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You are reserving a spot for **ALTS Instructor Certification -- San Diego**  
*Instructor Certification Adult Learn to Swim*  
Saturday, May 5, 2018, 8:00 AM - 3:30 PM.

U.S. Masters Swimming is hosting a USMS ALTS instructor certification course on Saturday, May 5, 2018, in San Diego, California.

**Saturday, May 5, 2018**

Check-in: 7:30-8 a.m.

Classroom instruction: 8 a.m. - 1 p.m.

Lunch: noon\*

In-water pool instruction: 1:30-3:30 p.m.

*\*Lunch will be provided by USMS. Please note that most of the lunches are sandwich-based and do not always include a vegetarian option or recognize dietary restrictions and food allergies. If you have food restrictions, please feel free to bring along something that will accommodate your needs.*

**Location of classroom and in-water instruction**

[The Salvation Army Kroc Center](#)  
[6845 University Avenue](#)  
[San Diego, CA 92115](#)

**Instructor**

**Ruthy Vesler** is a lead USMS-certified Adult Learn-to-Swim instructor and a Level 3 USMS-certified Masters coach. She has more than 20 years of coaching experience working with athletes of all ages, levels, and abilities. She is a high school All-American and five-time NCAA DIII All-American in swimming. Ms. Vesler is a former professional triathlete and professional stand up paddleboard racer. Ruthy is the head coach of Las Palmas Pool Masters in National City and works with athletes one-on-one and in small groups.

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## **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 and return to the surface
- 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

## **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 certification.

## **Fees**

\$250 per instructor registration. 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. USMS provides references and support for active member instructors only.

## **Maximum**

Maximum attendance is 25.

## **Who should attend?**

Anyone who teaches, or wants to teach, adult swim lessons both publicly and privately. Anyone interested in supporting their community by helping to teach adults to swim.

## **Online Registration**

Online registration only. Registration closes at midnight Pacific time on Friday, May 4, or when the course enrollment reaches 25.

## **Online Registration is Paid by Credit Card**

Your online registration for this course will be paid by credit card and processed by Club Assistant. Please look for "ClubAssistant.com Events" on your credit card statement.

## **Questions**

Contact Holly Neumann [holly.neumann@usms.org](mailto:holly.neumann@usms.org)

## **Cancellation Policy**

ALTS certification course registrations are non-refundable and non-transferrable to another individual. However, you may transfer your registration to a course at an alternate date and location. Questions, please email Holly Neumann at [holly.neumann@usms.org](mailto:holly.neumann@usms.org).

## **To Register, go to**

[https://www.clubassistant.com/club/form/usms\\_verify.cfm?form\\_type=Event+Registration&c=1758&cid=76849](https://www.clubassistant.com/club/form/usms_verify.cfm?form_type=Event+Registration&c=1758&cid=76849)