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 some ZOOM special Masters Swimmers workouts coming up! 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 8am & Tuesday 12pm - Whites with Rosanne (NEW TIMES)
- Tuesday 8am & Thursday 12pm - Strength and Conditioning with Maggie
Looking for additional classes through Zoom? Check out the website for lots of NEW VIRTUAL OPTIONS!

Dryland Workouts of the Week

**Workout #1**
Check out some virtual workouts from USMS!

**Workout #2**
KoalaTV on Youtube offers a wide range of different workouts including strength training and core training.

**Workout #3**
Check out some aerobic workouts from USMS!

**Workout #4**
Hasfit on YouTube offers a wide range of different workouts including strength training and low impact!

**Workout #5**
Sign up for a free trial from Alo Moves for both yoga and fitness routines!

Inspiring Quote of the Week

"Make your ego group, it’s all about compassion, it’s nothing, it’s nothing, it’s nothing, it’s nothing, it’s nothing!" - Peace and love is everything.

Challenge of the Week
Make a fitness goal for the week and stick to it! Some ideas are walking a mile everyday, trying a new Pilates class, or swimming for 20 minutes everyday.

Some Fun Stuff
- The San Francisco Public Library is creating a time capsule dedicated to Covid-19. Check it out! Check out this website for all the things you can do! The website is packed with so much content, it’s unbelievable. Get a virtual tour of the Smithsonian!

Closing
Follow @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.

Join the conversation @USMSPACIFIC
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