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 our USMasters swimmers workouts surrounding our team A-1000. Click here to sign up for classes.

- Tuesday 8am & Thursday 1:30pm Master’s with Rosemary (NEW TIMES)
- Tuesday 9am & Thursday 1:30pm with Amanda (NEW TIMES)

Looking to add another swimmer to our list? Check out the website for 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 range of different workouts including strength training and dryland.

Workout #3
Take a free trial from Alo Moves for both yoga and studio.

Workout #4
Expert dryland workouts on their Instagram.

Workout #5
Take a virtual tour of the Smithsonian!

Inspiring Quote of the Week

Challenge of the Week
Make a fitness goal for the week and stick to it. Some ideas are walking or jogging daily, trying new fitness classes, or exercising for 30 minutes everyday.

Inspiring Quote of the Week

Make your ego group idle, for idle is a better companion. Nothing is more rare than competition,工业成品; to love one’s self is the first form of beauty; solitude is everything.

Inspiring Quote of the Week

US Masters Swimming Pacific Masters Swimming Group Forum
What is Masters swimming?

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

Thank you for choosing Koret Health and Recreation Center.

University of San Francisco
2130 Fulton St
San Francisco, CA | 94117 US
If you wish to be removed from the Koret Health and Recreation Center mailing list, click here.

View this email online.
To continue receiving our emails, add us to your address book.

Subscribe to our email list.