

Swimming Resources - 9 Things You Need to Know

<https://www.dietspotlight.com/swimming-resources/>

By [Summer Banks](#) on Nov 09, 2017

Swimming is one of the world's most popular activities, and encompasses a wide variety of skills from a refreshing dip in the lake on a hot summer day to endurance and speed competitions. However, according to the [Centers for Disease Control and Prevention](#) 14 percent of adults do not know how to swim and, on average, 10 people die from drowning every day in the United States. Because swimming safety is of the utmost importance, swimming is learned primarily as a life skill and secondarily for sport. Here is a list of swimming safety and competition resources for swimmers of all skill levels:

Swimming Resources

[USA Swimming](#): A 400,000-member service organization and the national governing body for swimming sports in the United States. USA Swimming promotes the traditions of swimming by generating opportunities for swimmers, instructors and coaches of every background to advance the sport of swimming through education and competition.

[The American Swimming Coaches Association](#): A professional service organization based on the premise of leadership in swimming through education. ASCA is devoted to building and enhancing swimming programs that work to strengthen and improve the swim-coaching profession to build a stronger swimming community.

[The United Swim Association](#): USA Swim Team is lead by a volunteer board of concerned parents who work to offer both competitive and non-competitive swimming programs for children.

[SwimAmerica](#): A national learn-to-swim program operated by the American Swimming Coaches Association. ASCA has over 500 individual program directors at over 900 locations across the U.S.

Infant Swimming Resources

[Infant Swimming Resource](#): Locations throughout the U.S. and abroad providing swimming lesson for children from six months to six years of age. ISR's mission is teaching children how to survive if they should get into the water alone.

[Infant Swimming Resource](#) Facebook Page: Current news and updates on ISR activities.

[Waterbabies](#): With over 20 years of experience, Waterbabies is dedicated to fostering the development of children through aquatic instruction.

[Support Science-Based Medicine](#): Are Infant and Toddler Swimming Programs Safe and Effective?

Swimming Pool Resources

[American Swimming Pool and Spa Association](#): Courses and consultations on swimming pool and spa management techniques.

[Swim University](#): A comprehensive resource library for pool and spa owners.

[Association of Pool & Spa Professionals](#): APSP is the oldest and largest association in the world promoting the safety of pools and spas.

[Centers for Disease Control and Prevention](#): Providing information on the design, construction, operation and management of public venues to help professionals create and manage healthy and safe aquatic environments for all ages and skill levels of swimmers.

[2-Week Sample](#): Helpful articles on buying and maintaining pools including proper pool maintenance, pool cleaners, understanding the different types of pool covers and when and how to use pool chemicals.

ASA Swimming Resources

[American Swimming Association](#): Provides programs and services to the swimming community. ASA promotes and sanctions competitive swimming events and serves as advocates for competitive swimmers.

[American Swimming Association](#) Facebook Page: Updates on ASA pool and open water swimming and racing events.

[American Swim Academy](#): Providing high-quality swim instruction for all ages, from infants through adults.

[All Star Aquatics](#): A close-knit swim club that works to inspire and help dedicated swimmers to achieve their full potential.

Swimming Coaching and Instructor Resources

[American Swimming Coaches Association](#): Provides leadership to U.S. and world swimmers and events of all levels. ASCA trains and supports professional swim coaches and promotes quality career opportunities throughout the world swimming community.

The [United States Swim School Association](#): Founded as The National Swim School Association in 1988, USSSA provides a trade association for swimming schools and is the first national association connecting swimming schools in the U.S.

The [College Swimming Coaches Association](#) of America: The oldest swim coaches association in the U.S. founded in 1922.

Red Cross [Swimming Instructor Certification](#): Training and certification for swimming instructors.

National Interscholastic [Swim Coaches Association](#): A professional swimming organization that supports high school swimming coaches. NISCA is dedicated to educating coaches and recognizing swimmers through their All-America programs. Provides opportunities for coaches to network and share their knowledge and experience.

Lifeguard Swimming Resources

[The American Camp Association](#): A community of camp professionals providing aquatic recognized certifications that meet specified ACA standards.

[American Red Cross](#): Teaching swimmers and coaches how to successfully prevent and respond to water emergencies. Courses are designed to arm swimmers with the skills and knowledge needed for a variety of emergency scenarios in and around the water.

American Red Cross: Water Safety [Instructor's Manual](#)

American Red Cross: Swimming and [Water Safety Skills Chart](#)

Swimming Lesson Resources

[TES Swimming Resources](#): A compilation of 40 swimming lesson plans.

[American Red Cross](#): Swimming classes and water safety training.

[Swimming.org](#): Parents' Guide to School Swimming

[Miracle Swimming](#): Teach adults how to overcome a fear of deep water.

Swimming Competition Resources

[2-Week Sample](#): The world's largest sporting organization for children and adults dealing with intellectual disabilities. The mission of the Special Olympics is to focus on the

individuality of each athlete, allowing coaches to better train and encourage skills and individual accomplishments.

[USA Swimming](#): Help finding a local swim team to join.

[Team USA](#): USA Swimming Announces 2020 Olympic Team Trials

[USA Swimming](#): Officials Training Resources

[ThoughtCo](#): How to Become an Olympic Swimmer

School Swimming Resources

[Swimming.org](#): Swimming Fitness Training Plan

[Swimming.org](#): School Swimming Resources for Teachers

[Middle Atlantic Swimming](#): College Swimming Resources

[Solutions Swim School](#): National Plan for Teaching Swimming

[Swimming Ideas](#): A basic swimming lesson template focusing on the front and back crawl with underwater techniques.