



ALTS Instructor Certification Course
San Diego, CA

U.S. Masters Swimming is hosting an
Adult Learn-to-Swim Instructor Certification Course
Wednesday, February 15, 2017, 8:00 a.m. - 4 p.m.
San Diego, CA

Check-in: 8-8:30 a.m.
Classroom instruction: 8:30 a.m. - 1:30
p.m. Lunch: 12:30 p.m.
In-water pool instruction: 2 - 4 p.m.

Classroom Instruction
Courtyard San Diego Central
8651 Spectrum Center Blvd.
San Diego, CA 92123

Pool Instruction
Toby Wells YMCA
5105 Overland Ave.
San Diego, CA 92123

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 the water over your head.
- Return to the surface and float or tread water for one minute.
- Turn around in a full circle and find an exit.
- Swim 25 yards to the exit.
- Exit from the water. If in a pool, you must be able to exit without the use of a ladder.

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 ALTS Certified 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.

Details: For registration and details, please visit http://www.usms.org/content/alts_cert

Registration: <https://www.clubassistant.com/club/clinics/reserve.cfm?c=1758&cid=72256>

Fees: \$300 per instructor registration.

Other: Your ALTS Certified Instructor designation is active until the end of the calendar year in which it is achieved, and can be renewed by paying a \$30 annual fee when updating your USMS membership each year.

Maximum attendance per class is 25 instructors.

Contact: Holly Neumann – holly.neumann@usms.org