



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

August 2014 CALENDAR

- Aug 6 Wed 7:30 pm Citizen's Association Architectural Review Committee monthly meeting at Club
- Aug 30 Sat 2:30-4:30 pm Tennis Round Robin
- Sept 6 Sat Labor Day at the Club on Sept 6 !!!
Afternoon Pool Games for Kids
6:30-9:30 pm BBQ
- Sept 7 Sun Final Float Night and Pool Closes for the Season

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.

Labor Day celebration on the 6th

Celebrate Labor Day
and the end of the season
at the Club!

On Saturday Sept 6

Afternoon: Pool Games

Evening :

6:30-9:30 pm BBQ Celebration

TENNIS INFO and POOL SCHEDULE

TENNIS

Carderock Labor Day Tennis Social for Adults:

Saturday, August 30, 2:30 - 4:30 pm



Fall Tennis Programs for all ages begin the week of August 24th. Registration is now open!

We'll see you on the courts,

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

POOL SCHEDULE



Through August 24 the pool is open

Mon-Thu 10:30am - 8:30pm

Fri 10:30am - 9:30pm

Sat 10:30am - 10:00pm

Sun 10:30am - 8:30pm

When school is in session starting Monday, August 25,
then weekdays the pool open at 3:30 pm.

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 until 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.

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 516 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