

USMS Continuing Education and Development Opportunities Saturday, September 23 and Sunday, September 24, 2023

All courses held at SwimRVA, 5050 Ridgedale Parkway in Richmond, Virginia.
Classroom sessions are held in the fitness room and pool sessions in the instructional pool.

Participants in ANY of these events must be current members of USMS (United States Masters Swimming). Information on joining is [here](#).

Event Name and Description Link	Date, Time, and Cost	Registration Link	Reimbursement for LMSC of VA members
USMS Coach Certification Courses	*Level 1 – self-guided & online, \$100 Level 2 – Saturday 9/23, 8:00 – 11:45 am, \$125 Level 3 – Saturday 9/23, 12:15 – 4:00 pm, \$250 Lunch Provided	Register for Level 2 Register for Level 3 (see event descriptions for link to register for level 1)	Level 1 – 100% Levels 2 & 3 - 50% (after completion of the courses)
Clinic Course for Coaches (Limited to 6 coaches)	Classroom Saturday 9/23, 4:15 – 6:15 pm On deck Sunday 9/24 8:00 am - 12:30 pm \$50	CCC Registration	N/A but \$10 discount for certified coaches and ALTS instructors who take the course
Adult Learn to Swim Instructor (ALTS) Certification	Sunday 9/24 8:00 am – 3:30 pm \$250 Lunch Provided	ALTS Registration (details & description, registration button at bottom of page)	100% after completion of course
Stroke Development Clinic (For any adult swimmers wanting to improve their strokes)	Sunday 9/24 8:00 am – 12:30 pm \$50	SDC Registration (includes information about what to bring and expect)	N/A but anyone who has NEVER been a member of USMS before can register for USMS (\$70) & then attend the clinic for no additional charge.

USMS coaching certification is great for:

- Current coaches who want to enhance their credentials.
- Triathlon coaches or personal trainers who want to enhance their credentials.
- People interested in becoming coaches.

*Note: Level 1 (online) should be completed before attending the in-person weekend.

The Clinic Course is designed to provide guidance and practice running a clinic. Instructors at any level can take the course, but it's perhaps most appropriate for the less experienced.

The Adult Learn to Swim Certification (ALTS) is designed to teach adults how to teach other adults to swim. Adult learners are different than children. This course covers some of the particular needs of adult learners as well as the fundamentals of teaching swimming. This certification course is great for:

- Current swim instructors who want to enhance their credentials.
- Current triathlon coaches and personal trainers who want to enhance their credentials.
- Anyone interested in becoming a swim instructor working with adult learners.

The Stroke Development Clinic is not a learn to swim class - participants should already be able to swim freestyle and feel safe in the water. It is designed for adult swimmers who have some experience swimming and would like to work on improving their strokes. All four strokes will be covered during the four hours. The course is taught in a six lane, warm-water instructional pool that is no deeper than 5.5 feet.

The reimbursement form will be provided closer to the actual courses and during the weekend of instruction.