

USMS 2018 Fitness Challenges



**USMS 2018 Winter Fitness Challenge,
30 minute swim,
February 15-18, 2018**



**USMS 2018 Summer Fitness Challenge,
2K (kilometer) swim,
July 15-31, 2018**



**USMS 2018 Fall Fitness Challenge,
1 mile swim,
November 15-31, 2018**

For more information, please go to

http://www.usms.org/content/fitness_series

The inaugural U.S. Masters Swimming Fitness Series is a great way to reach your fitness goals through the best sport of all: swimming. Train with your local USMS club or workout group, or swim on your own and join the group for one or more of these fun fitness swimming events.