



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

July 2014

CALENDAR

June 28 Sat 9 am - 1 pm
 June 28 Sun 4 pm

Swim team home meet
 Dive team home meet

July 2 Wed 6 pm
 July 2 Wed 7:30 pm

Swim team home meet
 Architectural Review Committee monthly meeting at Club

July 5 Sat

4th of July at the Club on July 5!
 Tennis Round Robin
 Pool Games
 6:30-9:30 pm BBQ



July 6 Sun 4pm
 July 9 Wed 6 pm
 July 12 Sat 9 am - 1 pm
 July 13 Sun 4pm

Dive team home meet
 Swim team home meet
 Swim team home meet
 Dive team home meet

July 15 Tues 8 pm

CSCA BOARD MEETING at Club, all members are welcome

June through July 25

Summer Fun program for 6-10 year olds at the Club
 with neighborhood teens as volunteers

June through July 25

Summer Tennis programs for kids and adults

Distribution. The Carderock Swim/Tennis Club newsletter is distributed to the snail mailboxes of all Carderock residents in May and November and is available online www.CarderockClub.org. Other months are also available online. If you would like a hard copy delivered each month then please email CarderockClubNewsletter@verizon.net.

Submissions. 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.

CLUB JULY BOARD MEETING



Tuesday July 15, 8 pm

The next Board Meeting (they are held bi-monthly) will be held on Tuesday, July 15 at 8 pm at the Clubhouse.

The agenda will include:

1. Committee Reports
2. Manager's Report
3. Financial Review
4. Open discussion from members/current issues

Note that Board meeting minutes and the current budget report are available for members at the front desk. Please feel free to ask staff for them if you would like to see the details of past meetings. We will continue that process going forward.

Board of Directors,
Carderock Springs Swim & Tennis Club

4th of JULY on the 5th

Celebrate the 4th of July at the Club!

On Saturday July 5

For all ages!

Afternoon: Tennis Round Robin
 Pool Games

Evening :
6:30-9:30 pm BBQ Celebration



TENNIS INFO and Monthly ARC MEETINGS

TENNIS

Keep up the good work, everyone!

- Junior Programs include: Half Day and Full Day Camps, Junior Team Matches, Daytime clinics, Evening clinics, plus Private and Group Lessons.
- Adult Programs include: Evening Men's and Women's Teams, Daytime and Evening Clinics, plus Private and Group Lessons.

We'll see you on the courts!

Nitin Deodhar, Director of Tennis, Bethesda Tennis Academy LLC
<http://www.bethesdatennisacademy.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, July 2.

SWIM/DIVE TEAM POOL SCHEDULE

HOME MEETS

Swim meets:

All pools closed until conclusion of event and deck set up

Dive meets:

Main pool closed at 3 pm for general swim (adult lap swimming only), middle and wading pools open

June 28 Sat 9 am - 1 pm Swim team home meet

June 28 Sun 4 pm Dive team home meet

July 2 Wed 6 pm Swim team home meet

July 6 Sun 4pm Dive team home meet

July 9 Wed 6 pm Swim team home meet

July 12 Sat 9 am - 1 pm Swim team home meet

July 13 Sun 4pm Dive team home meet



PRACTICES Monday - Friday

Swim Team practices through July 11:

8:00 - 9:00am Swimmers 11&older

9:00 - 10:00am Swimmers 10&under

4:45 - 5:30pm Swimmers 8&under

5:30 - 6:15pm Swimmers 9-10

6:15 - 7:00pm Swimmers 11-12 and 13&older

Dive Team practices through July 11:

4:00 - 5:00pm All ages

5:00 - 6:00pm All ages

Pre-team practices from June 6 through July 11

9:00 - 10:00am In the well

3:15 - 4:00pm In the well and lap lane

4:00 - 4:45pm In the well and lap lane

6:15 - 7:00pm In the well and lap lane

Classes at the Club

KARIN BAKER'S AEROBIC DANCING AND WATER AEROBICS



- Tuesdays and Thursdays, 8:45 - 9:45 am Aerobic Dancing
- Tuesdays and Thursdays, 10:30-11:30 am Water Aerobics

Classes run June 17 - August 14. Inside dancing students need a mat and hand weights; water students need a towel and maybe water shoes.

Prices:

Aerobic Dancing 2X/week - \$126, 1X/week - \$63, Drop-in \$7 per class.
Water Aerobics 2X/week - \$135, 1X/week - \$70 Drop-in \$8 per class.

Questions? Contact Karin Baker (301) 919-4657.

LISA MAXWELL LORING'S FORREST YOGA, EVENINGS

- Tuesdays 7:20-8:30 pm

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

TERRY BOWER'S STRENGTH & STRETCH EXERCISE CLASSES

- Mondays and Wednesdays, 8 to 9 am, fee is \$15 per class

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).

5Rhythms® Dance

- 1st and 3rd Fridays, 8pm. "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

CLUB CONTACTS

2014 CLUB BOARD OF DIRECTORS

President	Suzette Goldstein	301 469 7597	sv_goldstein@yahoo.com
Vice President	Paul Kisslinger	301 767 0850	pkisslinger@msn.com
Secretary	Liz Bilbao	301 320 3108	bilbaodelizabeth@yahoo.com
Treasurer	Edward Bird	301 365 1953	edward_bird@Yahoo.com
Tennis Committee	Colette Worley	301 469 0876	interiorsbycolette@comcast.net
Swim/Dive Teams	Robin Meyer	301 365 1370	meyer80@comcast.net
Social/Children's Programs	Jen DeMarinis	301 365 1629	jendrennan@msn.com
Bldg and Long-Range Planning	Roger Sola-Sole	301 469 9659	rdsolasole@gmail.com
Membership	Alison Ewing	301 469 0345	alisonewing@verizon.net

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 504 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 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