



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

March 2014 CALENDAR

- Mar 5 Wed 7:30 pm Architectural Review Committee monthly meeting at Club
- Mar 13 Th 11:30 am Men's Lunch at Normandie Farm (2nd Thursday of the month)
- Mar 17 Mon 7 pm Citizens Association monthly board meeting (3rd Monday)
- Mar 19 Wed 11 am - 12:30 Senior Meetup Program on Fire and Emergency Safety
- Mar 20 Th noon Women of Carderock lunch meeting (3rd Thursday)
- March 23 Spring Tennis Classes begin

Save the Date:

- March 1 Pay your annual Swim & Tennis Club Dues by March 1 deadline
 (\$750 if Sustaining Member, avoid additional \$100 late fee!)
- Spring Pay your annual Citizens Association dues (\$50)
- May 3-4 Women's Wellness Retreat at Club

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

- Summer Fun Application Form for Kids
- Summer Fun Volunteer Form for Teens
- Summer Employment Application (paid) at the Club

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 and ARC Meeting



TENNIS

It has been a cold winter but spring is right around the corner! Our spring programs begin the week of March 23rd. 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 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, March 5.

SUMMER FUN: KIDS AND TEENS

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.

SUMMER FUN TEENS

We are currently accepting applications for volunteers to assist Summer Fun program staff.

- You must be at least 12 years of age on or before June 16, 2014.
- You must commit to a full week of service.
- Due to the high number of volunteer request you may not be chosen for more than one (1) week of the six week program.
- All positions will be filled on a first come basis and the number of program participants enrolled will determine the number of volunteers per week.
- When submitting your application, please indicate your first, second and third choices.

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 is also at the back of this newsletter and online at www.CarderockClub.org

Exercise Classes at the Club

DONNA BLANK'S Feldenkrais AWARENESS THROUGH MOVEMENT ® Classes

Wednesdays, 1:00 - 2:15, Jan 8 - 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 donnablank@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

Other Classes and Events 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

Senior Meetup Program

11 am - 12:30 pm, Wednesday March 19

Fire Safety for Seniors: Prevention, Products and Planning

What is more important to *aging well* in our homes than *living safely* in them? Captain Paul Lancaster, Cabin John Fire Department, will tell us how to prevent the most common house fires, educate us on the newest products including smoke/carbon monoxide detectors that will alert you or your children on your/their smart phone, and how to plan ahead for a fire or medical emergency.

Please RSVP to maryloushannon@verizon.net if you want to help set up, provide refreshments or provide a ride for a fellow senior.

Women's Wellness Retreat at Club

May 3-4

A retreat designed for mom's of all ages, to "get away" without needing to leave town and it falls a weekend before Mother's Day. Includes yoga (Flow Vinyasa, Restorative Yin), mindful nutrition, 4 fresh and healthy meals flat water kayaking, trail hike, mini spa services available, and a session on creating vision boards to set your own goals/intentions. \$299 early bird registration ends March 15th, then price is \$369. Questions? <http://www.trifectawellness.com/womens-wellness-retreat>



Teens

**CARDEROCK SPRINGS SWIMMING CLUB
SUMMER FUN 2014
COMMUNITY SERVICE / VOLUNTEER APPLICATION**
To be eligible, applicants must be 12 years or older by June 16th, 2014.

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 _____ **6/16 - 6/20** **WEEK 4** _____ **7/07 - 7/11**

WEEK 2 _____ **6/23 - 6/27** **WEEK 5** _____ **7/14 - 7/18**

WEEK 3 _____ **6/30 - 7/04** **WEEK 6** _____ **7/21 - 7/25**

**PLEASE LIST ANY RELEVANT EXPERIENCE YOU HAVE HAD WORKING WITH
CHILDREN AGES 6 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 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 _____

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

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.

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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