Meet the Staff
Introducing the 2016 Head Lifeguards

Rental Spaces
Options for bringing large groups to the club

Group Swim Lessons
Registration for morning or evening sessions

New Fitness Schedule
Summer schedule and class pass options

Adult Tennis Leagues
Join the summer box and flex leagues

Summer Camps begin June 13
Limited spaces remain in the DFC Summer Camps
Large Parties and Rentals
Opportunities to host events at the DFC

Party on the Patio
Complimentary beverages & Snack Bar specialty items

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How to register for group and private lessons

Aqua Devil Updates
Changes to pool hours during home meets

Meet the Staff
Get to know the 2016 Head Lifeguards

Summer Camps
Nine weeks of summer fun is right around the corner

Kids' Night Out
A fun evening out for K through 6th graders

Group Fitness Schedule
Summer fitness classes begin June 13

Move of the Month
Foam rolling to help relieve muscle soreness

Summer Tennis Leagues
Opportunities to join two different leagues

Mark Your Calendars
July is full of fun programs and events
The DFC is a great place to host birthday parties and small events; however, there are a few policies to follow regarding large groups. If you would like to bring a large number of guests (10 or more) with you to the club, please contact the DFC office at least one week prior to the event to be sure we can accommodate the request.

There are two outdoor spaces open to DFC members to reserve for small functions. The Picnic Shelter and Picnic Knoll both feature picnic tables and gas grills to host outdoor parties and events.

Reservations for both the shelter and knoll must be made in advance through the DFC office. All other patio tables and outdoor areas cannot be reserved and are on a first-come first-serve basis.

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**Ask the Expert!**

**Patti answers DFC members’ most common questions**

**Q:** Can I bring food or have food delivered to the club?

**A:** Of course you can! Summer has arrived and the club is a great place to gather for food and fun. Here are some details to keep in mind when bringing your own food and drink (including alcohol) to the club:

**Come prepared:** Bring coolers to keep your items cold. The club does not have refrigerator space to accommodate members’ items.

**Food and the pool:** Food and drink are allowed on the pool decks, however, you cannot bring it into the water and it must be kept more than five feet from the pool edge. Glass is not allowed in the pools or on the decks. Please be sure to clean-up after yourself and quickly wipe up any spills. If you need assistance, please notify the lifeguard staff.

**Deliveries to the club:** There are several local restaurants that will delivery to the DFC. When expecting a delivery, please remain near the check-in kiosk/office area to meet the driver. It makes the process easier and you get the food faster.
Party on the Patio
And Snack Bar Specialty Nights!

**Party on the Patio**
Enjoy complimentary beer and wine with DFC friends and family at the monthly Party on the Patio series that takes place throughout the summer. All Party on the Patio events will start serving at 5:30pm and last until beverages run out, typically around 7:00pm. There is no charge and no need to RSVP. The next one is Friday, June 17!

**Snack Bar Specialty Nights**
Mark your calendars for the remaining Snack Bar Specialty Nights! On select Friday evenings, the DFC Snack Bar will expand their offerings beyond what is on the typical menu. From ice cream sundaes to barbecue plates and pizza by the slice, there is sure to be a special treat for everyone in the family!

Remaining Snack Bar Specialty Nights for the summer are:

- **June 17 - BBQ Plates**
  We'll bring in pulled pork BBQ and sides from one of the fantastic local barbecue joints

- **June 24 - Ice Cream Sundaes**
  Dessert for dinner with all of your favorite sundae toppings

- **July 15 - Grill Night**
  Hamburgers, hot dogs, and veggie burgers

- **July 29 - Pizza by the Slice**
  Hot slices of cheese and pepperoni pizza

As a reminder, please be sure to keep your membership card with you any time you access the club, as that is the only form of payment the Snack Bar accepts.

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**Parking Reminders**
Throughout the summer, Duke Parking will continue to check the parking lot for green DFC decals. Any cars without a current decal or temporary parking pass displayed will be ticketed.

Please be sure that your decal is placed on the driver's side front windshield for the parking attendant to easily locate.

Decals are available at the DFC office if you have not picked up your decals for the 2016-2017 membership year.

Childcare Providers are not issued DFC parking decals, so please instruct anyone who is bringing your child/children to the club to first stop by the DFC Office to be issued a temporary pass to display on their dashboard.

During swim team meets, holidays, or other high traffic events, we will try to coordinate with the Washington Duke Inn and other adjacent lots for overflow parking. This will be communicated out over the various listservs.
Swim Lessons

Group and Private Lessons Available

The DFC is offering private and group swim lessons led by energetic and professional instructors who make swimming fun and successful!

Group Swim Lessons

Group lessons are available for members ages four and older. Weekly sessions begin June 13 and continue for eight weeks through the beginning of August. Registration forms are available in the office and on the DFC website.

The Aqua Tots program is designed to help parents assist their toddlers in becoming more comfortable in the water. Parents and toddlers learn together the foundations for swimming and water safety. Aqua Tots is open to ages 24 months to 3 years.

Private Swim Lessons

Private swim lessons are available for members of all ages. To schedule a private lesson, view the availability calendar to see which time slots best fit your schedule. Then, call the DFC office (919-684-6672) to reserve your spot.

Semi-private lessons are also available for two swimmers of similar skill level. Please view the availability calendar for more information about rates and the cancellation policy.

Aqua Devil Updates

The Aqua Devil swim team is in full swing, with meets beginning in early June. During home meets, the main/wading pools will be closed to accommodate the hundreds of swimmers and their families. Please see below for changes to the pool schedule due to swim meets:

- June 1 - pool closes at 3:45pm
- June 4 - pool opens at 1:00pm
- June 11 - pool opens at 1:00pm
- June 15 - pool closes at 3:45pm
- June 18 - pool opens at 1:00pm
Meet the Staff:
Introducing the 2016 Head Lifeguards

This is Stacey's second year on the lifeguarding staff at the DFC.

She says her favorite things about being a head guard is that she gets to work in a fun environment where she can help make swimming a positive experience for kids and families.

When she is not at the pool this summer, Stacey will be working as a counselor at Victory Junction, a camp for children with medical conditions. Stacey is looking forward to this opportunity as she goes in to her senior year in the nursing program at the University of North Carolina Charlotte.

This is Leah's first summer at the DFC, though she has been a lifeguard and head guard at other pools in the area for the past four years.

She is very excited to be joining the DFC aquatics staff this year, and can't wait to get to know more members through swim lessons and her time on deck.

Leah is a Durham native, and is currently attending the University of South Carolina. Outside of lifeguarding, Leah is spending her summer babysitting and taking online courses.

Kaley is returning to the DFC for her third summer on the aquatics staff. She worked as a head guard for a portion of last summer, and is glad to be back for the 2016 season.

Kaley came to the triangle from Jacksonville, Florida so she is naturally drawn to the sun and water! She is most excited to see familiar faces from last summer and get to meet new members.

Something most people do not know about Kaley is that she is also a Krav Maga instructor!
Summer Camps
Limited spaces available

DFC is the place to be for summer fun! If you are looking for an exciting, safe, and friendly environment for your child for this summer, visit the club website for information about all of the DFC camps. Limited spaces remain in Summer Camp, KinderCamp, and Tennis Camp for select weeks throughout the summer. Please call the DFC Office for more information regarding availability.

Youth Events

The first Pre-Teen Pool Party and Kids' Night Out of the summer season is on Saturday, June 25 from 6:00-9:00pm. Enjoy a much deserved night out while the kids have an awesome night led by the DFC staff.

Pre-Teen Pool Party
Rising 5th through rising 8th grade members and their guests will enjoy an evening of socializing, swimming, pool games, pizza, and more. In the event of inclement weather, the party will move to the LeBar Activities Building for games and fun! Cost is $10 for members and $15 for guests.

Kids' Night Out
Kids' Night Out is a fun and safe childcare program to provide you with a much needed night out! The DFC staff provide an evening of games, crafts, pizza, and a movie for members ages 4 to rising 4th graders. Spaces are limited and typically fill to capacity for this program. Cost is $15 for first child, $10 per each additional child.

Call the DFC office (919-684-6672) to sign-up for either of these exciting events.
Summer Schedule (6/13-8/21):

**Monday**
- Express Yoga 8:00-8:45am
- Ball Pilates 6:00-7:00pm

**Tuesday**
- Strength Circuit 8:00-9:00am
- Water Aerobics 1:15-2:00pm
- Yoga 6:00-7:00pm

**Wednesday**
- PiYo 8:00-8:45am
- Cardio & Strength 12:15-1:00pm
- Intermediate Pilates 6:00-7:00pm

**Thursday**
- Master's Swim 8:15-9:00am
- Yoga-Tone 5:30-6:30pm

**Saturday**
- Boot Camp 9:00-10:00am
- Zumba 10:00-11:00am
- Yoga for Runners 11:00-12:00pm

**Sunday**
- Yoga 10:00-11:00am

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**New for the Summer**

Water Aerobics and Master’s Swim Classes return to the schedule for summer 2016. Both will be held in the lap pool, and are a great way to meet other fitness enthusiasts while taking your workout outdoors.

Water Aerobics provides all the benefits of a great cardiovascular and strength conditioning workout while protecting the joints from excess strain. This shallow-water workout is a challenge for all levels.

Master’s Swim is lead by one of the DFC swim instructors and will focus on stroke refinement and endurance as you move through a warm-up, conditioning segment, and cool down.

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**Class Pass Options**

For summer 2016, there will be two options to pay for group fitness classes at DFC:

**Unlimited Pass** - This pass option allows you to access any and all fitness classes during the summer semester for no additional charge. The pass is $40 per person and is a steal for members planning on attending one or more classes a week. The Unlimited Pass may be purchased by cash or check at the DFC office (unfortunately, we cannot charge accounts). Passes will only be sold through June 30, so don’t miss out on this great deal!

**Pay Per Class** - If you do not wish to purchase the unlimited or five class pass, you can simply drop-in to classes as they fit into your schedule, and pay as you go. Classes are $5 per person and will be charged to your DFC account.
Foam rolling (also known as self-myofascial release) is a method of improving mobility and flexibility by concentrating on adhesions in the fascia surrounding muscle fibers. Using a foam roller applies direct pressure to these adhesions, helping to relieve soreness and aid in muscle recovery.

The proper way to utilize a foam roller is to start with the roller at one end of the muscle group you are trying to target. You then slowly shift your position so that the foam roller glides along the muscle until you hit a tender spot. Once you have found this spot, you will hold the position for 20-30 seconds so that the foam roller is applying direct pressure to the adhesion. It may feel painful at first, so work your way up to longer holding times.

It is key to not roll over joints. For example if you are trying to target your quadriceps, do not roll down so far that you are placing direct pressure on your knee joint.

In the fitness center, there are two colors of foam rollers. The blue ones are softer and provide a little less pressure, while the black ones are more firm and provide more pressure.
Tennis Tip of the Month

Tracking the ball during baseline rallies

A strategy both novice and experienced players can employ during baseline rallies is tracking the ball. This simple concept can help you in match play by quickly recognizing the characteristics of the incoming ball, which gives you more time to make the proper position changes to respond.

Being aware of the four key characteristics of pace, height, depth, and direction will help you to effectively track the ball and make the appropriate return.

Pace - how quickly is the ball approaching you? Do you have time to set up a winner, or is a safe return more appropriate?

Height - Where will the ball be in the air when you reach it? Over your head, low to the ground, or waist height?

Depth - Where is the ball going to land on the court? Do you need to back pedal to the baseline or rush forward towards the net?

Direction - In relation to where you are on the court, what direction is the ball going? Should you set up for a forehand or backhand return?

By paying attention to these key elements, you will be able to quickly decide the appropriate return stroke, and should have more time to be able to react to the situation.

Summer Leagues

Make the most of the summer weather and extra daylight hours through DFC’s summer tennis leagues.

This summer, the DFC is offering over men’s and women’s flex leagues and box leagues for members to play and participate in. It is shaping up to be a fun and exciting tennis season!

Registration for both the Flex and Box Leagues is open until June 5. Please contact Mike for more information or to register.

Summer league schedule

- Women’s Doubles Flex League (Mondays)
- Men’s Doubles Flex League (Wednesdays)
- Men’s Singles Box League (3.0/3.5 and 4.0/4.5)
- Women’s Singles Box League (3.0, 3.5, and 4.0)

Summer Leagues Schedule

- Women’s Doubles Flex League (Mondays)
- Men’s Doubles Flex League (Wednesdays)
- Men’s Singles Box League (3.0/3.5 and 4.0/4.5)
- Women’s Singles Box League (3.0, 3.5, and 4.0)
Save The Dates

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Mark your calendars for July programs and events:

- Monday, July 4th - Fourth of July Celebration
- Friday, July 15th - Party on the Patio
- Saturday, July 23rd - Kids' Night Out & Pre-Teen Pool Party
- Friday, July 29th - Snack Bar Specialty Night

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