



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

June 2011 CALENDAR

May 28 Sat

First Day at the Pool ! Yippee!!

- 10:30 am Pool Opens for the Season!
- 2 - 4:30 pm Tennis Social
- 3 pm Pool Games
- 6:30 pm Evening Celebration/BBQ
- 10 pm Pool Closes on first day

June 1 Wed 7:30 pm

Architectural Review Committee monthly meeting at Club

June 7 Tues 11:30 am

Women of Carderock Lunch

June 9 Th 11:30 am

Men's Lunch at Normandie Farm

June 20 Tues 7 pm

Citizens' Association monthly meeting at Club CSCA
(3rd not 1st Monday of month)

Looking Ahead:

June 20 - July 29

Summer Fun weekly program for kids at the Club

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

News from the Board and Club Manager

Welcome to the 2011 Pool Season. We are looking forward to another great summer of renewing poolside gatherings with old and new members alike.

CLUB IMPROVEMENTS UPDATE

The club is in the process of two major improvements that we are very excited about. The first is the addition of an accessible means of access to the pool deck from the entrance level. The second is the



addition of a covered deck area near the grass picnic area.

The new vertical lift (see photo) has been installed in the area at the exits of the locker rooms and is fully operational. Additionally we will be enhancing accessibility to the front entrance area with new access ramps as soon as we can secure the required building permits. In the meantime we will be installing a temporary ramp. The construction of the planned covered deck area will begin as soon as is feasible to do so without disrupting the daily operations of the pool.

SWIM TEAM PRACTICES

Due to the large number of children enrolled in the Mini and Pre Team Swim Program, we may find it necessary to close the Middle pool for a period of time during afternoon swim practices. The wading pool will remain open to all age appropriate children.

Additionally we will not have an available dedicated lap lane during afternoon swim team practices during the hours of 4 to 6 pm. We apologize for this inconvenience.

See www.CarderockClub.org for operating hours and other info.

The Board looks forward to seeing you all poolside!
Here's to a safe and enjoyable summer at the pool,

Swim & Tennis Club Board members and
Larry Ondrejko, Club Manager

POOL GAMES

Summer is almost here! Pool games at the Club will begin at 3pm on Saturday, May 28. We'll have games for the middle pool and big pool. Highlights: watermelon relays, noodle relays, "dive for ice cream challenge", a coin dive, a toy toss, and ball games.

Get ready to have fun!

3 pm Saturday, May 28



SUMMER FUN



Who can believe that Summer Fun is entering its 18th season?

A community-building endeavor, this program occupies Carderock kids and teens in organized activities at the Club Monday through Friday during the summer.

Campers are age 6 to 10, volunteer counselors are age 12 and up. The weekly fee for campers is \$225 per week. Volunteers receive Community Service hours.

Visit our website CarderockClub.org and go to the Summer Fun link to download the [registration form for campers](#) and the [volunteer form for teens](#). The six weekly sessions start June 20 and end July 29. On the registration/volunteer form, prioritize which week(s) you'd prefer:

WEEK 1: 6-20 THRU 6-24

WEEK 2: 6-27 THRU 7-01

WEEK 3: 7-04 THRU 7-08

WEEK 4: 7-11 THRU 7-15

WEEK 5: 7-18 THRU 7-22

WEEK 6: 7-25 THRU 7-29

WELCOME

- Sarah J. O and Edward Y. O with Ella and Ellise who bought 8128 Hamilton Spring Rd and are looking forward to making new friends.
- Emi Suzukie and Param Nair with Siddharta (Sid) and Tononito, Shige Ki, Nami, Haruki and Natsuko Kondo who have bought 8004 Hamilton Spring Rd and are looking forward to making new friends, too.

FAREWELL

Carderock sends a fond farewell to Alison and Chris Knight and their son Owen, who have moved to Fairhope, Alabama.

Grateful Shred & Rent the Clubhouse

4th ANNUAL GRATEFUL SHRED

Saturday, June 11, 9 am to noon
at Clara Barton Community Center

Shredding party to avoid fraud or identity theft—and clean out your home files! All-Shred, a noted firm in Frederick, MD, will provide a mobile shredding truck—inside it is a cross-cut shredder that cuts your pages into tiny paper chips. The shreds are then baled and sent to paper plants to be recycled. They will be at the Clara Barton Community Center, 7425 MacArthur Blvd in Cabin John, on Saturday, June 11 from 9 - noon. There is a \$5 per box suggested donation and all proceeds benefit the community center.

Note that All-Shred has no problem shredding home office papers along with paper clips, staples, rubber bands, folders, binder clips, hanging folders (even with metal strips), and labels. But they don't do newspapers, 3-ring binders, cardboard, heavy plastic, heavy metals, boxes, trash, floppy disks, or CDs.

CARDEROCK CLUBHOUSE AVAILABLE TO RENT



Looking for a great setting to hold your next special occasion, day long retreat, seminar / training session or business luncheon?

Consider the Clubhouse at Carderock Springs Swim and Tennis Club.

A spacious room within a tranquil wooded setting with large flat screen TV, audio equipment and high speed wireless internet service is available.

Please contact the manager Larry E. Ondrejko
carderockclub@verizon.net or telephone 301.365.2292

Visit our web site CarderockClub.org



IMPORTANT DATES AND TIMES

Memorial Day Social! Saturday May 28, 2 - 4:30 pm

Summer daytime programs: June 20 to August 12

Summer evening programs: June 20 to July 29

Evening Schedule:

Tiny Tots. Tues and Thurs 5:45 - 6:30 pm.
Up and Comers. Tues and Thurs 6:30 - 7:30 pm
Players on the Rise. Mon and Wed 6 - 7:30 pm
Tournament Training. Mon and Wed 6 - 7:30 pm

Cost of Players on the Rise and Tournament Training:
1 week \$45, 2 weeks \$80, 6 weeks \$180.

Weather policy: If it is raining or weather looks like it may be a factor, please call 301-365-1541. I use this number to relay messages and will post information at least 45 min prior to a clinic IF IT IS CANCELED. Again, I only post a message if the clinic is canceled. If the message does not say class is canceled, then expect class to take place.

For more information on a variety of Carderock tennis programs for kids and adults, please email Nitin and visit our website www.carderocktennis.com.

Thanks,
Nitin Deodhar
Carderock Springs Swim and Tennis Club



Exercise Classes and Social Groups

WATER AEROBICS at the Club

- Tues and Thurs mornings, 10:30 am, starting June 28 through August 18 with Karin Baker. \$56 for once a week, \$105 for twice a week, \$8 for drop-in classes. It is not necessary to be a Club member to take Karin's water aerobics classes.

TANYA NEIDER'S STRENGTH & STRETCH EXERCISE CLASSES at the Club

- Mondays and Wednesdays, 9 to 10 am, fee is \$10 per class, drop-in fee \$15
- Improve body strength, flexibility and balance while firming all major muscle groups using free weights & exercise. Includes body warm-up, strength training, abdominal work, and cool down stretch. Bring a mat/towel and light hand weights (some available at Clubhouse). Tanya has certifications as a Lifestyle Fitness Coach, ACE Personal Trainer and in CPR/AED. Tanya Neider 301 365 2338, tjneider@juno.com

MAGGIE WONG'S YOGA/EXERCISE CLASSES at the Club - join any time

- Tuesday and Thursday 9:00-10:30 am. Yoga and light hand weights for flexibility, strength and peace of mind.

Evening classes at Potomac Methodist Church: Tuesdays and Thursdays at 7:30 - 9:00.

Visit www.yogaplus.com or call Maggie 301-365-2424 for more information and to sign up.

Body Massage Ball Workshop

Carderock Springs yoga teacher Maggie Wong also specializes in the use of the Body Massage Ball for achieving deep tissue massage, acupressure release and overall body flexibility. She holds periodic workshops to teach the use of the ball for improved flexibility and pain management. Please email maggie@yogaplus.com for more information.

CARDEROCK SENIOR MEN'S GROUP LUNCH

June 9, Thursday 11:30

The next Carderock Senior Men's lunch will be on June 9 at Normandie Farm.

Social hour at 11:30 - 12:00, lunch at noon. Questions? Contact Doug Robinson, 301 365 7503.

WOMEN OF CARDEROCK

June 7, TUESDAY 11:30

The June meeting of the WOC will be a trip to the National Harbor. We will meet at the clubhouse parking lot at 11:30am to carpool for the trip. Please note the date is TUESDAY, June 7.

If you plan to join us, please RSVP to Marilyn Mayerfeld at 301-469-6004. It should be a fun outing.

Wanted, For Sale and Services Available

WANTED

Donations for the Washington Humane Society: Towels, blankets, animal beds, hand sanitizer, baby gates, hard rubber toys, clay kitty litter, Bird cages and toys, aquariums, etc. To arrange pick up from your home, contact Victor 301 263 9050 or email Fossilizedvic@aol.com

FOR RENT

2 furnished bedrooms, 1 bathroom and fridge, plus laundry & kitchen privileges. Recently renovated. Peaceful views of garden, trees, parkland, deer from Park Overlook area. \$600 each, all utilities included. Call Sally Huber 301 469 7778.

RECOMMEND

Greg Bryant of Bryant Home improvements offers bathroom and kitchen remodeling, home repairs and other construction. During the last 25 years he has built my 2-car garage and a sunroom addition to my house, a new balcony, done repairs, all with excellent workmanship at moderate prices. Call Greg at 301 926 9004. Recommended by LaRee Simon 301 365 8304.

Reliable, trustworthy, efficient housekeeper with excellent references is available 2 days a week. Call Sonia 240-381-3572 . Recommended by Margery Sellinger.

SERVICES AVAILABLE



The Compost Crew provides containers for your organic trash, will pick up it up weekly from your home, take it to an organic farm, & 6 months later deliver high grade compost to you. Keep organic trash out of landfills, support the environment & local entrepreneurs (Whitman graduates who are now graduates of Dartmouth & Vanderbilt). www.TheCompostCrew.com

"Eat To Be Well, Eat To Stay Healthy!" Chef Bernard - Personal Chef. Affordable meals prepared in a commercial kitchen, packaged & labeled with reheating instructions, delivered to your home every Monday or Tuesday. www.chef-bernard.com , (301) 830-1608, email bernard@chef-bernard.com

Tutor Available Janna Haynes, M Ed., previously an elementary school teacher for 6 years, have been tutoring students 2nd - 8th grade for 5 years in reading, mathematics (up to Algebra and Geometry,) & writing. Will come to your home, \$65/hour. Please call 202-486-4879 or email janna.haynes@gmail.com.

Services Available, cont.

Experienced Spanish/English-speaking Babysitter/Tutor: Certified to tutor young kids in math, reading, English & Spanish. Can also provide assistance w/ routines & managing unwanted behavior in ages 1 to 8. Reference: KarenRoman1@gmail.com. Contact Paty Franco 301-529-6993, 4infinitehope@gmail.com

Bass lessons w/ 25 yrs performance & teaching experience, upright & electric. Improv, theory, ear training. Has prepared students for Conservatory entrance & auditions w/ great success. Flex schedule, will come to you. Recommended by the Todd family. Sal Deraffele 301.933.4622, saldbass@gmail.com .

Guitar and mandolin instruction for kids or adults by Carderock parent Mike Rychlik. Electric and acoustic guitar and mandolin lessons in a broad range of genres such as Bluegrass, Jazz, Blues, Old Time, Country and Rock. Also instrument repair and set-up. Call 301-365-8022 or email rychliks@gmail.com

Allegretto Studio offers piano, violin, cello, music theory, lessons. 301 379-6681, 301 762-7553, Allegrettostudio@yahoo.com

Summer House Sitter Available. Responsible and reliable former Carderock resident Owen Knight (rising sophomore at Tulane University) is available June 15-August 15 to stay in your home , feed and walk pets, water plants, bring in the newspaper and mail, etc. 301-538-8531 or email at oknight30@gmail.com

Teacher/artist looking for a long term place to live - house sit or barter for art lessons. My wonderful black lab Betty would like to come with me. Contact earthtoskystudio@gmail.com or call 240-899-4193. Local reference who vouches for Ally's maturity & responsibility: Barbara Feuer 301-365-0113

Experienced babysitter home from Reed College is available for any age, any time of day/night through late August, has a car. Has worked with children through mentoring and tutoring. Please contact Sammie Massey 301-787-4806 or masseys@reed.edu .

Experienced babysitter and dog sitter available days, evenings and week-ends. Claire Silverstein is a responsible rising sophomore at the University of Wisconsin. Red cross certified. Please contact claire.silverstein@gmail.com or 301-297-2917 after May 20.

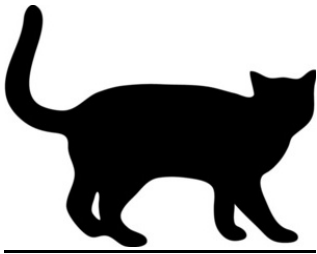
Responsible, hardworking Whitman student is available to babysit. I am happy to play games & sports, do artwork, read & cook for kids & can also help out by emptying dishwashers, folding laundry, straightening up, & doing other household chores. Call Anna Volkov, cell phone 240-997-6539 or home, 301-365-1981.

Experienced babysitter available on weekends and weeknights. Whitman senior Emily Deyo has flexible hours and really enjoys being with children. Completed a Child Development class focusing on ages 3 to 5. Contact emily.deyo@yahoo.com (preferred) or Cell: 301-335-9879, Home: 301-365-1247

Services Available, cont.

Experienced Nanny available in the mornings 'til afternoon. Is reliable, has taken superb care of our daughter for 6 years. Peruvian, speaks fluent English, has her own car. Alejandrina Alonzo h-301 270 0727, c-301 8069423 or call Carderock reference Beth Vergnetti h-301 320 7455, c-301 351 6620.

Experienced babysitter and pet sitter available. Red Cross Certified Babysitter. Experienced Pet Foster Parent. Local references available. Whitman High School junior and Carderock resident. Please contact Adrienne Remijan at 301 365-1725.



Pet-sitting, dog-walking, or any other pet-related activities. 14 year old Shoshana, an experienced pet owner, is responsible and available to walk/play/care for your pets. Call Shoshana Leventhal at 240-715-2826 or Maureen at 240-498-4887 or Penny at 240-899-3954.

Cabin John Dog Walking: Mid-day walks to keep your pets happy and healthy. Carolyn 301 257 1076.

Experienced pet sitter available. I love animals and have taken care of a variety of cats, dogs and small animals in the neighborhood. I have 2 pets of my own. I will make sure your pet is happy and not lonely while you're away. Please contact 9th grader Sylvia Deyo: dragonsister424@gmail.com or 301-365-1247

Whitman senior available for pet sitting, walking dogs and taking care of cats and other animals. Experienced. I love animals. Please call Natasha at 301 469 4973

Petsitter available. Experienced pet owner (cats, dogs, and small animals) who has lived in Carderock Springs for over 25 years and has had pets all her life, references available. Call Susan Burkhalter, 301-469-8728, e-mail scastlekep@aol.com

Responsible Whitman freshman with years of experience in the art of the pooper scooper is available for watering plants, checking for mail, newspapers, packages, dog walking, and caring for small animals in your home (cats, bunnies, etc.). Please call T.J. today! 301-908-5646/cell, 301-767-9747/home.

Services Available, cont.

Planning a move? Downsize-Etc guides seniors through every step of the moving process including where to move, staging your property for sale, what to keep, what to sell, packing/unpacking & a final clean-up. Don't be overwhelmed. Turn an ordeal into a truly pleasant experience. Nancy Malphrus 301 873 0795.

Reading specialist Cheryl McLaughlin (Glaessner), Ed.D., has been teaching elementary school children for 17 years. Many references available. If you suspect that your child is having some difficulty in reading and would like help, please call 301 365 7530 or email cmglaessner@yahoo.com

Exercise Physiologist offers custom personal training based on your goals, your sport & your fitness level through weightlifting, strength yoga, toning & flexibility. Improve existing injuries through exercises & specific/targeted stretching. Includes diet/nutritional needs & pitfalls. Stefi Huber 301-767-1057.

Carderock's gutter cleaner of choice is Thierry Callier, who works to high standards or better. Unchanged price policy: \$85 for any standard Carderock house, a bit more for big extensions. Also available for odd jobs including heavy lifting. Contact bigfrog002@yahoo.com, phone 240-644-3312.

Jose Luis will help with any and all chores, in and around the house, including indoor repairs, gardening and yard cleanup, lawn mowing and mulching, garage cleaning, painting or any kind of heavy work, on a reasonable hourly basis. Contact Carderock neighbor Ray, 301-469-0192.

Lawn Mowing, Reseeding, Leaf Raking, Snow Shoveling - all your yard and lawn care needs. Energetic high school senior. Dmitri Schill H: 301-469-4973 C: 240-361-7769

Our company provides the following services at reasonable rates: Mulching, Bush Trimming, Lawn Mowing and Maintenance, Leaf Cleanup, Rototilling, Aerating/Dethatching/Seeding and more! Please call 301-840-9509 or e-mail aaron@gratzlawncare.com to schedule an estimate.

I Build Construction. Serving the Carderock community for over 5 years. Additions, kitchen and bathroom remodeling, basement finishing and waterproofing, decks, flooring, roofing, siding, fine carpentry, etc. www.ibuildmd.com or Alex Shatskov at 301-358-4806.

Computer Services - DC/PC Computer Support offers friendly, personalized maintenance, repairs, upgrades, tune-ups, new pc setups, virus and spyware removal, networking and training. Telephone and e-mail support is also available. Email support@dc-pc.com or call Jim at 202 841 0873.

House Cleaning Services Available

- Our hardworking, trustworthy housekeeper has Tues, Wed mornings and Thurs afternoons available. Millie speaks English, is comfy with pets, has own transportation and great local references. Please contact Mile directly (240-462-5453) or Lois Kramer (301-758-8088)
- Maria, a wonderful, pleasant, reliable housekeeper with her own transportation and who has worked for me over 20 years. She has every other Saturday available and I know you won't regret hiring her. Call Muriel Ebitz 301-365-7756
- Cathy Mumaw (office:301-802-1286, home: 301-515-7232) has a great team of cleaners (C&J Best Cleaning Co.) who blitz through the home cleaning and do an excellent job for a reasonable fee. Dependable, honest, and efficient. Use their own supplies unless you specify otherwise. Highly recommended by Stefanie Greene.
- Yvanne has worked as a housekeeper in Carderock for over 20 years and has a slew of references from Carderock families (including Scott and Sally Cameron and Lee Talisman) who can attest to the quality of her house cleaning, her work ethic, and her delightful personality. 301-365-3633.
- Housekeeper now available M-F (morning or afternoon) to do: cleaning, laundry/ironing, run local errands, cooking, organizing, pet care, etc. Good work and good references (experienced in Bethesda and Potomac areas, currently working for 3 Carderock families), own car. Please call Nan 240 423 6314 or leave a message.
- Enthusiastic housecleaner available M-F. Excellent references, own transportation. Please call Gisela 301 622 2897 or 240 535 4549 or leave a message.
- Anna Maria 301 933 1256. Avail Mon or Thurs.
- Maria H 301 949 7848. Available Mon and Tues.
- Experienced house cleaner with Carderock references. Available Monday and Friday. Call Bertha 240 672-3249
- My housekeeper of more than 10 years is seeking additional work for her expanding business. She is a lovely person & a very good housekeeper. She speaks English well and is conscientious and reliable. Veronica 301 758 8099.
- Housecleaner available M-F for housecleaning, laundry-ironing, has own car, good work and references. Call Sod 240 676 4344.

Vacation Rentals Available

Bethany Beach, DE Beautiful TH, just 200 yds from the dune in Tower Shores. 2010 redecorated. 4 bdrm, 3 ½ baths. 2nd flr Queen bdrm/bath & 2 bdrm sharing hall bath. Top floor master suite w/ sitting area. CAC, internet w/ wifi, cable TV, flat screen w/ surround sound. Contact: kbgraham2010@gmail.com

Duck, NC - Outer Banks Duck, NC - Outer Banks Two-level, oceanfront condo 3 bdrm, 2 bath w/ great ocean views. Family friendly community with amenities, 15% off to Carderock Club members. <http://www.outerbanksrentals.com/rental/house.html?ID=1248> or contact lisatippins@verizon.net

Corolla, NC - Outer Banks beach house rental. Beautiful waterfront home. Enjoy romantic sunsets over the water. Private pier on the water with screened gazebo and hot tub. Professionally decorated. Gourmet granite kitchen. 6 Bedrooms & 5 1/2 baths. Call Barbara 301-469-9292

Pawley's Island, SC 3-Bdrm, 2-bath resort condo on True Blue Resort, includes golf/lessons, tennis, 4 pools, and beach. Fully furnished. Offering 10% discount for Carderock families. See <http://www.vrbo.com/56199> or contact Hamilton Springs Rd Pawley's resident Denise 301-646-5829.

Murrells Inlet, SC 3-bdrm, 2-bath condo on first floor within historic fishing village. Nearby dining, stroll along the scenic walkway overlooking Inlet. Shopping & golf greens nearby. Offering a 10 % discount for Carderock families. See <http://www.vrbo.com/216319> or contact Denise 301-646-5829.

Sanibel Island, FL 2 bdrm beachfront condo, 1st floor, screened lanai, wireless internet, tennis & pool, clubhouse with daily kid activities, miles of bike trails and nearby famous Ding Darling bird sanctuary. Sleeps 6 - 8. Handicap accessible. Contact Suzanne Yokel's daughter Yael Ellis yyellis1@tampabay.rr.com

Key Colony Beach, FL 3 bdrm vacation home near Key Marathon. Sleeps 6 plus 2 more. Located across from golf & tennis courts. Great places for dinner/drinks on the beach. Fall rates: \$1450 per week. Email sabinapfogle@gmail.com. Photos: <http://www.airbnb.com/rooms/22654>

Santa Fe, New Mexico Santa Fe Casita nestled in the Eldorado Community with views of the surrounding mountain ranges. This house is perfect for a honeymoon, romantic getaway, mother/daughter-father/daughter (son) vacation, or healing journey. For more info call 240 535 7907 [new number!].

Cabo San Lucas, Mexico 3 bdrm, 3 bath Penthouse Suite avail March 10-17 at PuebloBonitoSunsetBeach.com. Suite also includes LR & DR, kitchen, full veranda over-looking the Pacific, hot tub, daily maid service. Tennis, pools, restaurants on premises. Contact Phil Rider 301-469-0231 or pmbthmd@yahoo.com



Swim and Tennis Club Contacts

CLUB BOARD OF DIRECTORS, 2011

President	Suzette Goldstein	301 469 7597
Vice President	Mike Nannes	301 767 0086
Secretary	Marie Caulfield	301 365 3675
Treasurer	Edward Bird	301 365 1953
Tennis Committee	Colette Worley	301 469 0876
Swim/Dive Teams	Robin Meyer	301 365 1370
Children/Social Activities	Jen DeMarinis	301 365 1629
Bldg and Long-Range Planning	Ray Sobrino	301 365 3878
Membership	Alison Ewing	301 469-0345

CLUB CONTACTS

Manager	Larry Ondrejko	301 365 2292	carderockclub@verizon.net
Membership Secretary	Alison Ewing	301 469-0345	alisonhewing@aol.com
Newsletter Editor	Margie Orrick	301 365 6253	carderockclubnewsletter@verizon.net
Summer Fun	Larry Ondrejko	301 365 2292	carderocksummerfun@verizon.net
Tennis Pro	Nitin Deodhar	301 365 1541	carderocktennis@verizon.net

The Swim and Tennis Club (this orange newsletter) is NOT the Citizens' Association.

Group	Website	Email to the group
SWIM & TENNIS CLUB (CSSC)	www.CarderockClub.org	
NEIGHBORHOOD CITIZENS' ASSOC. (CSCA)	www.CarderockSprings.net	
Overview of CSSC & CSCA	www.Carderock.info	
OTHER/neighbors		CS-Chat@yahoogroups.com

Other online resources in addition to the 2 websites for the Club and Citizens' Association:

- www.Carderock.info is an overview of Carderock and an easy-to-remember portal to the CSSC and CSCA websites
- CS-Chat neighborhood-maintained Yahoo group for email. While it includes topics of interest to the Club and Citizens' Association, it is not part of either of them. To join the email list of 361 of your neighbors to keep informed of neighborhood events and issues, send email to cs-chat-subscribe@yahoogroups.com

CSCA ARC Meetings, 1st Wednesday of the month, 7:30 pm



The Citizens' Association has an Architectural Review Committee meeting on the 1st Wednesday of each month at the Clubhouse. If you are considering an addition or exterior modification of your home, submit your plans for review by the 20th of the month. Design and review procedures plus other documents are available at the Citizens' Association website, CarderockSprings.net. The ARC was created by the covenants which govern your property in Carderock. ARC meetings are open for any & every community member to attend, whether you are renovating or not. Next

meeting is Wed. June 1.

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