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 this photo above by Rosa Williams) joined the hundreds of other swimmers in our chilly bay waters to show their support. Check out the article in SF Gate! Thanks to everyone who came out to show their support and peaceful protest.

USF Masters Workouts

Check out some ZOOM special Masters Swimmers workouts coming up! Talk to your coach or sign up by clicking here to sign up for classes. Please sign up each week 24 hours in advance on the link to sign up for the class.
- Tuesday 5pm & Thursday 12pm 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 exercises with Do The Distance from U.S. Masters!

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

Workout #3
Try this 30-day beginner exercise challenge!

Workout #4
Check out Pamela Reif’s YouTube channel for a variety of different workouts!

Workout #5
Finish your workout with this 5 minute stretching video from Bowflex!

Inspiring Quote of the Week

Challenge of the Week

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

Some Fun Stuff

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

Play on this website!

Closing

Follow USFCA, USF Rec on Instagram to stay in touch with us! Tag your own photos with #USFCA to be featured on our social media timelines.

To stay up to date with University updates, please visit the Coronavirus Resource Page.

Join the conversation: #USFCA