



We would like to thank our sponsor partners.
Visit usms.org for links, special offers and promotions.

MEMBERSHIP BENEFITS

COACHING

- › Coaches provide organized workouts and support
- › Stroke and technique tips
- › Personal attention
- › 2,600+ certified coaches nationwide

DISCOUNTS FROM USMS PARTNERS

- › Special USMS partner discounts
- › Renewal discounts on swim gear
- › Annual renewal giveaways

ORGANIZED WORKOUT PLANS

- › Printable workouts for lap swimmers
- › Online workouts, written by USMS coaches, in seven different categories

VOLUNTEER OPPORTUNITIES

- › Volunteer at the local and regional level
- › National-level leadership opportunities
- › Fundraising events for our Swimming Saves Lives Foundation

SOCIAL ENGAGEMENT

- › Organized social events
- › Meet swimmers in your community

FITNESS AND HEALTH

- › Toning and weight management
- › Personal growth and improved fitness level
- › Improved cardiovascular health and conditioning

EXCLUSIVE CONTENT

- › Subscription to *SWIMMER* magazine
- › eNewsletter *STREAMLINES*
- › Active online discussion forums

COMPETITION AND ACHIEVEMENT

- › More than 500 USMS-sanctioned events
- › Event results archived on usms.org
- › Top 10 and All-American awards and recognition

INSURANCE

- › Coverage while participating in USMS-insured activities, including \$25,000 of excess accident insurance for medical and dental liability insurance for USMS practices, meets, and approved activities

Full details online at usms.org



MEMBERSHIP BENEFITS

COACHING

- › Coaches provide organized workouts and support
- › Stroke and technique tips
- › Personal attention
- › 2,600+ certified coaches nationwide

DISCOUNTS FROM USMS PARTNERS

- › Special USMS partner discounts
- › Renewal discounts on swim gear
- › Annual renewal giveaways

ORGANIZED WORKOUT PLANS

- › Printable workouts for lap swimmers
- › Online workouts, written by USMS coaches, in seven different categories

VOLUNTEER OPPORTUNITIES

- › Volunteer at the local and regional level
- › National-level leadership opportunities
- › Fundraising events for our Swimming Saves Lives Foundation

SOCIAL ENGAGEMENT

- › Organized social events
- › Meet swimmers in your community

FITNESS AND HEALTH

- › Toning and weight management
- › Personal growth and improved fitness level
- › Improved cardiovascular health and conditioning

EXCLUSIVE CONTENT

- › Subscription to SWIMMER magazine
- › eNewsletter STREAMLINES
- › Active online discussion forums

COMPETITION AND ACHIEVEMENT

- › More than 500 USMS-sanctioned events
- › Event results archived on usms.org
- › Top 10 and All-American awards and recognition

INSURANCE

- › Coverage while participating in USMS insured activities, including \$25,000 of excess accident insurance for medical and dental liability insurance for USMS practices, meets, and approved activities

SPONSOR PARTNERS

We would like to thank our sponsor partners.
Visit usms.org for links, special offers and promotions.



MEMBERSHIP BENEFITS

COACHING

- > Coaches provide organized workouts and support
- > Stroke and technique tips
- > Personal attention
- > 2,600+ certified coaches nationwide

DISCOUNTS FROM USMS PARTNERS

- > Special USMS partner discounts
- > Renewal discounts on swim gear
- > Annual renewal giveaways

ORGANIZED WORKOUT PLANS

- > Printable workouts for lap swimmers
- > Online workouts, written by USMS coaches, in seven different categories

VOLUNTEER OPPORTUNITIES

- > Volunteer at the local and regional level
- > National-level leadership opportunities
- > Fundraising events for our Swimming Saves Lives Foundation

SOCIAL ENGAGEMENT

- > Organized social events
- > Meet swimmers in your community

FITNESS AND HEALTH

- > Toning and weight management
- > Personal growth and improved fitness level
- > Improved cardiovascular health and conditioning

EXCLUSIVE CONTENT

- > Subscription to SWIMMER magazine
- > eNewsletter STREAMLINES
- > Active online discussion forums

COMPETITION AND ACHIEVEMENT

- > More than 500 USMS-sanctioned events
- > Event results archived on usms.org
- > Top 10 and All-American awards and recognition

INSURANCE

- > Coverage while participating in USMS insured activities, including \$25,000 of excess accident insurance for medical and dental liability insurance for USMS practices, meets, and approved activities