We are happy to announce that Clare delivered her twins!

given that she is on maternity leave, we ask that you please use the email usfaquatics@gmail.com until she returns. Thank you!

Team Announcements

Check out the Zoom Masters Swimmers workouts being put up on Click here to sign up for classes. Please sign-up each week 24 hours in advance as we can send you the link to the class.

- Monday 12pm & Wednesday 8pm with Rosemary
- Sunday & Thursday 8am & 5pm with Maggie

Looking for additional classes through Kpants? Check out the website for NEW VIRTUAL OPTIONS!

A Message From Our Coaches

Hi Team, just wanted to send out a word of thanks to you all for doing without us all these weeks. I hope things are going well for you and that you are keeping yourself active and healthy. I know these have been tough times but we will get through it.

I hope everyone is finding ways to stay connected to the team, and can help keep your mind at ease. I hope to see you there!

Best wishes,
Coach Kathleen

PS: I know it’s no substitute, but the Zoom Masters Classes (see above) are a good way to stay connected to the team, and can help keep you in shape. Hope to see you there!

Dryland Workouts of the Week

Workout #1
Follow SwimOutlet on Instagram for live dryland workouts every day at 10am!

Workout #2
USF WOD with Maggie on Instagram!

Workout #3
Look through these exercises to create your own dryland routine!

Workout #4
Register for a 14 day FREE trial from Tracy Anderson on her website!

Workout #5
Check out YogaOutlet on their website for daily yoga workouts!

Challenge of the Week
Challenge your mind this week with Lumosity!

Some Fun Stuff
Learn how to code through this website!
Explore the Houston Space Station by downloading their app!
Read about how to cope with Covid-19 from the National Institute of Mental Health!

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.