host an adult learn-to-swim event or program**
   - Launching techniques in a community or on your own to help adults secure the best skill of a lifetime.
   - Find out how to get involved at usms.org/giving/

3. **Volunteer with an adult learn-to-swim program**
   - If you’re not a certified swim instructor, you can still contribute by mentoring participants and adult swimmers at your site.
   - Find out more at usms.org/giving/

4. **Fundraise for or donate to the Swimming Saves Lives Foundation**
   - The Foundation provides grants and education to numerous swim lesson programs. 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/