

ALTS Instructor Certification Course

U.S. MASTERS SWIMMING IS HOSTING AN ADULT LEARN-TO-SWIM INSTRUCTOR CERTIFICATION COURSE



CLASSROOM INSTRUCTION

POOL INSTRUCTION

ALTS Prerequisites: You must be a current USMS member to participate in the course and receive USMS ALTS instructor certification.

You must be able to perform the following five water competency skills:

- Step or jump into deep water
- Return to the surface and float or tread water for 1 minute
- Turn around in a full circle and find an exit
- Swim 25 yards to the exit
- Exit from the water

Certification process: Upon successful completion of the classroom coursework and the in-water instruction, including all successfully completed tests, each person will be awarded USMS-Certified ALTS Instructor status.

Who should attend? Anyone who teaches, or wants to teach, adult swim lessons. Anyone interested in supporting their community by helping to teach adults to swim.

Scholarships: Please contact your LMSC for scholarship availability. For registration and details, please visit usms.org/alts/futurecourses

Maximum attendance per class is 25 instructors.

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