



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

June 2014 CALENDAR

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| June 4 Wed 7:30 pm | Architectural Review Committee monthly meeting at Club |
| June 7 Sat 9 am | Swim Team Time Trials and mandatory parent meeting |
| June 12 Th 11:30 am | Men's Lunch at Normandie Farm (2 nd Thursday of the month) |
| June 16 Mon | Summer Fun program begins for 6-10 year olds at the Club with neighborhood teens as volunteers |
| June 16 Mon 7 pm | Citizens Association monthly board meeting (3 rd Monday) |
| Week of June 16 th | Summer tennis programs begin,
Summer Fun program for 6-10 year olds begins |

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.

NEW PLAYGROUND, TENNIS NEWS and ARC MEETINGS



Yippee! In May we got new playground equipment at the Club!

TENNIS

All summer tennis programs begin the week of June 16th. We are offering more programs than ever!

To register for tennis, go to <http://www.bethesdatennisacademy.com/>

- 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

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, June 4.

SUMMER FUN

Looking for a summer program for children age 6 thru 10? Carderock Springs Swim and Tennis Club is offering week long sessions starting June 16 for 6 consecutive weeks. Our Summer Fun sessions run daily on weekdays from 10 am to 3 pm.



The focus is on having fun and team building skills along with creative arts. We include swimming at the end of each daily session.

The program is run by

- Mike Robison, an elementary school educator who has developed a science based program. See more info about Mike at www.ProjectDemolition.com

and

- Melody Sarecky who has an extensive background in art. See more info about Melody at www.MelodySarecky.com

The Summer Fun Registration form is at the end of this newsletter and also on our website www.CarderockClub.org

Have a great summer!

SWIM/DIVE TEAMS

The Cuda Swim & Dive Team handbook, registration and tons of information is available online - from www.CarderockClub.org, on the left navigation bar click 'Swim and Dive Teams' to get to the new Team Unify website.

Saturday, June 7 at 9 am: Time Trials and mandatory swim team meeting for parents

Swim Team practices from May 27 through June 13:

4:00 - 4:45pm Swimmers 8&under

4:45 - 5:30pm Swimmers 9-10

5:30 - 6:15pm Swimmers 11-12

6:15 - 7:00pm Swimmers 13&older

Swim Team practices from June 16 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 from June 2 through July 11:

4:00 - 5:00pm All ages

5:00 - 6:00pm All ages

Pre-team practices from June 16 through July 11 (4 weeks):

Pre-team swimmers are able to swim freestyle but are not strong enough for the swim team, usual age range is older 5s to 7s and possibly some 8s. This program is for children who cannot yet swim freestyle a full length of the pool (25 meters without touching the bottom or lane ropes) in less than 60 seconds. Supplementing the pre-team experience with swimming lessons will more rapidly improve a beginning swimmer's skills. A caregiver is not required to be on deck, but it is still a good idea and encouraged. Pre-Team Clinics will be held for four (4) consecutive weeks starting Monday, June 16.

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

Mini-Cuda Program

Mini-Cudas are the youngest swimmers, learning to blow bubbles, float, begin stroke technique, etc. We are accepting older 3s, 4s and 5s. A parent or child care provider must be on the pool deck at all times during the Mini-Cuda classes.

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
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 504 of your neighbors to keep informed of neighborhood events and issues, send email to cs-chat-subscribe@yahoogroups.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 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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