Take a look at this picture of our Masters swimmers at the Senior Games, Stanford 2016. Pictured left to right: Tank Hagiwara, Barbara Delaney, Martha Campbell, DJ Niccolls, Amy Klatzkin, Darcy Cohn, and Janet Bensu. If you have any team pictures you would like to add to the newsletter, please send them to USFAquatics@gmail.com

Team Announcements

Check out these 2020/2021 Masters swimmers workouts coming soon! Click here to sign up for classes. Please sign up each week 24 hours in advance so we can send you the link to the class.

- Tuesday Jun 8 & Thursday 12:30pm with Rees (MEET TIMES)
- Tuesday Jun 8: Strength and Conditioning with Megan

Looking for additional classes through usf? Check out the website for lots of NEW VIRTUAL OPTIONS!

Dryland Workouts of the Week

Workout #1
Check out our weekly workouts from USMS!

Workout #2
Visit our YouTube channel for a wide variety of workouts including strength, flexibility, and more.

Workout #3
Sign up for a free trial on Alo Moves for both yoga and studio classes!

Workout #4
Sign up for a free trial on Alo Moves for both yoga and studio classes!

Workout #5
Follow along with SoulCycle’s instructor for a virtual cycling class.

Inspiring Quote of the Week

Make your own path. It’s all about claiming, it’s nothing to be mattering, it’s something to be meaningful. Solitude is everything.

Closing

Follow Koret (@usfkoret) on Instagram to keep in touch with us! Tag us in your posts or share ideas for our next newsletter with the aquatics department: usfaquatics@gmail.com. To stay up-to-date with University updates, please visit the Coronavirus Resource Page.