Wine Tasting
Date night at the DFC

Family Fitness
Classes for the whole family

Summer Employment
Opportunities to join "Team DFC"

Cupid Challenge
A fun and friendly tennis social

CPR/AED Certification Class
Become American Red Cross Certified
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Winter at the DFC

Tennis Court Closures

When the temperature fluctuates above and below freezing, the clay courts are caught in a constant freeze and thaw cycle. As the temperature drops below 32 degrees, the top surface of the clay court freezes because the clay naturally holds a lot of moisture. If the temperature drop is significant (multiple days and/or the temperature drops in to the low 20s or teens) then the freeze reaches deeper into the clay and the ice crystals can actually push the tape nails up and out of the ground.

When the sun reaches the courts during the day, the top layer melts, forming large puddles on the surface. If the deeper surfaces remain frozen, then the water has nowhere to drain and will generally sit there for hours.

In order for the courts to become playable, we need multiple days in the 50s-60s and no overnight freezing. Only then can the lines be pushed back down and then the courts rolled to harden the surface enough for play.

All four hard courts will remain open for play during the winter months. Please be sure to make a reservation before coming over to the facility to be guaranteed a court!

Behind the Scenes

Winter at the DFC often means getting your shoes dirty and assisting Bob with off-season maintenance projects.

Whether it's digging and installing new drain lines, cleaning and staining trellises, or installing new vinyl flooring, it's a full team effort with all hands on deck.

Some of the 2015/16 project highlights include pool fence repairs, additional tennis court drain line installation, pool plaster stain removal, clubhouse painting and staining, and parking lot signs. It's always busy at the DFC!
The DFC is the place to work during the summer! The club offers a variety of fun and dynamic positions that allow employees to learn and develop leadership skills, customer service, conflict resolution, and more!

Applications and descriptions for summer employment opportunities are posted on the club website.

Seasonal positions at the DFC include:
- Lifeguards
- Swim instructors
- Swim coaches
- Tennis camp counselors
- Summer camp counselors
- Snack bar attendants
- Facilities assistants

Q: I plan on attending a group fitness class. Do I need to check-in at the clubhouse kiosk as well as the class sign-in log?

A: Yes! Upon your arrival at the club, members should always first check-in at the kiosk by the front office no matter their destination. While your attendance is recorded at the actual class for invoicing purposes and usage data for that particular program, the kiosk check-in system assists in access security, as well as provides facility usage information that is crucial to future club development and planning. If you come to the club and then leave for a brief time, there is no need to check-in again (such as if you went to run the trail). However, if you leave and return to the club several hours later, then you would need to check in again.
As part of Heart Health Month, the DFC is offering a one-day American Red Cross Adult and Child CPR/AED certification course on Sunday, February 7. Being trained in CPR (cardiopulmonary resuscitation) and proper use of an AED (automated external defibrillator) is vital in responding safely and effectively to cardiac and breathing emergencies.

The American Red Cross training class incorporates videos, group discussions, and interactive hands-on practice. Upon completion of this course, participants will be Red Cross certified in Adult and Child CPR/AED, a certification that is valid for two years.

This course will be open to members ages 12 and older. Light snacks and beverages will be provided for a mid-session break, but please eat lunch before the class.

- Sunday, February 7
- 12:30-4:30pm
- $25 per person
- Spaces are limited. Call the DFC office to register
Valentine's Day falls on a weekend this year, so go ahead and plan your date night because child care is already taken care of! February's Kid's Night Out will be on Saturday, February 13 and open to 4 year olds through 6th graders.

We have extra staff lined up, so we will be able to register more kids than the standard KNOs. The night will include fun games and activities, pizza for dinner, a movie, and a special dessert!

The Valentine's Day weekend KNO will also be an hour longer than usual, running from 5:30-9:30pm. The cost is $15 for the first child and $10 per additional child.

This is a popular event, and spaces often fill up quickly. Call the office early to register your kid(s)!

Need some ideas of where to spend you Valentine's dinner? These local restaurants are offering special menus over Valentine’s weekend:

- Nana’s Restaurant
- Four Square Restaurant
- Cafe Parizade
- Vin Rouge
- Blue Seafood and Bar
- Mesa Latin Kitchen

Embrace your creative side, and join the DFC for an evening of crafts and DIY projects. This new event is guaranteed to be fun for the whole family. From making slime to building snow globe “aquariums”, to painting on canvas, there is something for everyone in the family!

- Friday, February 19
- 4:30-6:00pm
- $10 per family
- Spaces are limited
  Call the DFC office to register
DFC Date Night

Wine Tasting

DFC Date Night is back for another fun-filled evening with a wine tasting facilitated by the local Durham shop, The Wine Cellar.

The night will kick off with a greeting wine, heavy appetizers, and socializing. Participants will then spend the remainder of the evening sampling a wide range of wines, learning about the characteristics and complexities that make each wine unique.

As an added bonus, you don't need to worry about lining up a babysitter! Childcare will be available in the downstairs activities room. Kids will spend the evening playing games and making crafts with the youth program staff.

Spaces are limited for this event. Call the office to reserve your spot today!

- Friday, February 26
- 6:00-8:00pm
- $20 per person
- Optional childcare is available for ages 3 and older ($10 per child)
Exercising with your kids is a great way to teach them about the importance of health and fitness, and most of all it is fun! The DFC will be offering two family fitness classes during the month of February for parents and kids to have a chance to be active together.

Classes are for ages 5 and older and the cost is $5 per family. Please RSVP to the office if you plan to attend either or both of the classes so that we know how many families to expect.

Family Zumba
- Sunday, February 21
- 11:15-12:00pm
- Join Zumba instructor, Maria, as your family dances and sweats to Latin inspired music.

Family Yoga
- Sunday, February 28
- 11:15-12:00pm
- Gigi will lead you and your kids through basic yoga poses as you work on flexibility, coordination, and balance.

Fitness Class Spotlight

Yoga/Pilates

For an effective lunchtime workout, try the Thursday 12:15-1:00pm Yoga/Pilates class. This class is a fusion of flexibility and balance poses and Pilates core toning exercises. This combination of disciplines creates a full body challenge that helps you build strength, flexibility, mindfulness, and balance all in one exciting workout.

This class is open and welcome to all fitness levels, as all movements can be modified for greater or lesser intensity as needed.

For more questions about this class or any of the other group fitness classes, please contact Jamie.
Junior Tennis

The first session of the DFC Spring Junior Clinics will start Monday, February 1 and run through Thursday, March 10. There are playing opportunities for players of multiple skill levels.

Tiny Tennis (Ages 4-6)
- Monday & Wednesday 4:00-4:30pm
- Learn basic tennis skills and develop hand-eye coordination in a fun and interactive setting

Future Stars (Ages 7-10)
- Monday & Wednesday 4:30-5:30pm
- Learn all four major strokes while working toward rallying and match play

Tourney Prep (Ages 11 and up)
- Tuesday & Thursday 4:00-5:00pm
- For beginner to low intermediate plays and focuses on skills necessary for match play in singles and doubles

Player Development (Ages 11 and up)
- Tuesday & Thursday 5:00-6:30pm
- For players currently playing in tournaments or for school teams and focuses on technique, match strategy, point construction, and mental toughness.

Racket Restring Special

Take advantage of this DFC Pro Shop special!

If you are constantly breaking strings, haven't had your racket restrung in a while, or just want to get your frame ready for the upcoming league season, then this special offer is for you!

Have your racket restrung between February 15 and 29, and receive a new replacement grip for half-price. This special is only valid for strings purchased in the DFC Pro Shop.

All rackets will be restrung and gripped within 72 hours, unless otherwise specified.
To celebrate the spirit of Valentine’s Day, we will be holding a special Cupid Challenge tennis tournament on Saturday, February 13 at 10:00am.

Come out to the DFC and compete with your significant tennis enthusiast in this doubles tournament. This event is open to all levels of play and each team will be placed in flights according to their skill level.

A light lunch, snacks, and beverages will be provided.

If you are interested in participating, please RSVP to Mike by Thursday, February 11.

If you do not have a have partner and would like to play, please let the tennis office know, and you will be matched up with someone.

“It's something we like to do together and a great chance to hang out with other members that love tennis.”

- Susie Post-Rust
Save The Dates

Mark your calendars for March programs and events:

- Tuesday, March 1 - Lap pool opens
- Friday, March 4 - Kid’s Night Out
- Sunday, March 13 - St. Patty’s Day 5K
- Sunday, March 13 - Swim Team Interest Meeting
- Friday, March 25 - Mini Camp
- Saturday, March 26 - Spring Egg Hunt
- March 28th - April 1 - Spring Tennis Camp
- Saturday, April 2 - Membership Appreciation Party

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