



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

## May 2014 CALENDAR

May TBD: Swim Suit Try On and swim/dive team online registration

- |                            |                                                                       |
|----------------------------|-----------------------------------------------------------------------|
| May 3-4                    | Women's Wellness Retreat at Club                                      |
| May 6-8 Tues-Thurs         | Club parking lot closed due to resealing                              |
| May 7 Wed 7:30 pm          | Architectural Review Committee monthly meeting at Club                |
| May 8 Th 11:30am           | Men's Lunch at Normandie Farm (2 <sup>nd</sup> Thursday of the month) |
| May 15 Th noon             | Women of Carderock lunch meeting (3 <sup>rd</sup> Thursday)           |
| May 19 Mon 7 pm            | Citizens Association monthly board meeting (3 <sup>rd</sup> Monday)   |
| May 21 Wed 3-4:30 pm       | Senior Meetup Program: Preparing for Your Doctor Appointment          |
| May 24 Sat 10:30 am- 10 pm | Pool OPENING DAY Celebration                                          |
|                            | 2:30-4:30 pm Tennis Round Robin Social                                |
|                            | 3 pm Pool Games                                                       |
|                            | 6:30-9:30 pm Evening BBQ Celebration                                  |

Forms in this issue (and online at [www.CarderockClub.org](http://www.CarderockClub.org))

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

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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](http://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](mailto:CarderockClubNewsletter@verizon.net)

Submissions. Newsletter deadline: 20<sup>th</sup> 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 [CarderockClubNewsletter@verizon.net](mailto:CarderockClubNewsletter@verizon.net)

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## WELCOME, RESEALING and ARC MEETINGS

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### WELCOME

Welcome to our new club members!

We look forward to seeing you poolside the weekend of May 24<sup>th</sup>.

### RESEALING

May 6 to 8, Tuesday - Thursday

The driveway, parking lot and basketball court will be sealed and re-striped starting Tuesday May 6 and completed on Thursday May 8, weather permitting. During this time:



- The driveway and parking lot will be closed to all vehicle traffic including bicycles for the duration of the project.
- When entering the property on foot, please walk along the edge of the lot as much as possible.

We thank you for your cooperation and apologize for the inconvenience.

We look forward to another fun season at the pool and on the courts this summer!

Board of Directors,  
Carderock Swim and Tennis Club

### CSCA ARC Meetings, 1<sup>st</sup> Wednesday of the month, 7:30 pm



The Citizens' Association has an Architectural Review Committee meeting on the 1<sup>st</sup> 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 20<sup>th</sup> of the month. Design and review procedures plus other documents are available at the Citizens' Association website, [CarderockCitizens.org](http://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, May 7.

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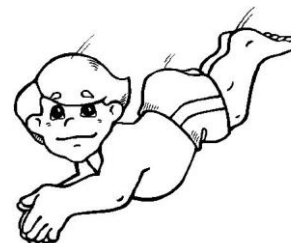
## OPENING DAY, TENNIS, KIDS SUMMER FUN

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### FIRST WEEKEND THE POOL IS OPEN - Schedule:

#### May 24 Saturday

- 10:30 am Pool OPENS for the 2014 season
- 2:30-4:30 pm Tennis Social - doubles, round robin
- 3 pm Pool Games
- 6:30-9:30 pm Evening BBQ Celebration begins!
- 10 pm Pool Closes



May 25 Sunday - 10:30 am to 8:30 pm

May 26 Monday - 10:30 am to 8:30 pm

### TENNIS

Sign up the May 24 tennis round robin by emailing [bethesdatennisacademy@yahoo.com](mailto:bethesdatennisacademy@yahoo.com) or by signing up on the poster by the tennis office. The poster will be posted by May 3rd.

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



### 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 includes segments of team building activities, tennis, swimming, art instruction and fun related skill-enhancing games. Each 5 hour daily session begins at 10 am and ends at 3 pm.



The first session begins on Monday June 16<sup>th</sup> and the program runs for 6 consecutive weeks. Registration forms are in this newsletter and online [www.CarderockClub.org](http://www.CarderockClub.org).

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## Classes at the Club

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### 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. Includes yoga, meditation, acupuncture, nutrition workshop, meals and so much

more. Contact Leslie Edsall 240-499-4614, <http://www.trifectawellness.com/womens-wellness-retreat>

### 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](http://www.zaantiyogastudio.com), [Lisa@zaantiyogastudio.com](mailto: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](mailto:Maggie@yogaplus.com) and see [www.yogaplus.com](http://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](mailto:tjneider@juno.com)

### 5Rhythms® Dance

- 1<sup>st</sup> and 3<sup>rd</sup> 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](mailto:SueGreen301@yahoo.com), website [www.danceintheUSA.com](http://www.danceintheUSA.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:**

<b>MONDAY</b>	_____	<b>10 – 3:30</b> _____	<b>3:30 – 9:00</b> _____
<b>TUESDAY</b>	_____	<b>10 – 3:30</b> _____	<b>3:30 – 9:00</b> _____
<b>WEDNESDAY</b>	_____	<b>10 – 3:30</b> _____	<b>3:30 – 9:00</b> _____
<b>THURSDAY</b>	_____	<b>10 – 3:30</b> _____	<b>3:30 – 9:00</b> _____
<b>FRIDAY</b>	_____	<b>10 – 3:30</b> _____	<b>3:30 – 9:00</b> _____
<b>SATURDAY</b>	_____	<b>10 – 3:30</b> _____	<b>3:30 – 10:30</b> _____
<b>SUNDAY</b>	_____	<b>10 – 3:30</b> _____	<b>3:30 – 9:00</b> _____

**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.**

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## CLUB CONTACTS

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### 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	<a href="mailto:carderockclub@verizon.net">carderockclub@verizon.net</a>
Membership Secretary	Alison Ewing	301 469-0345	<a href="mailto:alisonewing@verizon.net">alisonewing@verizon.net</a>
Newsletter Editor	Margie Orrick	301 365 6253	<a href="mailto:carderockclubnewsletter@verizon.net">carderockclubnewsletter@verizon.net</a>
Summer Fun	Larry Ondrejko	301 365 2292	<a href="mailto:carderocksummerfun@verizon.net">carderocksummerfun@verizon.net</a>
Tennis Pro	Nitin Deodhar	301 365 1541	<a href="mailto:carderocktennis@verizon.net">carderocktennis@verizon.net</a>

The Swim and Tennis Club (this orange newsletter) is NOT the Citizens' Association.

Group	Website	Email to the group
SWIM & TENNIS CLUB (CSSC)	<a href="http://www.CarderockClub.org">www.CarderockClub.org</a>	
NEIGHBORHOOD CITIZENS' ASSOC. (CSCA)	<a href="http://www.CarderockCitizens.org">www.CarderockCitizens.org</a>	
Overview of CSSC & CSCA	<a href="http://www.CarderockSprings.org">www.CarderockSprings.org</a>	
OTHER/neighbors		<a href="mailto:CS-Chat@yahoogroups.com">CS-Chat@yahoogroups.com</a>

Other online resources in addition to the 2 websites for the Club and Citizens' Association:

- [www.CarderockSprings.org](http://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](mailto: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](mailto:carderockclub@verizon.net) or telephone 301.365.2292  
Visit our web site [CarderockClub.org](http://CarderockClub.org).

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