



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

August 2012 CALENDAR

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|---------------------------------------|---|
| Aug 1 Wed 7:30 pm | Architectural Review Committee monthly meeting at Club |
| Aug 9 Th 11:30 am | Men's Lunch at Normandie Farm (2 nd Thursday) |
| Aug 16 Th noon | Women of Carderock lunch meeting (3 rd Thursday) |
| Aug 20 Mon 7 pm | Citizen Association monthly meeting at Club (3 rd Monday of month) |
| Aug 25 Sat | <u>RSVP Deadline</u> for community's 50 th Anniversary party |
| Sept 1 Saturday (<i>not Monday</i>) | |
| 2:30 - 5 pm | Labor Day Tennis Social (Adult Round Robin Doubles, all levels) |
| 6:30 pm - 9:30 pm | Labor Day BBQ Celebration with Live Music (all ages) |
| <u>Save the Date:</u> | |
| Sept 5 Wed 7:30 pm | Architectural Review Committee monthly meeting at Club |
| Sept 8 Saturday 6:30 pm | Carderock's 50 th Anniversary celebration (adults only) |
| Sept 9 Sunday 8:30 pm | Pool Closes for the Season |



This newsletter is available online at the club website: www.CarderockClub.org

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

Tennis & Pool News

TENNIS

Carderock's Junior Tennis Team finished undefeated this season! Perfect 5-0!

The Labor Day tennis social will be on the same day as the Labor Day pool party:
Saturday Sept 1, 2:30 - 5 pm.

The Fall tennis schedule has been posted on www.deodhartennisacademy.com and classes are filling up! In addition to conducting nearly all the Junior Programs at Carderock, Nitin will also conduct many of the Adult Programs including many of the Wednesday Night Men's Clinics, Ladies Team Practices, and Friday Night Cardio classes. At our Seven Locks and Old Georgetown sites, Emre Baris and Oren Stephen will be conducting many of the Junior and Adult Programs.

You can now get info, pics, and more by visiting our Tennis Facebook page www.facebook.com/pages/Deodhar-Tennis-Academy/305650312857183 and don't forget to "Like" us after visiting! I look forward to seeing you all on the courts.

Nitin Deodhar

Director of Tennis, Deodhar Tennis Academy , www.deodhartennisacademy.com

POOL

The June 29 Derecho storm with unprecedented twisting winds tossed a massive tree into the pool! Huge thanks to Manager Larry Ondrejko and his staff for working until 1:30 am to ensure the pool could open magically with no trace of the tree.

Before (June 28)



←
**Big
Tree!**

After



Lap Swimmers:



Since swim team practice is over for the season, there are *plenty* of lanes available for lap swimming.

Labor Day Celebration **BBQ** (all ages welcome)



Saturday, Sept 1 (*not Monday*)

2:30 – 5 pm Tennis Social

6:30 – 9:30 pm BBQ

Club provides: **Beer, Wine, Sodas, Live Music!**

You bring: **Food you want to grill/eat**

50th Anniversary Celebration (adults only)

Saturday, Sept 8

6:30 pm Reception, Dinner, Live Music, Dancing

RSVP with names of attendees and a check for \$35/person

Send by August 25 RSVP deadline to:

Carderock Springs Citizens Association

Box 237

Cabin John MD 20818-0237



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, CarderockCitizens.org. 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. The next meetings are Wednesday Aug 1 and Sept 5.

**Classified
Ads**

Yippee! The Carderock *Citizens' Association* is now accepting Classified Ads in the Community News (green) newsletter. While ads placed by college-age and younger students are free, there is a \$10 monthly fee for other ads. For information, contact Phil Rider: cscapres@gmail.com.

Previously, classified ads were in this *Club* (orange) newsletter.

Classes at the Club



KARIN BAKER'S AEROBIC DANCING and WATER AEROBICS at the Club

- Tuesdays 8:45 am Aerobic Dancing. \$ 7 drop in, \$63 once/week, \$126 twice/week
- Tuesdays 10:30 am Water Aerobics \$ 8 drop in, \$70 once/week, \$ 135 twice/week

Classes run through August 16. Contact Karin Baker at karin1047@aol.com

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

LAURA PROBERT'S PHYSICAL THERAPY at the Club

- Therapeutic Exercise class: Tuesdays, 12:30 -1:30 pm. Includes Total Motion Release (TMR). For people who really want to start moving and shaking after previous pain/injury but are afraid they might hurt themselves if they begin a regular fitness center class and want professional guidance to start out. \$20 drop in, or \$15 each if purchase 6 or more classes.

A healing coach right in your back yard specializing in healing, recovery and performance. Holistic approach for acute and chronic pain, injury, post-surgical dysfunction, weakness, postural strain and stress related pain.

Call Laura Probert MPT physical therapist 240 328 6073, email bodyworkspt@comcast.net, web www.bodyworksptonline.com, blog www.disciplinethemind.blogspot.com



Swim and Tennis Club Contacts

CLUB BOARD OF DIRECTORS, 2012

President	Suzette Goldstein	301 469 7597
Vice President	Paul Kissinger	301 767 0850
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
Social/Children's Programs	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	alisonewing@verizon.net
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.CarderockCitizens.org	
Overview of CSSC & CSCA	www.CarderockSprings.org	
OTHER/neighbors		CS-Chat@yahoogroups.com

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

- www.CarderockSprings.org 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 407 of your neighbors to keep informed of neighborhood events and issues, send email to cs-chat-subscribe@yahoogroups.com

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.



Plus the new pavilion is also available to rent, by itself or with the pool and/or clubhouse, too!

Please contact the manager Larry E. Ondrejko, carderockclub@verizon.net or telephone 301.365.2292
Visit our web site CarderockClub.org

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