



## 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.

- *Tuesday 5pm & Thursday 12pm Pilates with Rosemary (NEW TIMES)*
- *Tuesday & Thursday 8am: Strength and Conditioning with Maggie*

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

## Dryland Workouts of the Week

### Workout #1



Try these **dryland exercises** to help your shoulders from USMS!



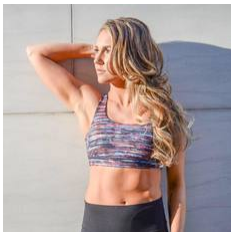
## Workout #2

Check out **POPSUGAR Fitness** on Youtube for hundreds of FREE workouts!



## Workout #3

**Fightmaster Yoga** on Youtube offers different yoga workouts ranging from 10 minutes long to over an hour!



## Workout #4

**Lauren Kanski** posts both technique and workout videos on her Instagram!



## Workout #5

Follow along with a Youtube video from **Walk at Home** for a good cardio workout!

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## Inspiring Quote of the Week



### Challenge of the Week

Learn how to juggle by watching this **Youtube video!**



### Some Fun Stuff

Have some fun and take a **personality quiz** from Buzzfeed!

Did you miss the space launch? Watch a recording **here!**

Find out which **song** was #1 on the day you were born!



### USMS

**How Top Masters Swimmers Are Spending Their Time Out of the Water**

Find out the latest info through the **facebook page.**

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## 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

Join the conversation **#USFCA**



**UNIVERSITY OF SAN FRANCISCO**  
Koret Health and Recreation Center

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