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 fun 2020/2021 Masters swimmers workouts sending our gratitude to our club! Please sign up each week 24 hours in advance so we can send you a link to the class.
- Tuesday 5pm & Thursday 12pm Pilates with Rosanna (RENEW TIMES)
- Tuesday 8am: Strength and Conditioning with Maggie

Looking for additional classes through USMS? Check out our website for lots of NEW VIRTUAL OPTIONS!

Dryland Workouts of the Week

Workout #1
Check out these weekly workouts from USAUSMS!

Workout #2
Watch on Youtube offers a wide range of different workouts including strength training and low impact!

Workout #3
Workout for a free trial from Alo Moves for both yoga and Barre

Workout #4
Dance it is possible dryland workouts as their Instagram

Workout #5
Dryland along with swim workouts from Olympic Swimmer Simone Manuel!

Inspiring Quote of the Week

Make your ego group, list all of things: complimenting, nothing terrible, love is terrible, compassion, intimate, receptivity, solitude is everything

Challenge of the Week

Make a fitness goal for the week and stick to it. Everyday, try new moves, learn new moves, or relearning for 30 minutes every day.

Funny Stuff

The Real Stuff:

Some Fun Stuff

Check out this website for all you super fun! Please post your positive quotes to our social media.

What is Masters swimming?

Follow Koret on Facebook, Instagram to keep in touch with us! Tag us in your post or share ideas for our newsletter with the aquatics department ataquatics@usfca.edu - subject line “Newsletter.” To stay up to date with University updates, please visit the Coronavirus Resource Page.

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