



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

February 2013 CALENDAR

February 1 Fri	Registration begins for Summer Fun!
Feb 6 Wed 7:30 pm	Architectural Review Committee monthly meeting at Club
Feb 10 Sun 5-8 pm	Reception at Club to welcome Newcomers!
Feb 14 Th 11:30 am	Men's Lunch at Normandie Farm (2 nd Thursday of the month)
Feb 21 Th noon	Women of Carderock lunch meeting (3 rd Thursday)

Future Dates:

March 1 Fri	Dues deadline for Swim & Tennis Club 2013 membership (you'll be getting a form in the mail)
March 17 Sun	Spring Egg Hunt
Apr 26/27 weekend	Family Potluck & DJ at the Club - bring a dish to share

Forms in this issue (and online at www.CarderockClub.org):

- Summer Fun Application Form for Kids
- Summer Fun Volunteer Form 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

RENEW YOUR MEMBERSHIP BY MARCH 1

NEW TO CARDEROCK?

If you are new to the Carderock Springs Community, Welcome! It's that time again... membership renewal notices for the 2013/14 season of the Carderock Springs Swim and Tennis Club (CSSC) are being mailed on Feb 1 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.

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.

A **\$100 late fee** is due with payments received after March 1.

The following is a description of the membership categories and how they work.

SUSTAINING MEMBERS TYPE 1

The 404 original homes in Carderock Springs are Sustaining Members Type 1 of the Carderock Springs Swim Club (CSSC). Sustaining Members Type 1 are either active or inactive depending on whether the people living in these homes have paid the annual membership dues. Sustaining Membership Type 1 is only available to the current residents of the 404 eligible houses and does not follow those residents after the sale or rental of one of these homes. However, Club membership (with more limited voting rights) is available to anyone who rents one of these homes. As of February, 2003, following the sale of a house eligible for Sustaining Membership Type 1, a \$1000 activation fee must be paid before the new owners can activate their membership. If the owners choose not to activate their membership in the year of purchase, they may choose to do so in any following year.

Dues for the 2013 season for Sustaining Members Type 1 are \$750.

SUSTAINING MEMBERS TYPE 2

A limited number of additional Sustaining Memberships have been made available to residents of near-by communities. This class of membership is referred to as Sustaining Members Type 2. Starting in 2006, obtaining Sustaining Member Type 2 membership status requires a non-refundable activation fee of \$1000 plus a \$1,500 refundable capital contribution. This fee grants the household limited voting rights, entitles the household to the same annual membership dues as Sustaining Members Type 1, and allows the member to become inactive in one or more years while retaining the right to rejoin the Club as an active member in subsequent years. If a Sustaining Member Type 2 decides to leave the Club, their capital contribution fee is refunded. Written requests for this type of membership should be submitted to the Board of Directors of CSSC, where they will be considered at their next monthly Board meeting.

Dues for the 2013 season for Sustaining Members Type 2 are \$750.

SENIOR MEMBERS

A reduced rate for Senior Citizens (defined as households of 2 or 1, at least one of whom is 65 years old or older) is available for both Sustaining Memberships Type 1 and Type 2. This class of membership is for unlimited use of the facilities throughout the season. A Senior membership is not available to Annual Members.

Dues for Seniors for the 2013 season are \$600.

ANNUAL MEMBERS

All members who do not hold Sustaining Memberships Type 1 or 2 are considered Annual Members. Annual Members do not have voting rights and must return to the waiting list if they go inactive for a year. The waiting list for Annual Memberships is made available in the following order or priority: 1) Families who have taken a Guest Preview Privilege in the previous season. 2) residents in neighborhoods in the Carderock sub-division; 3) in the immediate vicinity of the Carderock Springs and Carderock Springs South neighborhoods; 4) residents of the Whitman school district; 5) all others.

Dues for Annual Members for the 2013 season are \$900.

EMERITUS GUEST PRIVILEGES

Emeritus Guest Privileges were established in 2006 to encourage the participation of Senior Citizens in the community who are Sustaining Members Type 1 or Type 2 but who do not wish to purchase a full senior membership. This privilege, which will permit the occasional use of the facilities, is limited to Sustaining Members Type 1 and Type 2 households having no more than two persons, each 65 years old or older. Each senior member of the household will be entitled to 15 days use of the club's facilities. Emeritus Guest Privileges are not transferable among family members. Guests (e.g., visiting grandchildren) are still required to pay the regular guest fees. Emeritus Guest Privileges may be purchased for \$100 and must be purchased by the March 1st membership renewal deadline. A list will be kept at the front desk where Emeritus Guests will be asked to sign in when visiting the club.

PREVIEW GUEST PRIVILEGES

In order to encourage potential applicants, and give them a chance to become familiar with the swim and tennis club, we offer a Preview Guest Privilege. This will allow use of all the facilities beginning August 1, at a cost of \$350. This preview of the club is a ONE TIME ONLY privilege that may not be repeated for other members of any household who has declined an invitation to purchase a membership.

Applications for Preview Guest Privileges can be requested by e-mail at alisonewing@verizon.net beginning May 1, and will be accepted on a first come first serve basis.

Alison Ewing, Membership Secretary

TENNIS and ARC Meeting

TENNIS

Just a reminder that all Spring programs have been posted to the website and on the tennis bulletin board by the courts. We have new adult programs for the 2013 season and are looking forward to seeing everyone again this season.

Classes are filling up quickly so please send in your registration if you plan on participating. The summer 2013 programs are also posted and registration has begun for that as well.

Thanks and hope to see everyone on the courts!

Nitin Deodhar

Director of Tennis

Deodhar Tennis Academy

<http://www.deodhartennisacademy.com/>



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, February 6.

SUMMER FUN: KIDS AND TEENS

SUMMER FUN KIDS

The Club is currently accepting applications for the 2013 Summer Fun program. We are pleased to present the opportunity for children ages 6 thru 10 to attend our Summer Fun program.

Each week session will include segments of team building activities, tennis, swimming, art instruction and fun related skill-enhancing games. Each daily session will be five hours long beginning at 10 am and ending at 3 pm.



The first session will begin on Monday June 17th and the program runs for six (6) consecutive weeks.

Thank you for choosing our Summer Fun program and we hope your children will enjoy their experience.

SUMMER FUN TEENS

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 17, 2013.
- You must commit to a full week of service.
- Due to the high number of volunteer request 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.

Thank you for your interest in the Summer Fun program at the club. Both Teen and Kid Summer Fun forms are at the back of this newsletter and also online at www.CarderockClub.org

Teens - Another opportunity at the Club is to work for pay. The Summer Employment application will be available in April.

Exercise Classes and Meetings at the Club

LISA MAXWELL LORING'S FORREST YOGA, EVENINGS at the Club

- Tuesdays 7:30 - 8:45 pm starting Feb. 5. \$140/9 week session, Drop- Ins Welcome! \$18. Learn how a mindful yoga practice can give you more energy, greater strength, flexibility and overall core awareness. All levels welcome. First class free for any new student. No need to pre-register, just show up 10 minutes early! Bring Your Mat or there will also be mats available. For more information, contact Lisa Maxwell Loring, E-RYT, Embodyoga, RYT, Forrest Yoga through email Lisa@zaantiyogastudio.com or call 301.801.9230.

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 27 (no class Feb 13), 1 pm to 2:15 pm. \$275 for 11 classes. 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

MAGGIE WONG'S YOGA - join any time

- Tuesdays and Thursdays, 9 to 10:30 am. Yoga and light hand weights for flexibility, strength and peace of mind. Email Maggie@yogaplus.com and see www.yogaplus.com

TANYA NEIDER'S STRENGTH & STRETCH EXERCISE CLASSES

- Mondays and Wednesdays, 8 to 9 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

- 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 & want guidance to begin. \$20 drop in; \$15 each if 6 or more classes. A healing coach right in your back yard for healing, recovery and performance. Holistic approach for acute & chronic pain, injury, post-surgical dysfunction, weakness, postural strain & 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

2013 CLUB BOARD OF DIRECTORS

President	Suzette Goldstein	301 469 7597
Vice President	Paul Kissinger	301 767 0850
Secretary	Elizabeth Bilbao	301 320 3108
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 434 of your neighbors to keep informed of neighborhood events and issues, send email to cs-chat-subscribe@yahoogroups.com

Teens

CARDEROCK SPRINGS SWIMMING CLUB
SUMMER FUN 2013
COMMUNITY SERVICE / VOLUNTEER APPLICATION
To be eligible, applicants must be 12 years or older by June 17th, 2013.

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 _____ **6/17 - 6/21** **WEEK 4** _____ **7/08 - 7/12**

WEEK 2 _____ **6/24 - 6/28** **WEEK 5** _____ **7/15 - 7/19**

WEEK 3 _____ **7/01 - 7/05** **WEEK 6** _____ **7/22 - 7/26**

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 2013**



REQUIREMENTS:

CHILD MUST BE (6) YEARS OF AGE AS OF JUNE 17 2013, 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 \$ 275

	DATE	CHOICE	FEE
WEEK 1	6-17 THRU 6-21	_____	\$275
WEEK 2	6-24 THRU 6-28	_____	\$275
WEEK 3	7-01 THRU 7-05	_____	\$275
WEEK 4	7-08 THRU 7-12	_____	\$275
WEEK 5	7-15 THRU 7-19	_____	\$275
WEEK 6	7-22 THRU 7-26	_____	\$275

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 \$100.00 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 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 in summer) and/or with the 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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