Recreation for the Duke Community

September/October 2017

Fitness Workshops
Lessons for teens and working out on the go

Family Camp-out
Bring your gear for a night under the stars

Member Snapshot
New and established members share with the DFC

Tennis Tournaments
Friendly competition for men's and women's doubles

Oktoberfest
Seasonal brews and festive food for the fall
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| 6 | Movie on the Lawn | Pixar's Inside Out on our giant outdoor screen |
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As we wind down and look forward to fall, the DFC staff would like to thank the membership for another safe and successful summer season. The energy and excitement of a DFC summer is amazing, and we’re glad so many of you got to be a part of it.

If you haven’t already, be sure to visit the DFC Facebook page to view photos from all of the events and programs of the past 4 months.

Here are a few data points to highlight this summer’s madness:
- 50,063 member check-ins
- 937 unique membership visits
- 5,371 guests

As an added "thank you" to the folks who made the most use of the club during this crazy time of year, we’re awarding DFC Gear Swag Bags to the following 6 DFC VIPs:

Most frequently visiting families:
- Erdmann (2nd summer in a row!)
- Lefebvre
- Sease

Most frequently visiting individuals:
- Katie Walter
- Micheal Tomasello
- Bob Bliwise (2nd summer in a row!)
Game Day Parking

With football season right around the corner, here are a few important parking reminders for home game days:

▷ All parking is on a first-come, first-served basis, and DFC staff will be positioned at the top of the lot several hours before kickoff.

▷ Only vehicles with current DFC membership decals will be allowed to park in the lot. Please have your DFC decal clearly displayed on the driver’s side of your windshield so the attendant can easily see it and keep traffic moving along.

▷ Guests may ride with you to the game, but will not be allowed to park in the DFC lot.

▷ Please remember to take the turn into the lot slowly for the safety of the parking attendant and members walking to the game.

Duke Home Football Schedule - 2017

Saturday, 9/9: Northwestern
Saturday, 9/16: Baylor
Friday, 9/29: Miami
Saturday, 10/14: FL State
Saturday, 10/21: Pittsburgh
Saturday, 11/18: GA Tech

Ask the Expert

Patti answers DFC members’ most common questions

Q: Is there a tennis court available? How about the ball machine?
A: You can find the most up-to-date tennis court calendar on our website. Once you check the calendar online, which displays reservation times from 8:00am – 9:00pm, then you can pick the time and court you would like and call the office to reserve it. All other times are first-come first-to-play.

Members can reserve courts up to one week in advance and can reserve one court at a time in their name. Singles play is limited to 1.5 hours and doubles play to 2 hours. There is a 15 minute grace period before the court reservation is void and the court becomes open.

To reserve the club’s tennis ball machine, please give us a call. It is available at no cost to you and can be reserved for 1 hour up to one week in advance. Players should consider having two members use the ball machine at the same time. While one member hits, the other picks up balls and attends the machine making maximum use of the ball machine. Two players can reserve the ball machine for 2 hours.
Our next KNO will be...

**Friday, October 20 from 6-9pm**

Kids ages 4 years old through 6th grade are invited out for an evening of games, pizza, and a movie! Please RSVP to the front office to reserve your spot!

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**DFC Crossword**

Solve the puzzle for a coveted DFC coffee mug

**ACROSS**
1. Fun tennis activity
2. Family Camp Out supply item
3. Kids' ______ Out
5. Pumpkin carving holiday
7. Beers and brews annual event
8. Month the pool closes

**DOWN**

1. Month the pool closes
2. Family Camp Out supply item
4. To do before the first football game
6. Number of previous DFC tailgates

Be one of the first four members to email the correct answers to Tracey to receive a mug!
End of Season Pool Party

It’s hard to believe, but it’s time to say goodbye to another DFC pool season. It has been a great summer at the DFC so let’s celebrate at the pool one last time.

Join the staff to kick off the final day of the pool season 12:00-2:00pm on Sunday, September 17 for the End of Season Pool Party.

We want to send everyone off in style with ice pops, music, and poolside family trivia games with prizes! It’ll be an ongoing event, so feel free to join in any time between 12:00 and 2:00.

Event is free for all members and their guests (please sign-in at the check-in kiosk), and there is no need to RSVP.

Movie on the Lawn

Join us for a showing of “Inside Out”

Looking to mix up your standard movie night? Join the DFC on Saturday, September 30 for Movie on the Lawn!

We’ll be showing Pixar’s 2015 animated hit, Inside Out on the giant outdoor screen. Come out at 6:30pm to enjoy crafts and snacks before the movie starts.

Bring your blankets and lawn chairs, and we’ll provide the popcorn and drinks! Movie will start at 7:15pm. Please use the link below to RSVP.

Click to RSVP
One of the most anticipated annual events, Oktoberfest, is scheduled for **Friday, October 6 from 6:00-9:00pm.** Enjoy the fall weather as you sample a wide variety of fall season style beers from IPAs and porters to stouts and ciders.

There will also be bratwurst and veggies hot off the grill with a wide assortment of sides. Kids will get to participate in the fun with their own Kool-Aid sampling station.

Please see below for rates and RSVP deadlines, as well as the link to sign-up:

**RSVP before 10/5**
- $10/adult, $5/child
- $15/adult guest, $8/child guest

**RSVP 10/5-10/6**
- $15/adult, $10/child
- $20/adult guest, $13/child guest

**Day of or no RSVP**
- $20/adult, $10/child
- $25/adult guest, $13/child guest

Click here to RSVP for Oktoberfest!
Bring your friends, family, tents, sleeping bags, and pillows to the DFC for the Fall Family Campout on Saturday, October 21.

The campground will open at 5:00pm, so feel free to set up your tents and belongings in the field any time after that. Dinner (hamburgers, hot dogs, veggie burgers, and sides) will be ready around 6:00pm, and a campfire, sparklers, and s’mores will follow at dark. On Sunday morning, a pancake breakfast will be served around 7:00am. It’s the perfect chance to enjoy the cool and starry sky without “roughing it” too much as the bathrooms, showers, and running water are just a short walk away.

The cost to participate is $5/person ($10/guest).

Please note that children under the age of 16 must be accompanied by an adult.

Click here to RSVP for Family Campout!
Join DFC friends and families for an afternoon of pumpkin carving, themed crafts, caramel apples, and hot cider on Sunday, October 29.

Festivities will begin at 2:00pm and will continue until 4:00pm. Party will include crafts and pumpkin carving, followed by snacking on delicious pumpkin and apple treats.

From getting your pumpkin ready for the front porch to DIY crafts and warm cider, there will be something for everyone in the family.

**Click here to RSVP for the Pumpkin Party**

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## Fall Friendly Craft

### Popsicle Stick Scarecrow Magnet

**Supplies:**
- Popsicle Sticks
- Craft Paint
  - Orange, white, black, red
- Raffia
- Cardstock / Cardboard
- Hot Glue Gun
- Elmer’s Glue
- Magnets

**Directions:**

1. Elmer’s glue 7 craft sticks to your cardstock or cardboard. Let dry.
2. Hot glue a few strands of the raffia onto one craft stick for the scarecrow’s hair. Once the hot glue is dry, then glue the stick onto the rest of the scarecrow body.
3. Paint your scarecrow hat!
4. Paint on the face. Depending on the age of your children you could always paint the face on for them or cut out pieces of felt or foam and attach with glue.
5. Attach magnets to the back of your scarecrow. Two 0.75 inch adhesive magnets are suggested.
New and established members weigh in...

**Carmen Durack**  
DFC Member since: June 1978  
Relation to Duke: Husband is retired Duke faculty  
Originally from: Australia

**Q:** What has kept you here at the DFC?  
**A:** I live in Durham so the facility is easy, convenient, and familiar. The club has improved so much in the last 10 years.

**Q:** What is your favorite thing about the DFC?  
**A:** We primarily use the gym now, but the pools and everything else for families are great.

**Q:** Chocolate or Vanilla?  
**A:** Chocolate

**Beth Miller**  
DFC Member since: April 2010  
Relation to Duke: Husband is at Duke Medical Center  
Originally from: Massachusetts

**Q:** What has kept you here at the DFC?  
**A:** We joined because we wanted a tennis program and later used the fitness center and pools when we had kids.

**Q:** What is your favorite thing about the DFC?  
**A:** The Memorial Day pool party is a family favorite and day time tennis is my personal favorite.

**Q:** Chocolate or Vanilla?  
**A:** Chocolate

**Peter Wears**  
DFC Member since: Sept 2016  
Relation to Duke: Alumni  
Originally from: Durham, NC

**Q:** What made you want to join the DFC?  
**A:** Combination of the fabulous facilities, personal recommendation, and of course Patti’s tour!

**Q:** What is your favorite thing about the DFC?  
**A:** Use of the of exercise facilities, the breadth of the facilities, the hours, how the whole thing fits together, and the staff is great.

**Q:** Chocolate or Vanilla?  
**A:** Dark chocolate
The first session of the fall Junior Tennis Clinics is under way but the second session is coming up soon!

Session two will run from **Monday, October 2** to **November 2** (five weeks). These clinics provide an excellent opportunity for kids ages four and older to learn and refine their tennis skills.

**Tiny Tennis - Ages 4-6**
- Held on Mondays and Wednesdays 4:00-4:30pm, this clinic is designed as the first step in developing hand-eye coordination and swing technique in young players.

**Young Champs - Ages 7-10**
- Mondays and Wednesdays 4:30-5:30pm, juniors will work on court movement, development of grip and swing technique, and the introduction of live ball rallying.

**Superstars - Ages 11+**
- From 4:30-6:00pm on Tuesdays and Thursdays, as well as Saturdays 11:15-12:15, this clinic will focus on all aspects of the game, including technique, match strategy, point construction, fitness, and mental toughness.

Please email Coach Mike for more information regarding junior clinics.

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Tennis clinics are a great way to work on technique, strategy, and cardio fitness. Classes are offered for all levels during the weekdays and weekends.

The cost to attend a clinic is $18, and all adult clinics are drop-in (no RSVP required!)

**Mondays**
- Co-Ed Beginner 6:00-7:30 PM

**Tuesdays**
- Co-Ed High Intensity 6:00-7:30 PM

**Wednesdays**
- Women’s Intermediate 8:30-10:00 AM

**Thursdays**
- Men’s Intermediate 6:00-7:30 PM

**Fridays**
- Women’s Advanced 8:30-10:00 AM

**Saturdays**
- Co-Ed Intermediate 8:00-9:30 AM
Upcoming Tournaments

Women's Doubles Tournament

Saturday, October 7

- 10:00am-1:00pm (may end a little later depending on number of teams)
- Open to all levels of play
- Teams will be placed in flights by level
- Prizes will be awarded to first and second place teams in each flight
- A light lunch, snacks and beverages are provided
- Entry fee is $5.00 per person or $10/team

RSVP to Coach Mike.

No partner? No worries! Register and we will get you a partner!

Men's Doubles Tournament

Saturday, October 28th

- 10:00am-1:00pm (may end a little later depending on number of teams)
- Open to all levels of play
- Teams will be placed in flights by level
- Prizes will be awarded to first and second place teams in each flight
- A light lunch, snacks and beverages are provided
- Entry fee is $5.00 per person or $10/team

RSVP to Coach Mike.

No partner? No worries! Register and we will get you a partner!
Friday Night Mixed Doubles

Join us for a fun and social night of mixed doubles tennis this fall. The events are organized as two hour round robins where we mix up play over three or four timed rounds.

Friday night mixed doubles are free and open to players of all levels. Folks often stay afterward for drinks and snacks, so bring your cooler and picnic.

September 22nd ~and~ October 20th
6:00-8:00 PM

Please email Coach Mike to sign up for the next Mixed Doubles Night.

Tennis Tip of the Month

When to Use an Open Stance Ground stroke

Open and semi-open stances for hitting the ball, as shown on the right, are most often used in neutral and defensive situations when a player is on the run.

Advantages of an open stance:

- Takes less time for the player to decelerate, set up, and recover for the next shot
- More effective for court coverage
- Helps disguise a player's intentions to their opponent

The traditional closed stance ground stroke, in comparison, is more effective when a player gets a short ball and is moving forward on offense.
Upcoming Fitness Workshops

Fitness for Teens
Thursday, 9/14 at 6:30pm -AND/OR- Saturday, 9/16 at 1:00pm*

This program will provide a great foundation for teens (ages 13 to 18) to start their first workout plan. They’ll learn and practice different exercises in the fitness center, as well as learn how to create their own individualized workout.

Travel-friendly Workouts
Wednesday, 9/27 at 6:30pm*

Great class for the constant traveler! Learn about body weight conditioning and how to use equipment that can be packed in your carry-on luggage. Handouts will be given at the end of class to take with to wherever you’re headed next!

30 Minute Workout Workshop
Wednesday, 10/18 at 630pm*

This one hour class introduces fitness workout tips to maximize your time in the gym. If you’re always on the go and looking for a quick total body workout, come join us for the 30 Minute Workout Workshop. This class will be 30 minutes of education followed by 30 minutes of a sample workout.

*Workshops are free, but space is limited. Please email Tim to sign up.
Equipment Corner
Highlighting useful fitness tools

Octane 4700
The Octane 4700 is one of the popular elliptical cross trainers we have in the fitness center. On this machine you can mimic walking, jogging, and running while also reducing the stress of those higher impact activities on your body.

The Octane 4700 has a range of programs to provide variety for your workouts and allows you to tailor the session to your fitness goals. Try out one of the machine’s many features including 30:30 which provides 30 second intervals of higher intensity combined with 30 seconds of lower intensity.

If you have further questions, email Tim to set-up an orientation of the Octane 4700.

Fitness Class Spotlight
Power Lunch

Friday lunch time has never been better!

Come to Power Lunch for the perfect high intensity total body workout. This class uses a variety of equipment including dumbbells, machines, Bosu balls, bodyweight and more for 45 minutes of strength building and calorie busting intervals.

Power Lunch is every Friday starting on 9/16, from 12:15 - 1:00pm.

For the most up-to-date information on fitness classes, email Tim to be added to the DFC Fitness Email List Serv.
The summer group exercise schedule ended on Thursday, August 31. The fall fitness class schedule began on Tuesday, September 5 and ends on Thursday, December 21. You can find the fall fitness center schedule on the [Group Fitness](#) section of the website.

### Group Exercise Information

Class passes are now available for purchase for the fall 2017 schedule, but are only available until September 30.

- Unlimited Fitness Class Pass
  - $75
  - This pass allows the member to attend any and all fitness classes during the fall 2017 schedule (16 weeks from September 5 to December 21)

- Five Class Pass - $25
  - This pass allows the member to attend five classes during the fall 2017 schedule at a discounted rate

All passes must be paid in full with cash or check by Saturday, September 30. At this time we are not able to charge accounts for the passes. There is a limit of one pass per member.

If you want to attend classes and are not interested in the pass options, you are also welcome to pay per class. The drop-in rate for classes for the fall 2017 schedule is $6 per class per member and $11 for guests attending with a member. The class(es) will be charged to your account after attending the class.

### Duke Faculty Club Group Fitness Schedule

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Save The Dates

Mark your calendars for fall programs and events:

- September 17 - End of the Season Pool Party
- September 29 - Movie on the Lawn
- October 6 - Oktoberfest
- October 20 - Kids' Night Out
- October 21 - Family Camp-out
- October 27 - Halloween Bash
- October 30 - Mini Camp
- November 10 - Mini Camp
- November 17 - Kids' Night Out
- November 23 - Turkey Trot

For a complete schedule of all DFC events, please check out our Club Calendar

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