Koret Center Closure Update
In an effort to support public health recommendations that are aimed at protecting our community and to comply with the City of San Francisco’s shelter-in-place order, the Koret Health and Recreation Center will remain temporarily closed through mid-August.

Team Announcements
Check out our Zoom special Masters Swimmer meet coming up this Saturday. Click here to sign up for classes. Please sign up Monday and Tuesday, April 20 and 21 or you will be removed from the list.

- Tuesday April 7, Thursday April 9: Open-Pools with Rosemary
- Tuesday April 14, Thursday April 16: Strength and Conditioning with Maggie

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

Dryland Workouts of the Week

**Workout #1**
Own a resistance band? Check out this at-home resistance band workout from USMS!

**Workout #2**
Check out Yoga with Adriene on Youtube!

**Workout #3**
Use promo code “Pvolve” to get a FREE 14 day trial from P.volve!

**Workout #4**
Follow Orangetheory on Instagram for daily workouts!

**Workout #5**
Try out one of these stretches!

Inspiring Quote of the Week
Armstrong said, “The greatest glory in living lies not in never falling, but in rising every time we fall.”

Challenge of the Week
Try a new workout or activity this week! Let us know how it goes!

Take this quiz to find out your personality type!

Play a game of Tetris!

Put your crafting skills to the test and make a quilt that requires no sewing!

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

Check out Masters Swimming on Twitter

Closing
Follow USMS on Instagram to keep up with USMS as you post your pride in their incredible journeys. Follow us on Twitter, stay up-to-date with Instagram updates, and visit the Coronavirus Resource Page.

Join the conversation #USMSTalk

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If you wish to be removed from the Koret Health and Recreation Center mailing list, click here.

View this email online.

To continue receiving our emails, add us to your address book.