

# Carderock Springs Swim and Tennis Club

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



## AUGUST 2015 NEWSLETTER

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Swim and Tennis Club  
[www.carderockclub.org](http://www.carderockclub.org)

Carderock Springs Citizens  
Association  
[www.carderocksprings.org](http://www.carderocksprings.org)

### Club Contacts

Manager  
Larry Ondrejko  
301-365-2292  
[carderockclub@verizon.net](mailto:carderockclub@verizon.net)

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

### CALENDAR - What's Happening at the Club?

#### **September 12, Saturday Labor Day festivities!**

2:30-5 pm Tennis Round Robin  
6 pm - 9 pm Evening Social

#### **September 13, Sunday**

8:30 pm Pool Closes for the Season

#### **October 25, Sunday**

Carderock Fall Festival: games, rides, food!

### LABOR DAY CELEBRATION

#### SATURDAY SEPT 12 (*not Sept 5*)

Adult tennis round robin: 2:30-5 pm.  
(register [online](#))Carderock Tennis Bookings, click  
on the Event tab when you login)

Evening Social: 6 pm - 9pm . The club provides  
music and drinks (beer, wine, sodas), you bring  
the rest of your dinner - entrees to BBQ, etc.

### TENNIS



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

### OPERATING HOURS

**Regular summer hours through August 30:**  
Mon-Fri **10:30 am** - 8:30 pm

Sat/Sun 10:30 am - 8:30 pm

**August 31 through September 13 pool closing:**

Mon-Fri **3:30 pm** - 8:30 pm

Sat/Sun 10:30 am - 8:30 pm

### SUMMER POOL CLASSES

Tuesdays and Thursdays  
through August 20

8:45 a.m.:

**Jacki Sorenson's Aerobic Dancing**

10:30 a.m.:

### Fall tennis programs!

Please check out our website and see how we have grown! New this year are online payments, sign ups 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 online, go to

<http://www.carderock.tennisbookings.com/>

We'll see you on the courts!

Nitin Deodhar, Founder  
40 Thirty LLC/Bethesda Tennis Academy  
[nitin@40thirty.com](mailto:nitin@40thirty.com)

### 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](mailto:Maggie@yogaplus.com)  
[www.yogaplus.com](http://www.yogaplus.com)



**Donna Blank's Feldenkrais Awareness Through Movement (ATM)**

Wednesdays 1:00 - 2:15 pm

Movement lessons are gentle yet powerfully effective.

Email [donnablank@gmail.com](mailto:donnablank@gmail.com)  
or call 301 469 8665

### **Karin Baker's Water Aerobics**

For more info, contact Karen  
at 301 919 4657.

## More CLASSES AT THE CLUB

### **Terry Bower's Strength & Stretch Exercise Classes**

Mondays and Wednesdays, 9 - 10 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](mailto:SueGreen301@yahoo.com)  
[www.danceintheUSA.com](http://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](mailto:carderockclub@verizon.net) or telephone 301-365-2292



## 2015 BOARD OF DIRECTORS

President	Paul Kisslinger	<a href="mailto:pkisslinger@msn.com">pkisslinger@msn.com</a>
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Bldg/Long Range Plng	Roger Sola-Sole	<a href="mailto:rdsolasole@gmail.com">rdsolasole@gmail.com</a>
Membership	Alison Ewing	<a href="mailto:alisonewing@verizon.net">alisonewing@verizon.net</a>

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The Carderock Springs Swim and Tennis Club newsletter is available online at [www.carderockclub.org](http://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](mailto:carderockclubnewsletter@verizon.net)

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