UNIVERSITY OF SAN FRANCISCO | Koret Health and Recreation Center

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!

USF MASTERS SWIM TEAM

Team Announcements

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.

- *Monday 12pm & Wednesday 5pm Pilates with Rosemary*
- *Tuesday & Thursday 8am: Strength and Conditioning with Maggie*

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

A Message From Our Coaches

Hi Team, Just wanted to send out a word of hello to you all! It goes 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 routines and your lives. We will return, it will be different, but we will be back in the water and together again!

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 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 **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**!

USMS

Pacific Masters Swimming Group **Forum**

What is **Masters swimming**?

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**.

Join the conversation **#USFCA**

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USFCA.EDU
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