



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

July 2012 CALENDAR

- July 7 Sat 2:30 - 5 pm Holiday Tennis Social (Adult Round Robin Doubles, all levels)
(on 7th not 4th!)
- July 14 Sat 6:30 pm - 9:30 pm Holiday Evening BBQ Celebration
NEW DATE (on 14th not 7th or 4th!)
- July 12 Th 11:30 am Men's Lunch at Normandie Farm (2nd Thursday)
July 16 Mon 7 pm Citizen Association monthly meeting at Club (3rd Monday of month)
July 19 Th noon Women of Carderock lunch meeting (3rd Thursday)

Save the Date:

Aug 1 Wed 7:30 pm Architectural Review Committee monthly meeting at Club
(no ARC meeting in July)

Sept 8 Saturday pm Carderock's 50th Anniversary celebration



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

Pool Hours, Swim/Dive Meets & Lap Swimming News

SUMMER POOL HOURS through August 26

Mon-Thurs, and Sunday 10:30 - 8:30 pm

Friday 10:30 - 9 pm

Saturday 10:30 - 10 pm (Saturday Float Night 7 pm - 9 pm)

SWIM/DIVE MEETS & LAP SWIMMING NEWS

Several times during the summer season the Cuda Swim/Dive team hosts meets at our club and we will need to close the pool for a few hours. On the dates listed below the pool will be opening late or closing early. We apologize for the inconvenience.

Dive Meets

Sunday, July 1 - after 4 pm main pool will be open for lap lane swimming only.

Middle/Baby pools remain open

Sunday, July 8 - after 4 pm main pool will be open for lap lane swimming only.

Middle/Baby pools remain open

Swim Meets (Baby/Middle/Main pools and diving well will NOT be available)

Saturday, July 7 - Pool will open at 1 pm

Wednesday, July 11 - Pool will be closing at 5 pm

LAP SWIMMING LANE availability during the swim team season

Morning/Early Bird - come swim laps at:

6:30 am to 8:00 am Mon - Fri

9:30 am to 10:30 am Sunday

Afternoons: The Cuda swim team practices from 4-7:45 pm daily (Mon-Fri) through July 13. During those hours there will always be an open swim area for all. There will also always be a minimum of 1 lap lane available for adult swim, with the exception of 4-5:30 pm Mon through Fri. Between 5:30-7:45 pm we will do our best to open a 2nd lane but that will not always be possible due to the volume of Cuda swimmers in each age group. Right now our Cuda swimmers are often stacked 4-6 deep in each lane and more than that creates a safety hazard. Opening a second lane will be up to the discretion of the Manager.

Thank you for your understanding,
Carderock Springs Swim and Tennis Club Board



No swim team practice on July 4, folks.



Holiday 4th of July Celebration BBQ

JULY 14

6:30 – 9:30 pm

4th of July Celebration on the 14th

Note new date: not the 7th or the 4th!

The date was changed to the 14th

to ensure we have an Occupancy Permit for the new Pavillion.

Evening BBQ -

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

You bring:

- whatever you want to grill/eat,
- a positive attitude, and
- a willingness to party



We'll be using the new pavilion!

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 meeting is Wed Aug 1 (the ARC committee is taking the 4th of July off!).

**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.



Pavillion will be ready July 2012

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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