Hello Aquatics Family!

You may have seen this photo on some of our social media pages recently. Duke Recreation has decided to merge all our Social Media Accounts (Twitter, Instagram, Facebook, etc.) into one main account.

Starting July 1, 2020, the @dukeaquatics pages will no longer be active and for up to date information, messages, and announcements please follow our main Duke Recreation and Physical Education account: @dukerec

Additionally I wanted to bring your attention to the Virtual Resources Page on our website. Here you will find all the resources Duke Recreation has for you while our facilities are closed.

If you have any questions about the social media change or the virtual resources page please don’t hesitate to reach out.

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At home workouts

Coach Mac is back at it this week with more fun at home workouts you can do in your living room, patio, or driveway! Additionally, the Duke Recreation Fitness Department has put together several at home work outs and is hosting live Zoom classes that you can access daily and weekly. Additionally, you can find all the workouts on the Duke Rec YouTube page: Duke Recreation and Physical Education and featured weekly on Duke Recreation Social Media: @dukerec for Instagram, Facebook, and Twitter.

- [Dryland Workout](#)
- [At Home Workout: Outdoor Workout](#)
- [At Home Workout: Core and Arm Workout](#)

Water Safety Tip of the Week:
7 reasons to NEVER put water wings on a child and
Effective alternatives to Water Wings

**Why to Never put a child in water wings**

- Water Wings are **NOT** U.S. Coast Guard approved
- They can pop off your child’s arms quickly
- They can slide off your child’s arms quickly
- They will inhibit your child’s ability to learn to swim and float properly
- They give your child a false sense of security
- They give parents/caregivers a false sense of security
- The CDC warns that water wings will **NOT** prevent your child from drowning

**Effective alternatives to water wings**

- Use a U.S. Coast Guard Approved Floatation Device
- Register for Learn to Swim Classes
- Always be within arms reach of a child who does not know how to swim or a child who is a weak swimmer
- Always swim where there is a certified Lifeguard on Duty or a designated “Water Watcher” adult on duty.
- Never leave a child unattended near water