UNIVERSITY OF SAN FRANCISCO | Koret Health and Recreation Center

June 29, 2020

USF MASTERS SWIM TEAM

Team Announcements

Last Friday, Juneteenth, 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 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 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!

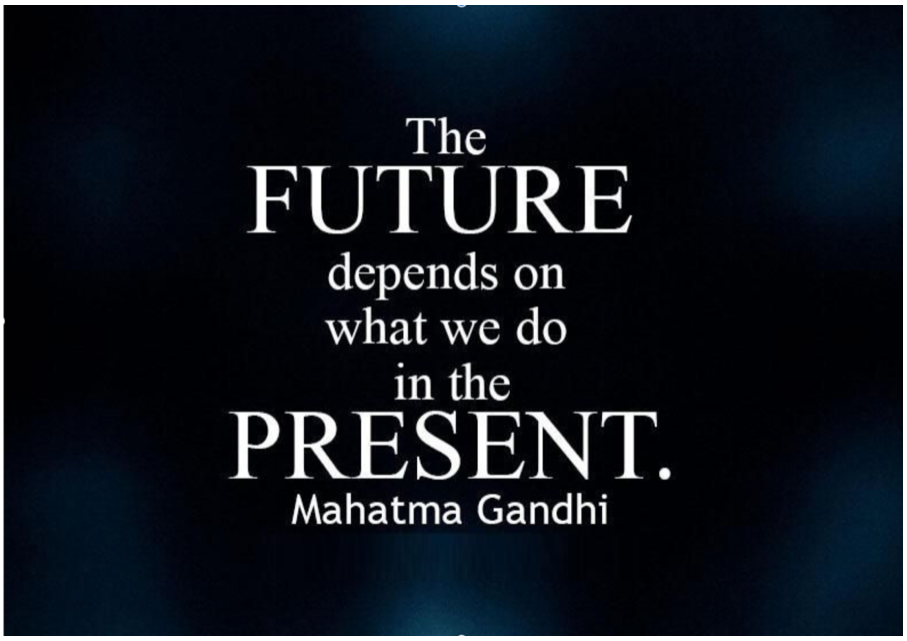
Workout #4

Check out Pamela Reif on Youtube for a variety of different workout videos!

Workout #5

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

Inspiring Quote of the Week



Challenge of the Week

Some Fun Stuff

USMS

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

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

Take a **virtual tour of the Uffizi Gallery**!

Play an online board game on this **website**!

Join the Smartypants Vitamins USMS Fitness Series **Facebook Group**

Check out Masters Swimming on **Twitter**

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**

UNIVERSITY OF SAN FRANCISCO
Koret Health and Recreation Center

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