



Mission



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

Vision

“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.”





[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...

Encouraging adults to swim

[Learn more](#)

7,568,161

Miles logged by USMS swimmers in the Fitness Logs

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+



**U.S. MASTERS
SWIMMING**

**CERTIFIED
COACH**

OPPORTUNITY



**ADULT
LEARN-TO-SWIM**

**CERTIFIED
INSTRUCTOR**



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EDUCATION

OPPORTUNITY



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**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 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