

BENEFITS OF JOINING USMS

BELOW ARE JUST A FEW REASONS TO JOIN:

- 100's of searchable and workouts_for every type of swimmer with new ones each week.
- Coaches provide organized workouts and support in most USMS programs.
- *Access to SWIMMER* magazine, which contains technique advice, product reviews, and more.
- Popular virtual competitions: 1-Hour, 5K/10K, and 3000/6000-Yard ePostals.
- Discounts to USMS partners including TYR, SwimOutlet.com, FINIS, and many more.
- Track all types of workouts through your Fitness Log (FLOG).
- Meet new people in your community through your club or workout group.
- Engage with swimmers from around the world on USMS's Discussion Forums.
- Top 10s and All-Americans awarded in all three courses every year.

Insurance

Coverage while participating in USMS-insured activities, including \$25,000 of excess accident insurance for medical and dental, \$5,000 of accidental death insurance, up to \$650 of temporary disability insurance, and liability insurance for USMS practices, meets, and approved activities.

Additional Benefits

In addition to the benefits above, you're also making an investment in expanded programs and services, which includes:

- [USMS Swimming Saves Lives Foundation](#)
- [Adult learn-to-swim programs](#)
- [Stroke development clinics for swimmers throughout the country](#)
- [College Club Swimming program development](#)
- [SmartyPants Vitamins USMS Fitness Series](#)