



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

April 2014 CALENDAR

| | | | |
|--------|-----|-----------|---|
| Apr 2 | Wed | 7:30 pm | Architectural Review Committee monthly meeting at Club |
| Apr 5 | Sat | 12:30 pm | Spring Egg Hunt at the Club |
| Apr 10 | Th | 11:30 am | Men's Lunch at Normandie Farm (2 nd Thursday of the month) |
| Apr 11 | Fri | noon-5 pm | Inter-generational Art Show at Clara Barton Community Center |
| Apr 17 | Th | noon | Women of Carderock lunch meeting (3 rd Thursday) |
| Apr 21 | Mon | | Citizens Association monthly board meeting (3 rd Monday) 6:45 social 7:15 pm meeting |
| Apr 23 | | 10-11:30 | Senior Meetup Program at the Goldsmith's |
| Apr 28 | Mon | 7 pm | Annual Citizens Association Election & Safety meeting for all Members |

Save the Date:

| | |
|-----------------------|--|
| May 3-4 | Women's Wellness Retreat at Club |
| May TBD | Swim and Dive team sign up |
| May 21 Wed, 3-4:30 pm | Senior Meetup Program: Preparing for Your Doctor Appointment |

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

- Summer Fun Application for Kids
- Summer Employment Application at the Club (paid: snack bar, grounds, etc)

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

TENNIS, KIDS SUMMER FUN, ARC MEETINGS

SUMMER FUN KIDS

The Club is currently accepting applications for the 2014 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 16th 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.

TENNIS

Our spring programs have begun. All programs are listed on our new and improved website. You can now search by club and register online. Visit <http://www.bethesdatennisacademy.com/> today for info on summer sessions and don't forget to click the "like" tab and join us on Facebook!

Thank you and see you on the courts!

Nitin Deodhar
Director of Tennis
Bethesda Tennis Academy LLC



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, April 2.

Dance Class and Women's Retreat at the Club

5Rhythms® Dance

8 pm on 1st and 3rd Fridays

"EveryBody needs a moving experience!" Come join in 5Rhythms®, a form of "conscious dance" -- a moving meditation to a wide array of music, from tranquil to energetic. No experience is necessary. It is freestyle movement motivated by the music and your own heart, with gentle guidance by the certified teacher. Every dancer's movement is unique in this fun and freeing experience. Questions? Email SueGreen301@yahoo.com , website www.danceintheUSA.com

Women's Wellness Retreat at Club

May 3-4

As busy moms, daughters, sisters, and caregivers, women tend to put themselves last in terms of priority. Despite the hefty roles that women play in caring for others, they still need to carve out solo time to recharge, renew and reconnect with their own personal goals.

Here's a retreat designed for women to "get away" without leaving town and it falls a weekend before Mother's Day. Includes:

- Women's Yoga Classes - 2 Flow Yoga classes & a Restorative Yin Yoga class
- Setting Your Intentions & Vision Board Workshop
- 2 & 1/2 hour group Kayak Session from [Potomac Paddlesports](#) on the C & O Canal
- An afternoon trail hike at Great Falls
- Mini-spa services (small additional fee)
- Mindful Nutrition Workshop w/Leslie
- Guided Meditation and In-Ear Acupuncture Happy Hour
- Healthy, hearty meals (gluten & dairy free, naturally vegan)

Registration ends April 15, fee is \$369. Questions? Contact Leslie Edsall 240-499-4614, <http://www.trifectawellness.com/womens-wellness-retreat>



Exercise Classes at the Club

DONNA BLANK'S Feldenkrais AWARENESS THROUGH MOVEMENT ® Classes

Wednesdays, 1:00 - 2:15, through April 24 (no class April 10th & 17th)

Gentle yet powerfully effective classes in freeing yourself from limiting images of yourself and consequent limited patterns of action. Classes are open to everyone of all ages and abilities, as you learn to attend to your own experience and pacing, becoming more aware and expert at 'learning to learn' for your own self. \$295.00 for series of twelve classes. Registration: Call 301-469-8665 or email dannahblank@gmail.com. Donna Blank, MS, CMA, CFP/CFT, Feldenkrais Practitioner/Trainer, Wholebody Focusing Trainer and a Laban Movement Analyst.

TRACEY BURDE'S "DRAGON'S WAY = EATING FOR HEALING" CLASS

- 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

- Tuesdays 7:20-8:30 pm, classes resume March 11

Learn how a mindful yoga practice can bring you back to joy and help you re-connect with your inner confidence, energy, strength, flexibility & overall core awareness. No need to pre-register; just join us 10 minutes early! Bring Your Mat or mats are also available. Pricing: \$18.00 Single Class, \$16.00 Student & Senior Rate; \$64.44 Month/one class per week, \$57.44 Student & Sr Rate; \$104.44 Month/unlimited, \$94.44 Student & Sr Rate. Questions? Contact Lisa Maxwell Loring, E-RYT, Embodyoga, RYT, Forrest Yoga. www.zaantiyogastudio.com, Lisa@zaantiyogastudio.com, 301.801.9230.

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

**CARDEROCK SUMMER FUN PROGRAM
REGISTRATION FORM 2014**



REQUIREMENTS:

CHILD MUST BE (6) YEARS OF AGE AS OF JUNE 16 2014, 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 | 6-16 THRU 6-20 | _____ | \$275 |
| WEEK 2 | 6-23 THRU 6-27 | _____ | \$275 |
| WEEK 3 | 6-30 THRU 7-04 | _____ | \$275 |
| WEEK 4 | 7-07 THRU 7-11 | _____ | \$275 |
| WEEK 5 | 7-14 THRU 7-18 | _____ | \$275 |
| WEEK 6 | 7-21 THRU 7-25 | _____ | \$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 SPRINGS SWIMMING CLUB, INC.

SUMMER 2014 EMPLOYMENT APPLICATION

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 AVAILABILITY TO WORK:

| | | | |
|------------------|-------|------------------------|---------------------------|
| MONDAY | _____ | 10 – 3:30 _____ | 3:30 – 9:00 _____ |
| TUESDAY | _____ | 10 – 3:30 _____ | 3:30 – 9:00 _____ |
| WEDNESDAY | _____ | 10 – 3:30 _____ | 3:30 – 9:00 _____ |
| THURSDAY | _____ | 10 – 3:30 _____ | 3:30 – 9:00 _____ |
| FRIDAY | _____ | 10 – 3:30 _____ | 3:30 – 9:00 _____ |
| SATURDAY | _____ | 10 – 3:30 _____ | 3:30 – 10:30 _____ |
| SUNDAY | _____ | 10 – 3:30 _____ | 3:30 – 9:00 _____ |

EMPLOYMENT / LEADERSHIP / VOLUNTEER EXPERIENCE:

PLEASE SUBMIT A SHORT STATEMENT WITH YOUR COMPLETED APPLICATION EXPLAINING WHY YOU WANT TO WORK AT THE CLUB AND WHY WE SHOULD HIRE YOU.

Swim and Tennis Club Contacts

2014 CLUB BOARD OF DIRECTORS

| | | |
|------------------------------|-------------------|--------------|
| President | Suzette Goldstein | 301 469 7597 |
| Vice President | Paul Kissinger | 301 767 0850 |
| Secretary | Liz 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 | Roger Sola-Sole | 301 469 9659 |
| 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 502 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 pavilion is also available to rent, by itself (or with the pool in summer) and/or with a giant tent and/or 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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