

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



OCTOBER 2014 NEWSLETTER

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Swim and Tennis Club
www.carderockclub.org

Carderock Springs Citizens
Association
www.carderocksprings.org

Club Contacts

Manager
Larry Ondrejko
301-365-2292
carderockclub@verizon.net

CALENDAR - What's Happening at the Club?

Sunday Oct 19

2 - 5 pm

Annual Fall Fest for all ages!

Pony Rides, Food/Beer, Face Painting,
Bounce House, Unicef Games,
Soup/Stew Competition and more!

Tues Oct 21

2 pm

Senior Meeting: Transportation Options for
Older Adults

Sunday Nov 9

6:30 pm

Annual Citizen Association Fall meeting
(note: Cit Assoc is not the Swim/Tennis Club)

Monday Nov 18

7 pm

Phil Brown's Wood Turning Discussion and
Demonstration

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Tennis Pro
Nitin Deodhar
301-365-1541
carderocktennis@verizon.net

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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

ANNUAL FALL FEST

Sunday Oct 19
2 - 5 pm

For all ages. Includes these events below and more!

- Pony Rides
- Food/Beer

WEDNESDAY Nov 19

8 pm

Annual SWIM/TENNIS CLUB Meeting

Tuesday Dec 16

2 pm

Mary Lou Shannon's Clutter Clinic

TENNIS

Fall clinics are underway and 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

CLASSES AT THE CLUB

Donna Blank's
Fall into Winter Feldenkrais
Awareness Through Movement

Donna's classes resume November 5 and 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 donnahblank@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.

- Soup/Stew Competition
- Bounce House
- Face Painting
- Awesome Unicef Games
such as:

Email Maggie@yogaplus.com
www.yogaplus.com



Popular Toilet Toss from a previous Carderock Fall Fest!



More CLASSES AT THE CLUB

Terry Bower's Strength & Stretch Exercise Classes

Mondays and Wednesdays, 8 - 9 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	Suzette Goldstein	sv_goldstein@yahoo.com	301-460-7597
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Bldg/Long Range Plng	Roger Sola-Sole	rdsolasole@gmail.com	301-469-9659
Membership	Alison Ewing	alisonewing@verizon.net	301-469-0345

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The Carderock Springs Swim and Tennis Club newsletter is distributed to the snail mailboxes of all Carderock residents in May and November 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

alisonewing@verizon.net



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