



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](mailto:usfaquatics@gmail.com)

## USF MASTERS SWIM TEAM

### 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 5pm & Thursday 12pm Pilates with Rosemary (NEW TIMES)***
- ***Tuesday & Thursday 8am: Strength and Conditioning with Maggie***

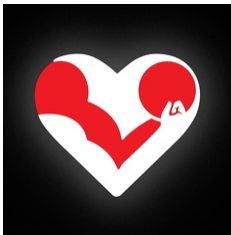
Looking for additional classes through Koret? Check out the website for lots of **NEW VIRTUAL OPTIONS!**

# Dryland Workouts of the Week



## Workout #1

Check out some **aerobic workouts** from USMS!



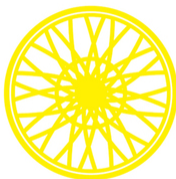
## Workout #2

**HASfit on Youtube** offers a wide range of different workouts including strength training and low impact!



## Workout #3

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



## Workout #4

**Soulcycle** is posting bike workouts on their Instagram!



## Workout #5

Follow along with this **at-home workout** from Olympian Simone Manuel!

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## Inspiring Quote of the Week

Make your ego porous. Will is of little importance, complaining is nothing, fame is nothing. Openness, patience, receptivity, solitude is everything.

Rainer Maria Rilke

quoteancy



### 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 zoom fitness class, or exercising for 30 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 things Harry Potter from puzzles and quizzes to readings by special guests!

Take a virtual tour of the **Smithsonian!**



### USMS

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 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 **#USFCA**



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