



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

March 2013 CALENDAR

After March 1 Fri

*Late fee due if you are registering for
Swim & Tennis Club 2013 membership*

Mar 6 Wed 7:30 pm
Feb 14 Th 11:30 am

Architectural Review Committee monthly meeting at Club
Men's Lunch at Normandie Farm (2nd Thursday of the month)

March 17 Sun 12:30 pm

Spring Egg Hunt at Club - bring your own basket/bag

Feb 21 Th noon

Women of Carderock lunch meeting (3rd Thursday)

Future Dates:

Apr 14 6:30 pm

Citizens Association Annual Spring Meeting and elections

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

SWIM and TENNIS NEWS and ARC Meeting

SWIM NEWS

As many of you know, last season was Scott Reed's final year as Head Coach of the Carderock 'Cudas. Over the winter we accepted applications for the coaching position and interviewed in January. We selected Coleen McIntyre as the new Head Coach to lead the 'Cudas this year! We are excited about this great addition to our young team. A 4th grade teacher at Arcola Elementary in Silver Spring, Coleen brings with her a dynamic, enthusiastic approach and a love of swimming - her favorite stroke is Backstroke. We look forward to her joining us this May and we hope that you will all welcome her as our new Carderock Cuda Head Coach.

TENNIS NEWS

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 <http://www.deodhartennisacademy.com/>
Director of Tennis, Deodhar Tennis Academy



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, March 6.

SPRING EGG HUNT

Sunday March 17

at the Club

12:30 pm (don't be late!)

BYOB:

Bring Your Own Basket or Bag to collect hidden eggs



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 (min age 12 on or before June 17, 2013).

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

TRACEY BURDE'S "DRAGON'S WAY = EATING FOR HEALING" class at the club

- Fridays 9:15 - 10:15 am. In this 6 week class you will learn simple stretches that support healing and promote weight loss. The average person loses 12 pounds over the 6 week class. Questions? Contact Tracey 301-537-8868.

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

- Tuesdays 7:30 - 8:45 pm. \$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 mats are also available. Questions? 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, 1 pm to 2:15 pm. \$275 for 11 classes.

Questions? Call Donna Blank, MS, CMA, CFP/CFT, Feldenkrais Practitioner/Trainer and Laban Movement Analyst. 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.

Questions? 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 437 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

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