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 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:

- Monday 12:30pm and Wednesday 9:30am with Rosemary
- Sunday 4:30pm with Kendra

Lacking for additional classes through Zoom? 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. 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. I hope to see you there!

Best wishes, Coach Kathleen

Dryland Workouts of the Week

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

Workout #2
@USF303 with Maggie on Instagram!

Workout #3
Check out these exercises to create your own workout routine!

Workout #4
Register for a 14-day FREE trial on 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
- Follow SwimOutlet on Instagram to 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 (at)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.