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 USM Team Training Schedule for workouts coming up. Click here to sign up for classes. Please sign-up each week to have arobust schedule for your new year and sign up for Zoom classes.

- Monday 12pm & Wednesday 6pm Aqua with Rosemary
- Sunday 8:30am Triathalon with Maggie

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

A Message From Our Coaches

Hi Team, just wanted to send out a word of hello to you all; you go without saying that we are all very happy, our swimming companions and the experience of being in the water has been hard and forth through these cold winter months. I know everyone is looking forward to a chance to share with this skeleton seasonal change in your routines and your health. We will return and it will be different, but we will be back in the water and brighter again!

Abel Warren, 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**
Learn through these exercises to create your own workout 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 Lumo!

Some Fun Stuff

- Explore the International Space Station by downloading their app!
- Learn about how to cope with COVID-19 from the National Institute of Mental Health!
- Read about how to cope with COVID-19 from the National Institute of Mental Health!
- Visit the Coronavirus Resource Page.
- Explore the Houston Space Station by downloading their app!
- Read about how to cope with COVID-19 from the National Institute of Mental Health!
- Join the conversation #USFCA!