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 our Zoom Masters Barriers workouts being rolled out on the Click here to sign up for classes. Please sign-up with week 24 to 18 to ensure we can send you the link to the classes.
- Attending 12pm & Wednesday 8am with Rosemary
- Sunday & Tuesday through strength and conditioning with Maggie
- Lacking 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 thanks to you all. We go without saying that we all miss our lovely pool, our swimming companions and the experience of moving ourselves back and forth through those calm waters. I hope everyone is finding ways to cope with this sudden dramatic change in your matters and your lives. We will re-open it, it will be different, but we will be back in the water and brighter again! We will miss you! - 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 free dryland workouts every day at 11am!

**Workout #2**
USF WOD with Maggie on Instagram!

**Workout #3**
Create your own workout routine!

**Workout #4**
Register for a 14 day FREE Nordics with Tracie Anderson on her website!

**Workout #5**
Follow YogaOutlet on their website for daily yoga workouts!

Challenge of the Week

Challenge yourself 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

Post your results (or just pet pictures) 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.” It’s time to stay in touch! With University updates, please visit the Coronavirus Resource Page.