Team Announcements

Last Friday, June 19th, there was a Black Lives Matter protest in Aquatic Park. Several of our USF Masters Swimmers (including Duke Dahlin, in the photo above by Rosa Williams) joined the hundreds of other swimmers in our chilly bay waters to show their support. Here’s the article from SF Gate. Thanks (for a second week in a row) to Julie Ask for sharing this information and photo!

USF Masters Workouts

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 live class.

- Tuesday & Thursday: 8am Pilates with Rosemary
- Tuesday & Thursday: 8am Strength and Conditioning with Maggie

Koret Fitness Classes

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

Other Dryland Workouts

Workout #1
Track your exercise with Go The Distance from U.S. Masters!

Workout #2
Sign up for a FREE two month subscription from DoYogaWithMe on their website!

Workout #3
Try out this 30-day bodyweight exercise challenge!

Workout #4
Check out Pamela Reif’s 14 YouTube videos for a variety of different workouts.

Inspiring Quote of the Week

Challenge of the Week

Register for one of the SmartyPants Vitamins Series Challenges from USMS!

Other Fun Stuff

Watch an archive video of USMS Nationals on their Youtube channel!

Play on this website!

Closing

Follow us on Facebook or Instagram to keep in touch with us! Feel free to share any feedback or comments with the aquatics department at usfaquatics@gmail.com. To stay informed on University updates, please visit the Coronavirus Resource Page.