



June 2006

5/27 Saturday

6/6 Tues. 12-2pm

6/8 Thurs., noon

6/15 Thurs., noon

6/19 Monday

6/19 Monday

6/21 Wed. 7-9 pm

7/1 Saturday

CALENDAR

Memorial Day Weekend Opening Events

10:30 am Pool Opens for the Season

1-4 pm Mixed Tennis Doubles R.R.

4-5 pm Pool Games

6-9 pm Potluck Party

Carderock Womens Book Group

Carderock Senior Men's Group Lunch

Women of Carderock lunch

first day of first session of Summer Fun

Tennis summer programs begin

Family Tennis Night & BBQ

4th of July Celebration

1-4 pm Tennis Round Robin

4-5 pm Pool Games

6:00-9:30 pm Potluck/BBQ

Forms in this newsletter:

p. 4 Summer Fun Registration (to be a camper)

p. 6 Summer Fun Volunteer form (to be a counselor at Summer Fun)

p. 8 Tennis Program Registration form (youth or adult)

(Summer Employment form to work at the club - lifeguard, snack bar, etc - is online at carderockclub.org, click on Summer Employment)

Newsletter deadline: 20th of the month. Address newsletter items to Margie Orrick and drop them through the mail slot at the Club, or deliver to 8212 Fenway Road, or email to carderockclubnewsletter@verizon.net

Club website www.carderockclub.org

Dear CSSC Member:

I write to you with very mixed emotions. We are all looking forward to the opening of the Club and the spring time renewal of our community that coincides with this ritual. The women and girls will be pleased to enter into a refurbished locker room thanks to the hard work of Ray Sobrino and Larry Ondrejko. All the preparations for the swim dive and tennis teams are well underway and indeed already happening in the case of tennis team.

While this gives us all a sense of hope in anticipation of another summer of competitive spirit balanced with rest and relaxation, I am saddened to have to share some other more unfortunate news with you. Twice in the past month the Club has been burglarized. The first instance occurred on Sunday, April 30th sometime between the hours of 8:00pm to 11:00pm. The items that were stolen included a Sony VCR/DVD player, amplifier and two speakers that were locked in a storage closet. In addition a Panasonic single CD player "boom box" stereo was stolen from Ryan Freeman's tennis office which was also locked. It appears that the items were stolen by someone who knew what equipment we had and where it was kept.

The second instance occurred on Tuesday, May 17th sometime after 11:15pm. Someone broke into the Club by forcing and destroying the sliding door from the pool to the clubhouse and then prying open the door to the snack bar, also destroying the lock and door jamb. The only items taken from the snack bar were 6 to 8 bottles of beer that were in the refrigerator. However, our painting contractor was not so fortunate, losing about \$2000 worth of power tools. In both instances, reports have been filed with the Montgomery County Police Department and we are in the process of determining our insurance coverage. The police dusted for finger prints, took photos of the damage and will actively investigate. They also will send a patrol car to randomly check the property during the night.

We would very much appreciate any information that can help us and the authorities rectify the injustice of these acts. It would appear that the people who committed these crimes are familiar with the Club and, although I don't want to be "ageist" about this, may be youth from within our community who are in need of some guidance and help - as well as some consequences. So I would particularly ask parents to be aware of whether any of the electronic equipment we have described above has shown up in your homes.

Well enough of the bad news. While we are saddened and upset by these events, we are certainly not letting it dampen our enthusiasm for the start of another summer season. The pool will be open for business on Saturday, May 27, starting at 10:30am. We hope you can attend the annual kick-off party starting that evening at 6:00pm until 9:00pm.

Best Regards,
Tim Mealey on Behalf of the CSSC Board and Staff

COME CELEBRATE MEMORIAL DAY

JOIN US ON SATURDAY EVENING MAY 27TH

6:00 TILL 9:00 pm Potluck Dinner

MUSIC, WINE, BEER AND SODAS PROVIDED

From the Manager:

I would like to wish all returning members and those of you joining us for the first time a very warm welcome as we begin the 2006 season. The pre-opening ritual was a very busy time and I thank those of you that were inconvenienced by the work being done for your patience. As you visit the club I hope you will be pleased and appreciate the improvements that have been completed for the betterment of our wonderful community-gathering place.

I would also like to remind you of the following.

- **Guest fees** for all non-members are **\$5**. This includes all guests using the basketball and tennis courts even though they are not swimming and must be accompanied by a paid member.
- All members and guest must **sign in** at the front desk with guest fee paid before using any of the pool facilities.
- **Recycle** cans and cardboard products in the blue bins which are separate from the regular trash.
- During Saturday home A meets - **June 17 and July 8 - ALL POOLS will be closed until** the meet has ended (**about noon**) and the deck restored for use by members.
- During Wednesday home B meets - **June 28 and July 5 - only the main and middle pool will be closed (from about 5 pm)**. The wading/baby pool will be open.
- During all home dive meets the diving well and two adjacent lanes will be closed. The remaining lanes are for lap swimming only. The middle and baby pools will remain open.

Times and schedules for these events will be posted on the front entrance door. We thank for your compliance with the above.

Thanks and let's have great season. ☺☺☺☺☺☺☺☺

Larry

REGISTRATION FORM Summer Fun Program

REQUIREMENTS:

CHILD MUST BE (6) YEARS OF AGE AS OF AUGUST 31, 2006 ENTERING FIRST GRADE,
AND NO OLDER THAN (10).

CHILDS NAME: _____

ADDRESS: _____

AGE: (_____) DATE OF BIRTH: (_____) (_____) (_____) (_____) (_____)

PARENT'S NAME _____

PHONE NUMBERS: HM (_____) (_____) (_____) WRK (_____) (_____) (_____) (_____)

E-MAIL ADDRESS: (_____) CELL (_____) (_____) (_____) (_____)

EMERGENCY CONTACT: 1 (_____) (_____) (_____) (_____) (_____)

EMERGENCY CONTACT: 2 (_____) (_____) (_____) (_____) (_____)

FOOD / OTHER ALLERGIES OR SPECIAL CONCERNS: _____

EACH FIVE DAY SESSION FEE IS \$200.00.

DATE	CHOICE	FEE
6-19 THRU 6-23	_____	\$200.00
6-26 THRU 6-30	_____	\$200.00
7-03 THRU 7-07	_____	\$200.00
7-10 THRU 7-14	_____	\$200.00
7-17 THRU 7-21	_____	\$200.00
7-24 THRU 7-28	_____	\$200.00

PAYMENT IN FULL REQUIRED AT TIME OF ENROLLMENT. IF YOU CANCEL CHILD'S ENROLLMENT TWO WEEKS PRIOR TO START OF CHOSEN SESSION YOUR FEE LESS \$75.00 WILL BE REFUNDED. LESS THAN TWO WEEKS NOTICE WILL RESULT IN NO REFUND.

The club assumes no liability for injury or damages arising from participation unless due to the will fully fault or gross negligence of it's agents or employees.

I hereby approve my child's participation in the program activities and consent to the emergency treatment of my child on my behalf. To the best of my knowledge, there are no physical or other limitations, which will interfere with my child's participation.

Parent / Guardian Signature

Date

Payment Received: Amount (_____) Date (_____) Ck # (_____)

Pool hours through June 14

Mon-Thurs 3:30-8:30 pm

Fri 3:30-10 pm

Sat-Sun 10:30 am -8:30 pm

Pool hours starting June 15

Mon-Thurs 10:30 am-8:30 pm

Fri 10:30-10 pm

Sat-Sun 10:30 am - 8:30 pm

Come to Opening Day **Pool Games**, Saturday May 27, 4- 5 pm. The pools are heated, but the air may or may not be so bring a warm sweatshirt/towel. A month later on July 1 there will be Pool Games again, this time for the 4th of July celebration!

Trivia Question ? ? ?

How many gallons of water are in each of the 3 pools and how many gallons of water total are there in all 3 Carderock pools? Since you'll need to know how big a gallon is, first go to the kitchen and look at a gallon of milk. While you're there, pour yourself a glass of milk and make good guesses below. Remember that math is useful outside the classroom. Don't forget your math facts this summer !

Big Pool _____

Middle Pool _____

Baby Pool _____

Total _____ gallons of water

The answer is on the club website - go to carderockclub.org



HAIL AND FAREWELL: Welcome Newcomers and Returned Natives

Welcome to Lisa Stevenson and David Dobbins and their twins to 8222 Stone Trail Drive. We don't need to bid farewell to Paula and Felix LaBoy who are moving just 2 blocks away to Persimmon Tree Lane.

Welcome to Zainab Al-Suwajj and Ahmed Al-Kahim and their 2 kids to 7707 Glemmore Spring Way. We don't need to bid farewell to Raisa Scriabine who's moving less than a mile away to Persimmon Tree Road.

**Carderock Springs Swimming Club
Summer Fun 2006**

COMMUNITY SERVICE / VOLUNTEER APPLICATION

NAME _____

ADDRESS _____

AGE (_____) **DATE OF BIRTH** _____

TELEPHONE HOME (_____) (_____) (_____)

TELEPHONE CELL (_____) (_____) (_____)

E-MAIL _____

PLEASE INDICATE WHICH SESSION/S YOU WISH TO VOLUNTEER FOR.

NOTE: (YOU MUST COMMIT TO THE FULL WEEK SESSION TO BE CONSIDERED FOR THAT WEEK.)

_____	6/19 - 6/23	_____	6/26 - 6/30
_____	7/03 - 7/07	_____	7/10 - 7/14
_____	7/17 - 7/21	_____	7/24 - 7/28

PLEASE LIST ANY RELEVANT EXPERIENCE YOU HAVE HAD WORKING WITH CHILDREN AGES 5 THRU 10:

Tennis News

The summer is here! Hard to believe, but the heat is back and so are a few new programs. So stop by the courts and check out what's going on!



JUNIOR PROGRAMS

We are running all of our summer programs **from the 19th of June until the third week of August**. If other activities conflict, kids can do only part of the session. Classes will be prorated accordingly.

JUNIOR LADDER

We will be conducting a junior ladder for the summer; both boys and girls will be able to participate. It will be ongoing from the middle of June until the middle of the August. Stop by the tennis courts for details and to sign up!

JUNIOR TENNIS TEAM

Calling all juniors! We are currently signing up all juniors for our summer tennis team. We will practice weekly and have matches once a week. All levels of players are encouraged to sign up. Don't worry if you travel in the summer, you don't have to be here for all the matches.

JUNIOR WORLD CLASS ACADEMY

Kris Barns and Ryan Freeman will be conducting a daily 2.5 hour tennis academy **from 9:30am to 12 noon** during the summer. The academy will be geared towards a more serious player. Intense drill sessions as well as supervised match play will take place. Students will also be put through a rigorous conditioning program to improve footwork and mobility on the court. Video critiquing will be used to better help the players. Interested players should contact the Pro Shop as soon as possible for details. Space is limited.

Junior Sports Camp

We will be offering a new camp this year for juniors interested in learning sports in a not so intense structure. The camp will include tennis, hockey, basketball, wiffle ball, and swimming. The time is **1-4 pm starting June 19th**. It will run until the end of the summer. Sign-ups are on a weekly basis with a cost of \$150 per week. Stop by or call the shop for details.

FAMILY NIGHT

We had a great turnout for our first family night out. Tennis was enjoyed by the adults while the kids entertained Bailey and had a ball. We fired up the grill and everyone brought some wonderful food. Thanks to everyone who made this a great success. We will do it again on **June 21st**. It will usually be the third Wednesday of each month.

The following pages including a tennis registration form and a more detailed list of our summer tennis programs.

If you would like to send in your email address, we can send out reminders of events planned at the club.

PRO SHOP NUMBER 301-365-1541



Carderock Springs Swim & Tennis Club

TENNIS PROGRAM REGISTRATION FORM
SUMMER 2006

PLEASE PRINT

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone (H) _____ (W/Cell) _____

If a minor:

Parent's Names: _____

Email Address: _____

Programs:

Days & Time:

Total Amount Enclosed: \$ _____ (*Please do not send cash in the mail*)

Make checks payable to:

Ryan Freeman
32 Amarillo Court
Germantown, MD 20874

◦ FOR PRIVATE & SEMI-PRIVATE INSTRUCTION CALL 301-365-1541◦

Thank you for your early registration!



Junior Tennis Programs – Summer 2006

Junior Elite (Advanced)

Designed for juniors that want to fine tune their game and improve performance at the tournament playing level. Focus is on strokes, tactics and conditioning.

Junior Aces (Intermediate)

This program is designed for the junior who wants to take their game to the next level by developing better skills and to correct weaknesses through fast paced drills and playing.

Junior Netters (Beginners/ Low Intermediate)

Focus will be on stroke production, rules and score keeping. The format will provide a mixture of drills and beginning play with the objective of improving overall play.

Wimpleton (Children ages 4-7)

This is an introductory class to tennis with emphasis on fun, fun, and fun.



JR. PROGRAMS	Days & Times	Dates	Cost:
Junior Elite	Monday - Friday (daily) 12-1:30pm	June 19 th –Aug 18 th (9 wks)	Full Session \$600 \$80/week + Team shirt \$10
Junior Aces	Monday - Friday (daily) 1:30-3pm	June 19 th –Aug 18 th (9 wks)	Full Session \$600 \$80/week + Team shirt \$10
Junior Netters	Monday - Friday (daily) 3:30-4:30pm	June 20 th –Aug 17 th (9 wks)	Full Session \$500 \$70/week
Wimpleton	Tuesday or Wednesday 5-5:45pm	June 21 st –Aug 17 th (9 wks)	\$120

Adult Tennis Programs – Summer 2006

Morning or Evening Explosion (Workout Drill Sessions. All abilities)

Get your workout on the tennis court. This program is composed of high paced drills to increase stamina, speed and overall conditioning. Drop in or signup in advance.

*Minimum of 2 players must sign up each week.



Ladies Morning Clinic I (Intermediate)

This class is designed to fine-tune the fundamentals of stroke production and beginning doubles strategy. The class format consists of 1 hour of drills and ½ hour of organized play and critic.

CARDIO TENNIS

A great way to get your workout in and have a lot of fun! Play tennis with heart pumping music and lots of movement! This class is designed to get your heart rate up while you work on your game. Call the shop for days and times. This class fills up quickly because of the limited size.

ADULT PROGRAMS	Days & Times	Dates	Cost:
Morning Explosion	Monday or Wednesday 7-8:30am	June 21 st –Aug 17 th	\$25/week
Ladies Clinic I	Friday 11-12:30am	June 3 rd –Aug 19 th	\$25/week
Evening Explosion	Tuesday 6:30-8pm	June 2 nd –Aug 16 th	\$25/week
Cardio Tennis	Wednesday, Sunday 6:00-7:00 - 4:00-5:00	June 2 nd –Aug 17 th	\$15/week

Book, Social Groups, Transitions

WOMEN OF CARDEROCK

Thursday, June 15. Our May visit to Montgomery College to learn about the Arab American Heritage was a great success. The quiz that we took at the start of the presentation revealed that our knowledge is scant. Fortunately we received a whole folder full of pertinent information which will help us broaden our horizons. After the most interesting presentation we had a delicious Chinese lunch nearby. Our next get-together will be at noon on Thursday, June 15 at the home of Susanne Yokel, 8208 Fenway Rd. Bring your lunch, Susanne will provide beverages and cookies. Please call Margit Meissner, 301-469-6740, to let her know whether we can count on you. Newcomers are welcome.

CARDEROCK SENIOR MEN'S

GROUP LUNCH. June 8, 12:00 pm
Lunch at Normandy Farms! If you are interested in attending, please call Seth Tuttle at 301 365 1277 or e-mail stuttle@erols.com

CARDEROCK WOMEN'S BOOK

GROUP. June 6, 12-2 pm So many books, so little time . . . The Carderock Women's Book Group will next meet on Tuesday June 6, 12-2 pm at the home of Patricia Thomas, 8216 Tomlinson Avenue. The reading selection is Edith Wharton's *Age of Innocence*, which reminds us, woe betide those who dare to put love before the social order. And for those of you who've aspired all your lives long to read Homer's *Iliad*, now's your chance. It was a wrenching choice but we've opted to read a translation as opposed the original Latin. Join us on June 6 and learn more. For more information, please call Carolyn Finney LoBuglio at 301 320 4430.

TRANSITIONS

Our heartfelt condolences from all of Carderock to Lily Overton on the unexpected death of her husband Leonard in May.

From Carol Eron and Hugo Rizzoli:

After 30 (!) years in Carderock, a fond farewell to our wonderful neighbors and community. We aren't going far though, and hope you will stop by and say hello, or come stay in the country and enjoy a "Carderock Discount" of \$95 a night for two, including breakfast at **Royal Oak House Bed and Breakfast**. We're three miles from St. Michaels on the Eastern Shore, ninety miles from Carderock! Tel. 410 745 3035. Look at pictures on BBonline.com, click on Maryland/Royal Oak to see our romantic and comfortable 1883 parsonage.

P.S. Amanda and Ethan start grad school in the fall (Ann Arbor and Cambridge). Lucy is a graphic designer and teaches college art in Flagstaff. We all enjoyed our years here so much!

Classes Offered: Art & Exercise

We're back! **The Kids Studio** (Kristina Valencia & Nancy Ross) present another summer of making ART. 6 one-week sessions focusing on contemporary artists. Kids ages 4 $\frac{1}{2}$ to 12. Call for info & references: Kristina 301 767 9738 or Nancy 703 481 8883. Camp 10:30am - 1:30 pm, bring a lunch. \$250/week.

WATER AEROBICS with Karin Baker

Starting the week of June 20, Karin Baker is again offering:

- Aerobic Dancing Tuesday and Thursday, 8:45 - 9:45 am
- Water Aerobics Tuesday and Thursday, 10:30 - 11:30 am.

The 8 week session is \$84 twice a week, \$44 once a week, or \$6 drop in.

ALICIA'S STRETCH & TONE YOGA EXERCISE CLASSES

Program developed by Alicia Yepes, Certified Instructor and Yoga Alliance Registered Teacher with more than 30 years experience. Stretch, strengthen and tone every muscle group in your body. An innovative blending of yoga poses with body strengthening techniques using free weights (optional). Classes are well suited to all ages and abilities. Enjoy a nice soothing relaxation at the end of the class. Instructor Alicia teaches these classes at the clubhouse:

- Mondays and Wednesdays, 9 to 10 am, \$10 per class.

First two classes free for new students. For more information call Alicia Yepes at 301.770 7994 or 301.412 5432 or email alexercise@comcast.net.

MAGGIE's ~ YogaPlus ~ CLASSES Join any class any time, fee is pro-rated. Sign up for the remainder of the series and pay \$15/class. Drop-in fee: \$20. Make up for missed classes by attending any other class during the current session.

Instructor Maggie teaches these classes at the Clubhouse:

Tuesdays 9:00 - 10:30 am. Yoga with Weights. 8 weeks/ \$120. 4/25-6/13/06;

Thursdays 10:00 - 11:30 am Gentle Yoga. 7 weeks/\$105. 4/27-6/8/06;

Fridays 9:00-10:30 am Mixed Level 7 weeks/\$105. 4/28-6/9/06

Additional classes are available weekday evenings at the Potomac Tennis Club and also a prenatal class Saturday mornings. Contact Maggie Wong: 301-365-2424; maggie@yogaplus.com; or visit www.yogaplus.com for a complete description of classes.

Classifieds - ISO & For Sale & Help Wanted

IN SEARCH OF Playdates - 2 ½ year old twin girls (Rena and Zahava) and 6 month old boy (Sammy) looking for weekday playdates. Swingset and lots of toys at 8409 Magruder Mill Ct. Call mom (Michal Freedhoff) evenings or nanny (Cherry Howard) days at 301 767 9721.

ITEMS WANTED

"Junk with potential" for The Kids Studio art classes. Tiles, wood scraps, old frames, paint, fabric. Call Kristina 301 767 9738.

IN SEARCH OF Administrator for Carderock neighborhood email list CS-Chat. The list is already set up and has members on it[.....For those who want to join CS-Chat to keep informed of neighborhood events and issues, send an email with your name and street address to

cs-chat-subscribe@yahoogroups.com]. Need someone to periodically add additional members. Required skill: attention to detail. Payment: Smiles and thanks from your neighbors. Contact Margie Orrick, **cs-chat-owner@yahoogroups.com**

FOR SALE

Furniture for sale in very good condition. Beautiful pair of matching coffee and lamp wrought iron and wood **tables** with glass top; tall glass table with 2 high **stools**; pair of chrome and leather easy **chairs**, cane **sofa**, pair of wood end tables with drawer; pair of straight backed wooden chairs, cane seat,; IKEA metal loft **bed** (assembly required); SONY **TV** tube flat screen, excellent condition; **lamps**. Contact Reidar Kvam 202 281 4190.

HELP WANTED

Part-time Housekeeper/Babysitter to help make our family and house happy. 10-15 hours per week. I am flexible about days and hours. Whatever works for you! Job includes the usual: help with laundry, dishes, meal prep, general clean-up (But not "real" cleaning), and some supervising of and playing with my kids (9, 7, and 3). But not all those things at once. Someone who likes to cook would be a huge bonus. Must have your own transportation. Call Jennifer at 301-365-1953.

Summer Babysitter for 6-year old for three to five days per week, June 26 through July 14, from 3:00 to 4:30 pm. Please call Elise at 301-365-0264 or email **elisecap@hotmail.com**

Classifieds - Help Wanted & Recommended

Home Care Helper. No Medical Experience Required. Live in or Live out. Looking for a reliable, English speaking female companion/ assistant(s) for a nice, retired lady who has Parkinson's Disease in need of mobility assistance and help with daily care (showering, dressing, and taking medications). Although her body is weak, her mind is fine and she can communicate quite normally. Private room and bath, with TV, for this helper. We currently have a small group of excellent people covering most of the daytime requirements, but are looking for one or more people to take care of overnight shifts. Our priorities are:

1. Someone for the 6PM to 9AM shift who could respond to needs during the night. Weekday night coverage is urgently needed due to current school requirements of some of our helpers.
2. On a longer term basis, someone who could live-in and exchange some of the services for room and board.

Some cooking skills would be helpful. Applicants must have their own transportation (car) since the home is not near a bus or metro stop. Personal references and a background check will be required. Please respond with as much detail as possible about your past experience and which days or hours you are willing to work. Call Jennifer 301 299-3549.

Typist needed for occasional documents such as CV, professional profile. Needed soon: CV. Microsoft Word. Call 301 469 8665 and leave message, or e-mail asbjrmd@aol.com. Rates negotiable.

RECOMMENDED

Piano Instruction by classically trained Russian pianist (BS and MS in Musical Performance). Many students in this area. Her group has a piano recital twice a year. Last recital was in January at Summerville in Potomac and included 13 students at various skill levels. Recommended by Jennifer Siegel. Contact Lora Shtirberg 301 762 7553.

Assemble Flat-Pack Furniture. We highly recommend Ted Curtz for assembly and installation of flat-pack furniture. He installed hanging wall IKEA kitchen cabinets for us and while he is especially familiar with IKEA, he is experienced and highly efficient with several other brands of home furniture as well. Recommended by R. and I. van Raalte, 301-469-0192.

Painter. Ali Nesva is trustworthy, a good worker and reasonably priced. 301-906-8994. Recommended by Mary Lou Shannon

Classifieds - Services Available

SERVICES AVAILABLE

Tutor. Are you looking for customized, substantive summer tutoring that won't eat up weeks of your busy schedule? Extra Credit Academic Support & Enrichment features individual and small-group (no more than 4 students) workshops led by experienced educators and tailored to the specific needs of participants in upper elementary, middle, and high school. Flexible scheduling, grouping, and locations (home, library, etc). Registration is underway for Summer 2006 workshops, including Summer Reading/Writing, Nonfiction Reading/Writing, Algebra 1 Review, Middle School Math Review/Preview, and College Application Essay Writing. Workshops are offered on a first-come, first-serve basis, on weekdays from June 19 - August 5. Contact former CSES teacher Tom Sellevaag at 202.338.4445 or extracreditinfo@gmail.com.

Pet and Plant Caretaker. If you need someone to walk your dog and/or take care of your homely chores while on vacation or during the day, please call me. I am a senior at Whitman and love animals. Dylan Barbash 301 365 6522.

Gutter Cleaning and Driveway Sealing. Gutters cleaned, roofs swept: standard Carderock house \$65. Driveways sealed too. Call for estimate. Dan and Eric 301-365-6237 email: elbruestle@smcm.edu

Private Swim Lessons with Helena Nannes. Be cool in the pool! Improve your swimming or learn to swim. From beginner through early advanced, I can help you get comfortable with the water, develop the four basic strokes, or improve racing techniques with specialized drills. I have 10 years MCSL experience (including All-Stars), 5 years with Sea Devils, 2 year DC Metros qualifier, and 2 years Whitman varsity starter. Life guard-certified and pre-team coach. Call or email Helena Nannes for scheduling 301 767 0086 or Asmartblonde@comcast.net

Private Swim Lessons with Jesse Sobrino. Ready for the pool to open? Get a head start by scheduling lessons now for beginner and intermediate level swimmers. My experience: Pre-team head coach, Private lessons since 2004, Lifeguard since 2004, Four year varsity swimmer for Whitman, Carderock swimmer since 1999. Call today! Jesse (240) 505-324

Club Board of Directors

President	Tim Mealey	301 365 5620
Vice President	Mike Nannes	301 767 0086
Secretary	Fish Brown	301 767 1088
Treasurer	Tom Deyo	301 365 1247
Tennis Committee	Hilda Maibach	301 315 2124
Swim/Dive	Robyn Nietert	301 469 0140
Social Activities	Suzette Goldstein	
Facilities	Ray Sobrino	301 365 3878
Membership	Meris Sparrow	301 767 9473

Club Contacts

Manager: Larry Ondrejko 301 365 2292 carderockclub@verizon.net

Membership Secretary: Meris Sparrow 301 767 9473 pmsparrow@aol.com

Newsletter Editor: Margie Orrick 301 365 6253
carderockclubnewsletter@verizon.net

Tennis Pro: Ryan Freeman 301 365 1541 and 240 731 3872
carderocktennis@verizon.net

more Classifieds on next page →

Classifieds - Services Available

HOUSE CLEANING SERVICES AVAILABLE

My excellent, reliable, and highly recommended weekly housekeeper is seeking additional clients. Please call Lisa at 301-365-4324 and I will be happy to put you in touch with her.

Enthusiastic, with excellent references and own transportation. Available Monday through Friday. Call Gisela 301 622 2897.

Anna Maria 301 942 6743.

Excellent, honest and reliable cleaning person with 28 years experience has available time. Speaks, reads, and writes English. Call Yvanne 301 384 3915.

Experienced with Carderock references. Available Monday-Wednesday-Friday. Call Bertha 301 309 2302.

My housekeeper of more than 10 years is seeking additional work for her expanding business. She is a lovely person and a very good housekeeper. She speaks English well and is conscientious and reliable. Veronica 301 758 8099.

Club website www.carderockclub.org

Carderock Springs Swim and Tennis Club
8200 Hamilton Spring Court
Bethesda, MD 20817