



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

## March 2012 CALENDAR

Mar 7 Wed 7:30 pm	Architectural Review Committee monthly meeting at Club (1 <sup>st</sup> Wed)
Mar 8 Th 11:30 am	Men's Lunch at Normandie Farm (2 <sup>nd</sup> Thursday)
Mar 15 Th noon	Women of Carderock lunch meeting (3 <sup>rd</sup> Thursday)
Mar 19 Mon 7 pm	Citizen Association monthly meeting at Club (3 <sup>rd</sup> Monday of month)
March 26	Tennis classes begin

### Future dates:

April 22 pm, time TBD	Citizens' Association annual election meeting at the Club
April 29 6-8 pm	Women's Microfinance Initiative Potluck

### FORMS in this issue (and online at [CarderockClub.org](http://CarderockClub.org))

- Summer Fun: Registration for kids, Volunteer for teens
- Summer Employment at the Club for teens

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This newsletter is available online at the club website: [www.CarderockClub.org](http://www.CarderockClub.org)

Newsletter deadline: 20<sup>th</sup> 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](mailto:CarderockClubNewsletter@verizon.net)

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## CLUB MEMBERSHIP NEWS

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It's that time again... renewal notices for the 2012/13 season of the Carderock Springs Swim and Tennis Club (CSSC) have been mailed. If you did not receive your envelope and form, please contact me at [alisonewing@verizon.net](mailto:alisonewing@verizon.net). **If you wish to be an active member this year, please review and update the info on your application form and return it along with your payment before March 1, 2012.** **A \$75 late fee is due with payments received after March 1.**

Even if you don't intend to be active this year, please return the notice with any corrections and indicate your wish to be inactive. This will save the expense of a second mailing, which our by-laws require for Sustaining Members Type 1 and 2.

Two changes to be aware of this year:

1. CSSC membership dues have gone back down to 2011 levels (with slight rounding to even numbers).

	<u>2011</u>	<u>2012</u>
Sustaining 1 and 2	\$795	\$700
Annual	\$940	\$850
Senior	\$690	\$600

2. In an attempt to save trees and printing costs, the CSSC newsletter has gone "green." You will now be receiving an electronic link to the newsletter at the beginning of every month instead of a hard copy delivered to your house (with the exception of the May and November issues which will continue to be delivered by hand). **The ENewsletter will be sent to the PRIMARY e-mail listed on your enrollment form so please make sure it is up-to-date!**

Alison Ewing  
CSSC Membership Secretary  
[alisonewing@verizon.net](mailto:alisonewing@verizon.net)

### **New to Carderock?**

If you are new to the Carderock Springs Community, Welcome! The membership renewal forms are mailed out to every house that is eligible for Sustaining Membership Type 1 (see below). If you have moved into a home in Carderock Springs - either bought or rented - since last spring and you receive an enrollment form with the incorrect information, please contact me so I can update the database with your information and answer any questions you may have. The enrollment letters will include information about the \$1,000 initiation fee for purchasers of Carderock Springs homes.

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## Tennis, Summer Fun & Future Events at the Club

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### TENNIS

Thank you all for your early registration! The spring 2012 classes have begun filling up and classes begin the week of March 26th. Summer registration has also begun, so please review the several options we now have! Please remember that this year we are offering classes at both Carderock and Old Georgetown Club. When registering please look at which site the clinic is held.

Please visit the website [www.carderocktennis.com](http://www.carderocktennis.com) for all program information. Space is still limited so send in your registration forms to reserve your spot. I hope to see everyone on the courts this spring and summer. I am excited to return for my 5th season!

Nitin Deodhar: Director of Tennis at Carderock, Deodhar Tennis Academy

### SUMMER FUN

Carderock's popular Summer Fun program includes neighborhood teens supervising elementary school kids in organized activities at the Club from 10 am to 3 pm weekdays over 6 weekly sessions beginning Monday, June 18.

Come and get to know each other!



We are currently accepting applications for volunteers to assist Summer Fun program staff. You must be at least 12 years of age on or before June 18, 2012. You must commit to a full week of service. You will receive volunteer SSL hours which you report to your school. Due to the high number of volunteer requests, you may not be chosen for more than one (1) week of the six week program. All positions will be filled on a first-come basis and the number of program participants enrolled will determine the number of volunteers per week. When submitting your application please indicate your first, second and third choices for weeks.

We are currently accepting Registrations for the 2012 Summer Fun Program for children ages 6 through 10. Each weekly session includes team building activities, tennis, swimming, art instruction and fun related skill-enhancing games. Thank you for your interest in Carderock Club's Summer Fun program. We hope your children and teens will enjoy their experience.

**CITIZENS' ASSOCIATION Annual Election Meeting at the Club**

**April 22**

Come participate in your community!

**WMI POTLUCK**

**April 29, 6 - 8 pm**

Mark your calendars for the 5th annual WMI POTLUCK Fundraiser at the Club on Sunday, April 29th from 6:00 - 8:00 PM. Join us to hear about the progress of the microloan program that is changing the lives of families throughout East Africa. The food will be great and the company even better! More details to follow as we get closer to the event.

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## Classes at the Club

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### **DONNA BLANK'S FELDENKRAIS Awareness Through Movement CLASSES at the Club**

Carderock resident Donna Blank offers Feldenkrais Awareness Through Movement classes to experience natural ease in action, a more relaxed presence, and more embodied living which translates to whatever you do - working at the computer or smiling with your whole self.

- Wednesdays through March 21, 1 pm to 2:15 pm. \$270 for 11 classes.
- Sunday workshop "Getting Grounded". March 18, 10 am to 5 pm. \$95

Donna Blank, MS, CMA, CFP/CFT, Feldenkrais Practitioner/Trainer and Laban Movement Analyst. She has taught in schools and universities as well as privately throughout the world for 35 years. For more information, call 301 469 8665 or email [donnahblank@gmail.com](mailto:donnahblank@gmail.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](mailto: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](http://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](mailto:maggie@yogaplus.com) for more information.

### **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](mailto:bodyworkspt@comcast.net), web [www.bodyworksptonline.com](http://www.bodyworksptonline.com), blog [www.disciplinethemind.blogspot.com](http://www.disciplinethemind.blogspot.com)



# Teens

**CARDEROCK SPRINGS SWIMMING CLUB**  
**SUMMER FUN 2012**  
**COMMUNITY SERVICE / VOLUNTEER APPLICATION**  
To be eligible, applicants must be 12 years or older by June 18th, 2012.

**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.)

**WEEK 1** \_\_\_\_\_ **6/18 - 6/22**      **WEEK 4** \_\_\_\_\_ **7/09 - 7/13**

**WEEK 2** \_\_\_\_\_ **6/25 - 6/29**      **WEEK 5** \_\_\_\_\_ **7/16 - 7/20**

**WEEK 3** \_\_\_\_\_ **7/02 - 7/06**      **WEEK 6** \_\_\_\_\_ **7/23 - 7/27**

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

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**PLEASE SUBMIT A BRIEF STATEMENT WHY YOU WANT TO VOLUNTEER IN THE SUMMER FUN PROGRAM AT CARDEROCK CLUB.**

**CARDEROCK SUMMER FUN PROGRAM  
REGISTRATION FORM 2012**



**REQUIREMENTS:**

**CHILD MUST BE (6) YEARS OF AGE AS OF JUNE 18 2012, ENTERING FIRST GRADE AND NO OLDER THAN (10).**

**CHILD'S 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 \$ 250**

	<b>DATE</b>	<b>CHOICE</b>	<b>FEE</b>
<b>WEEK 1</b>	<b>6-18 THRU 6-22</b>	_____	<b>\$250</b>
<b>WEEK 2</b>	<b>6-25 THRU 6-29</b>	_____	<b>\$250</b>
<b>WEEK 3</b>	<b>7-02 THRU 7-06</b>	_____	<b>\$250</b>
<b>WEEK 4</b>	<b>7-09 THRU 7-13</b>	_____	<b>\$250</b>
<b>WEEK 5</b>	<b>7-16 THRU 7-20</b>	_____	<b>\$250</b>
<b>WEEK 6</b>	<b>7-23 THRU 7-27</b>	_____	<b>\$250</b>

**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 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 in the program.**

**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 #** (\_\_\_\_\_)

**MEMBERSHIP NUMBER** \_\_\_\_\_

**CARDEROCK SPRINGS SWIMMING CLUB, INC.**  
**SUMMER 2012 EMPLOYMENT APPLICATION**

To be employed you will need a current signed work permit and all tax forms completed prior to employment.

**NAME:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_  
\_\_\_\_\_

**TELEPHONE NUMBER:** (\_\_\_\_) (\_\_\_\_) (\_\_\_\_)

**DATE OF BIRTH:** (\_\_\_\_) (\_\_\_\_) (\_\_\_\_)      **AGE** (\_\_\_\_)

**SOCIAL SECURITY NUMBER:** (\_\_\_\_) (\_\_\_\_) (\_\_\_\_)

**E-MAIL ADDRESS:** (\_\_\_\_\_)

**CURRENT YEAR IN SCHOOL:**      9      10      11      12      GRADUATE

**PLEASE INDICATE YOUR AVAILABILTY TO WORK:**

<b>MONDAY</b>	_____	<b>10 – 3:30</b> _____	<b>3:30 – 9:00</b> _____
<b>TUESDAY</b>	_____	<b>10 – 3:30</b> _____	<b>3:30 – 9:00</b> _____
<b>WEDNESDAY</b>	_____	<b>10 – 3:30</b> _____	<b>3:30 – 9:00</b> _____
<b>THURSDAY</b>	_____	<b>10 – 3:30</b> _____	<b>3:30 – 9:00</b> _____
<b>FRIDAY</b>	_____	<b>10 – 3:30</b> _____	<b>3:30 – 9:00</b> _____
<b>SATURDAY</b>	_____	<b>10 – 3:30</b> _____	<b>3:30 – 10:30</b> _____
<b>SUNDAY</b>	_____	<b>10 – 3:30</b> _____	<b>3:30 – 9:00</b> _____

**EMPLOYMENT / LEADERSHIP / VOLUNTEER EXPERIENCE:**

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Please submit a short statement with your completed application explaining why you want to work at the club and why we should hire you.

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**Swim and Tennis Club Contacts**

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**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)	<a href="http://www.CarderockClub.org">www.CarderockClub.org</a>	
NEIGHBORHOOD CITIZENS' ASSOC. (CSCA)	<a href="http://www.CarderockSprings.net">www.CarderockSprings.net</a>	
Overview of CSSC & CSCA	<a href="http://www.Carderock.info">www.Carderock.info</a>	
OTHER/neighbors		<a href="mailto:CS-Chat@yahoogroups.com">CS-Chat@yahoogroups.com</a>

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

- [www.Carderock.info](http://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 394 of your neighbors to keep informed of neighborhood events and issues, send email to [cs-chat-subscribe@yahoogroups.com](mailto: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.

Please contact the manager Larry E. Ondrejko  
[carderockclub@verizon.net](mailto:carderockclub@verizon.net) or telephone 301.365.2292  
Visit our web site [CarderockClub.org](http://CarderockClub.org)

**CSCA ARC Meetings, 1<sup>st</sup> Wednesday of the month, 7:30 pm**



The Citizens' Association has an Architectural Review Committee meeting on the 1<sup>st</sup> 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 20<sup>th</sup> of the month. Design and review procedures plus other documents are available at the Citizens' Association website, [CarderockSprings.net](http://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. The next

meeting is Wed March 7.

**Carderock Springs Swim and Tennis Club**

**8200 Hamilton Springs Court**

**Bethesda, MD 20817**