

Carderock Springs Swim and Tennis Club

8200 Hamilton Spring Court
Bethesda, MD 20817
301-365-2292



APRIL 2015 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?

March 22 - June 6: Spring Tennis programs

April TBD Board of Directors Meeting

April 21, 2 pm Tues: presentation Not Just for Seniors - MC Historical Society: *How Far Have We Come? The Life and Times of Country Doctor Edward Stonestreet in the 1800's*

April 25, Saturday, 10 am - noon: *The Care of Our Trees* - meet at the Club

April 26, Sunday: CS Citizens Assoc Annual Election Meeting (6:30 pm Wine & Cheese Social, 7:15 pm Meeting)

June 15 - July 24: Weekly Summer Fun (ages 6 to 10)

June 15 - Aug 7: Summer Tennis programs

TENNIS



Tennis Pro
Nitin Deodhar
301-365-1541
<http://www.bethesdatennisacademy.com/>

Membership
Alison Ewing
301-469-0345
alisonewing@verizon.net

Newsletter
Margie Orrick
301-365-6253
carderockclubnewsletter@verizon.net

Swim/Dive Team Information

Visit the [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

SUMMER EMPLOYMENT

The Club is now accepting [applications for summer employment](#) including the Front Desk, Snack Bar and Buildings/Grounds.

To be a Lifeguard, contact [Georgetown Aquatics](#) .

For more information, see www.CarderockClub.org .

Spring tennis programs for all ages run March 22 - June 6. Summer programs are scheduled June 15 - Aug 7.



Please check out our website and see how we have grown!

New this year are online payments, sign ups (for some classes), and after school programs. Don't forget to "like" us on Facebook and check out the page for special offers, videos/photos, and quick tips/lessons!

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

We'll see you on the courts!
Nitin Deodhar, Founder
40 Thirty LLC/Bethesda Tennis Academy
nitin@40thirty.com

SWIM PARENTS

Be Certified as an Official!

Swim season is just around the corner and every year we need new officials - Stroke and Turn Judges, Starters and Referees - so that we can run both A and B swim meets. Sign up now - not June - to spend 3 hours of your time in May or June to attend a class at a swim center and be certified as an official. The certifications are good for two years. Register online at [MCSL](http://www.mcs.org/Officials.aspx) (<http://www.mcs.org/Officials.aspx>) which has numerous helpful guides and charts.

SUMMER FUN: June 16 - July 24

Carderock's popular [Summer Fun](#) program builds community - kids ages 6 to 10 are supervised weekdays from 10 am to 3 pm at the club by our own teens and tweens who receive Community Service credit.

The program is run by Mike Robison, an elementary school educator who has developed a science-based program: www.projectdemolition.com and Kristina Valencia, a Para-educator at our very own Carderock Elementary as well as being the founder and owner of The Kids Studio where she teaches children's art classes. Each week-long session includes segments of team building

activities, art projects, tennis, swimming and fun related skill-enhancing projects and games.

There are 2 application forms - one for [kids](#) and one for volunteering [teens](#). All positions are filled on a first-come first-served basis. For more info see www.CarderockClub.org .

CLASSES AT THE CLUB

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.

Email Maggie@yogaplus.com
www.yogaplus.com



Donna Blank's Feldenkrais Awareness Through Movement (ATM)

Wednesdays 1:00 - 2:15 pm
Spring classes: no class April 22 or 29

Movement lessons are gentle yet powerfully effective.

Email donnablank@gmail.com
or call 301 469 8665

More CLASSES AT THE CLUB

Terry Bower's Strength & Stretch Exercise Classes

Mondays and Wednesdays, 9 - 10 am

Fee is \$15/class

5Rhythms Dance

1st and 3rd Fridays, 8 pm.

"EveryBody needs a moving experience!" Come join in 5Rhythms©, a form of "conscious dance" -- a moving

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).

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

2015 BOARD OF DIRECTORS

President
 Vice President
 Secretary
 Treasurer

Paul Kisslinger
 Mike McLaughlin
 Liz Bilbao
 Edward Bird

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Spike.McLaughlin@gmail.com
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edward_bird@Yahoo.com

Tennis Committee
 Swim/Dive Teams
 Social/Childrens Prgms
 Bldg/Long Range Plng
 Membership

Colette Worley
 Robin Meyer
 Jen DeMarinis
 Roger Sola-Sole
 Alison Ewing

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Carderock Springs Swim and Tennis Club || carderockclubnewsletter@verizon.net

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The Carderock Springs Swim and Tennis Club newsletter 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

carderockclub@verizon.net



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