

We hope you enjoy our new format for the monthly Carderock Springs Swim and Tennis Club newsletter. It's easy to read in e-mail!

Carderock Springs Swim and Tennis Club

8200 Hamilton Spring Court
Bethesda, MD 20817
301-365-2292



DECEMBER 2014 NEWSLETTER

In This Issue

- [Classes at the Club](#)
- [Calendar](#)
- [Annual Club Meeting](#)
- [Carderock Creates - photos](#)
- [Tennis](#)
- [Club Rentals](#)

Quick Links

Swim and Tennis Club
www.carderockclub.org
Carderock Springs Citizens Association
www.carderocksprings.org

Club Contacts

Manager
Larry Ondrejko
301-365-2292

CALENDAR - What's Happening at the Club?

Tuesday Dec 16
2 pm

Mary Lou Shannon's Clutter Clinic

January: Movie Night TBD, Family Potluck TBD

ANNUAL MEMBERSHIP ELECTION MEETING HELD IN NOVEMBER

Congratulations to those elected to the Club's board in November, many thanks to departing President Suzette Goldstein for her years at the helm, and a hearty welcome to new President Paul Kisslinger.

CARDEROCK CREATES Arts and Crafts Show

Fourth Annual [Carderock Creates](#) Arts & Crafts Show was a huge success!
Many thanks to Anja Caldwell for putting such

carderockclub@verizon.net

.

Tennis Pro

Nitin Deodhar

301-365-1541

carderocktennis@verizon.net

.

Membership

Alison Ewing

301-469-0345

alisonewing@verizon.net

.

Newsletter

Margie Orrick

301-365-6253

carderockclubnewsletter@verizon.net

Swim/Dive Team Information



Next Spring 2015 visit the new [Carderock Team Unify](#) website to get all the information you need about the Swim, Dive, Pre-team and Mini Cuda Programs:

- Contact information
- Cuda Handbook
- Practice schedules
- Swim meet schedules
- Volunteer signups
- Rules/regulations
- Directions to swim meets
- Registration
- Swim/dive apparel

CLASSES AT THE CLUB

**Donna Blank's
Fall into Winter Feldenkrais
Awareness Through
Movement**

a fabulous event together, showcasing Carderock artistic talent of all ages and in a variety of media - glass blowing, wood turning, oil and other paintings, fabric arts, jewelry, paper crafts, etc. For more info see www.CarderockCreates.com.



Donna's classes continue through Jan 17, **Wednesdays 1-2:15 pm.**

The movement lessons are gentle yet powerfully effective in freeing yourself from limiting images of yourself and consequent limited patterns of action.

**Questions on schedule etc?
Contact Donna Blank
301-469-8665 or
donnablank@gmail.com**

Maggie Wong's Yoga

Join any time
Tuesday and Thursdays
from 9-10:30 am

**Yoga and light hand weights
for flexibility, strength and
peace of mind.**

Email Maggie@yogaplus.com
www.yogaplus.com



TENNIS

Winter clinics begin Dec 1 We are offering multiple programs for every age!

To register for tennis, go to

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



We'll see you on the courts!
Nitin Deodhar, Director of Tennis, Bethesda Tennis Academy LLC

More CLASSES AT THE CLUB

Terry Bower's Strength & Stretch Exercise Classes

Mondays and Wednesdays, 9 - 10 am

Fee is \$15/class

Improve body strength, flexibility and balance while firming all major muscle groups using free weights and exercise. Includes body warm-up, strength training, abdominal work, and cool down stretch. Bring a mat/towel and light hand weights (some available at Club).

5Rhythms Dance

1st and 3rd Fridays, 8 pm.

"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
www.danceintheUSA.com

CLUB RENTALS



Looking for a great setting to hold your next special occasion, day long retreat, seminar/training session or business luncheon? Consider our Clubhouse.

A spacious room within a tranquil wooded setting with large flat screen TV, audio equipment and high speed wireless internet service is available.

The pavilion is also available to rent during the off season.

Please contact the manager Larry E. Ondrejko at carderockclub@verizon.net or telephone 301-365-2292

2014 BOARD OF DIRECTORS

President	Paul Kisslinger	pkisslinger@msn.com	301-767-0850
Vice President	Mike McLaughlin	Spike.McLaughlin@gmail.com	301-365-5847
Secretary	Liz Bilbao	bilbaoelizabeth@yahoo.com	301-320-3108
Treasurer	Edward Bird	edward_bird@Yahoo.com	301-365-1953
Tennis Committee	Colette Worley	interiorsbycolette@comcast.net	301-469-0876
Swim/Dive Teams	Robin Meyer	meyer80@comcast.net	301-365-1370
Social/Childrens Prgrms	Jen DeMarinis	jendrennan@msn.com	301-365-1629
Bldg/Long Range Plng	Roger Sola-Sole	rdsolasole@gmail.com	301-469-9659
Membership	Alison Ewing	alisonewing@verizon.net	301-469-0345

Carderock Springs Swim and Tennis Club | | carderockclubnewsletter@verizon.net
www.carderockclub.org
 8200 Hamilton Spring Court
 Bethesda, MD 20817

The Carderock Springs Swim and Tennis Club newsletter is distributed to the snail mailboxes of all Carderock residents in May and is available online at www.carderockclub.org. Prior months are also available online.

Newsletter deadline for submissions is the 20th of the month. Address newsletter items to Margie Orrick and drop them through the mail slot at the club or deliver them to 8212 Fenway Road, or email to carderockclubnewsletter@verizon.net

[Forward email](#)



This email was sent to carderockclub@verizon.net by carderockclub@verizon.net | [Update Profile/Email Address](#) | Rapid removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).



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