



June 22, 2020



Making the most of it! Danae & Kristina Petrakis, Julian Sapirstein, Duke Dahlin and Syd Williams, after a swim at China Beach.

USF MASTERS SWIM TEAM

Team Announcements

Just wanted to say thanks to Julie Ask for sending along this great photo. Please send any you have of the team to

USF Koret at usfaquatics@gmail.com and we'll try to share them in future newsletters.

USF Masters Workouts

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*
- *Tuesday & Thursday 8am: Strength and Conditioning with Maggie*

Koret Fitness Classes

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

Other Dryland Workouts



Workout #1

The Body Coach TV on Youtube offers a wide variety of different workouts for all ages!



Workout #2

Try an at-home dryland workout from USMS!

Workout #3

Roberta's Gym on Youtube offers workouts that target specific muscles as well as daily workout routines!



Workout #4

SELF

Check out this 20 minute power Yoga workout from SELF on their website!



Workout #5

Add these stretches into your daily routine to improve your flexibility!

Inspiring Quote of the Week

With love and thanks
from the MomsRising.org team



Challenge of the Week

Try out a **popular recipe**
from Food Network!



Some Fun Stuff

Find out how Olympian
Cody Miller is staying in
shape during his time out
of the water in this
interview!

Play a game of Solitaire on
this **website!**

Watch a movie for free on
Youtube!



USMS

Find out the latest info
through the **facebook**
page.

Check out Masters
Swimming on **Twitter**

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

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UNIVERSITY OF SAN FRANCISCO
Koret Health and Recreation Center

(415) 422-6821

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University of San Francisco
2130 Fulton St
San Francisco, CA | 94117 US

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