



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

September 2012 CALENDAR

Aug 25 Sat

RSVP Deadline for community's 50th Anniversary party

Sept 1 Saturday (*not Monday*)

2:30 - 5 pm

Labor Day Tennis Social (Adult Round Robin Doubles, all levels)

6:30 pm - 9 pm

Labor Day BBQ Celebration with Live Music (all ages)

Sept 5 Wed 7:30 pm

Architectural Review Committee monthly meeting at Club

Sept 8 Saturday

5 pm

Pool closes early at 5 pm to get ready for 50th

6:30 pm

Carderock's 50th Anniversary celebration (adults only)

Sept 9 Sunday

5 - 7 pm

Final Float Night of the Season

8:30 pm

Pool Closes for the Season

Sept 13 Th 11:30 am

Men's Lunch at Normandie Farm (2nd Thursday of the month)

Sept 17 Mon 7 pm

Citizen Association monthly meeting at Club (3rd Monday)

Sept 20 Th noon

Women of Carderock lunch meeting (3rd Thursday)

Sept 22 Sat 1-3 pm

Carderock Wellness Day at the Club (free!)

Save the Date:

Oct 7, Sunday 2-5 pm

Annual Fall Fest at the Club - Kid Games! Recipe Contest! Unicef!



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

Carderock Wellness Day

You can't beat this offer: it's nearby and free.....

Saturday, Sept 22, 2012 1 pm to 3 pm at the Club

The Carderock Club Wellness Day is FREE!



An amazing group of health and wellness people have joined forces. Come meet us at the Club and be inspired!

Explore the fields of physical therapy, massage, myofascial release, yoga, qigong, acupuncture, nutrition, meditation, martial arts, and more, all in your back yard! Participate in the Total Motion Release demo at 1:30 pm, and/or the yoga/body ball demo at 2:15 pm. There will also be great products for sale!

Contact Laura at Bodyworks Physical Therapy for more information: (240)328-6073, email: bodyworkspt@comcast.net

Explore the following websites for information about this amazing group of people!

www.bodyworksptonline.com

www.taekwondospirit.com

www.yogaplus.com

www.lisajohnsonyoga.com

www.nutrihealing.info

www.artofathleticstherapy.com

www.synergytrainingsolutions.com

www.wellspringclassicalacupuncture.com



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



Saturday, Sept 1 (*not Monday*)

2:30 – 5 pm Tennis Social (sign up at Club)

6:30 – 9 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 meeting is Wednesday, 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.

Tennis and other Classes at the Club

TENNIS

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!

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

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.bodyworksonline.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 412 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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