



June 15, 2020



Martha Gerhan and Julie Ask helping out at a swim meet!

Koret Center Closure Update

In an effort to support public health recommendations that are aimed at protecting our community from the spread of COVID-19 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 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*

Looking for additional classes through Koret? Check out the 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!



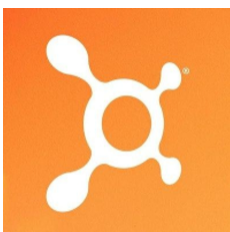
Workout #2

Check out **Yoga with Adriene** on Youtube!



Workout #3

Use promo code "OnePvolve" to get a FREE 14 day trial from **P.volve!**



Workout #4

Follow Orangetheory on **Instagram** for daily workouts!

Inspiring Quote of the Week

"YOU KNOW WHAT'S WEIRD?
DAY BY DAY, NOTHING SEEMS TO CHANGE,
BUT PRETTY SOON...EVERYTHING'S
DIFFERENT."

-BILL WATTERSON



Challenge of the Week

Try out a new exercise or workout you have never done before!



Some Fun Stuff

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!



USMS

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

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**



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USFCA.EDU

DIRECTIONS

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