



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

May 2012 CALENDAR

- April 29 Sun 6-8 pm Women's Microfinance Initiative Potluck
- May 2 Wed 7:30 pm Architectural Review Committee monthly meeting at Club (1st Wed)
May 10 Th 11:30 am Men's Lunch at Normandie Farm (2nd Thursday)
May 17 Th noon Women of Carderock lunch meeting (3rd Thursday)
May 21 Mon 7 pm Citizen Association monthly meeting at Club (3rd Monday of month)
- May 26 Saturday
10:30 am POOL OPENS for the season !!!
6:30-9:30 pm Opening Day BBQ

Save the Date:

Sept 8 Saturday pm Carderock's 50th Anniversary celebration

FORM in this issue:

- Summer Fun Registration for Kids

FORMS online at www.CarderockClub.org:

- Summer Fun Registration for Kids, Volunteer for Teens
- Summer Employment at the Club for Teens

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 and Swim Team Practice Schedule

POOL HOURS May 26 - June 17

3:30 - 8:30 pm Monday through Friday

10:30 - 8:30 pm Saturday and Sunday

SWIM PRACTICE SCHEDULE

Swim Team

Pre-Summer (May 29 - June 12)

4:45 - 5:30pm 8 & under

5:30 - 6:15pm 9-10s

6:15 - 7:00pm 11-12s

7:00 - 7:45pm 13up

Summer (June 13 - July 20)

Morning practices:

8:00 - 9:00 am for swimmers 11 and up

9:00 - 10:00 am for swimmers 10 and under

Afternoon practices:

4:45 - 5:30 pm for swimmers 8 & under

5:30 - 6:15 pm for swimmers 9-10

6:15 - 7:00 pm for swimmers 11-12

7:00 - 7:45 pm for swimmers 13 & up

Pre-Team (June 18 - July 13)

9:00 - 10:00 am

3:15 - 4:00 pm

4:00 - 4:45 pm

* Possible add'l pre-team practice from 7:00-7:45pm depending on lane availability

Mini Cudas (June 18 - July 13)

9:00 - 10:00 am in the middle pool

3:15 - 4:00 pm in the middle pool (limit of 10)

4:00 - 4:45 pm in the middle pool (limit of 10)

4:45 - 5:30 pm in the middle pool (limit of 10)



GO CUDAS !

A parent or caregiver must be on the pool deck at all times during the Mini-Cuda lessons.

OPENING DAY



Saturday May 26

10:30 Pool Opens for the season !!!
6:30 - 9:30 pm Opening day BBQ celebration

SUMMER FUN - 16th SEASON!

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 Registrations for the 2012 Summer Fun Program for children ages 6 through 10. The registration form is on the last page of this newsletter and also online at CarderockClub.org. Each weekly session includes team building activities, tennis, swimming, art instruction and fun related skill-enhancing games. We hope your children and teens will enjoy their experience.

**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.

WMI Potluck and Ask The Experts

WMI POTLUCK DINNER

Sunday, 4/29 6 to 8 pm at the Club

The potluck benefits the Women's Microfinance Initiative, a Bethesda (Carderock!)-based microloan program fighting poverty in East Africa. This is WMI's annual fundraiser. See www.wmionline.org for more info.



Ask the Experts

Q: I have heard of corrective exercise, but I don't really know the difference between regular exercise and corrective exercise...

A:

Regular exercises, whether they are strengthening, cardio, flexibility or endurance exercises, are meant to improve fitness in an overall, bilateral (both sides of your body), general way.

Corrective exercises are prescribed to balance out an asymmetry in the body that is causing tightness, restriction, pain or injury. A corrective exercise focuses on the imbalance and so is usually unilateral (done on one side of the body).

Classes at the Club

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.

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



HEALING MOVES 2012

1 - 4:30 pm, Saturday, May 12

A fabulous half day workshop to cultivate awareness, optimize alignment and awaken the heart!

Presented by a trio of experts in movement therapy:

Laura Probert MPT - of Bodyworks Physical Therapy

Maggie Wong - of Yoga Plus

Lisa Johnson - of Lisa Johnson Yoga

See www.bodyworksptonline.com and click Classes & Workshops for more information.

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

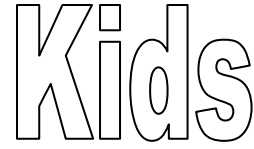
The Swim and Tennis Club (this orange newsletter) is NOT the Citizens' Association.

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

**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

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

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 _____

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 May 2.

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

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