May is National Water Safety Month

May is National Water Safety month and in the spirit of all things water related and us here at Duke Aquatics missing our Swim Families and Pools right now we wanted to bring you all some safety tips and Did you Knows, for your home pools, beaches, water fronts, and all things aquatics! Check out this week “Did you know” and Water Safety Tips offered by The American Red Cross!

Did you Know
Did you know that for every child that dies as a result of a drowning that 5 receive emergency care due to a nonfatal submersion injuries
Dryland and 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 workouts and is hosting live Zoom classes that you can access daily and weekly. Below are a few linked videos and to the left is the upcoming class schedule. 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: Upper Body**
- **Rhythm Cardio Express**

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Aquatics Spotlight Head Lifeguard: Kyle Lewis

How long have you worked for Duke Aquatics: 4 years

Position: Head Lifeguard and Instructor

Who inspires you and why: My parents inspire me because they are always reassessing their lives and trying new things so that they stay happy and healthy

What accomplishment are you most proud of: Graduating High School and enrolling in college

If you had 1 day to live over again what would it be and why: It would be the day that I was in Grayson Highlands backpacking. It was a really beautiful place.
Thank you class of 2020!

To The Class of 2020

“Thank you from all of us at Duke Recreation and Physical Education! We are proud of all your accomplishments. Although our time may have been cut short we still want to say “THANK YOU!” to all of you for making this year so special.”

The Duke Recreation and Physical Education Staff