

Carderock Springs Swim and Tennis Club

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



DECEMBER 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

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

CALENDAR - What's Happening at the Club?

December 11, Friday
Movie Night

December 12, Saturday, 12 - 4:30 pm
Annual Carderock Creates! Art Show & Sale

January 17, Sunday, 4 - 6 pm
Wine and Cheese Tasting

TENNIS

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



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

CARDEROCK CREATES!

Saturday, December 12

Come see Carderock artists and artisans at the annual holiday "Carderock Creates!" show at the club. You can buy great gifts!

Many Thanks,

Anja and Kristina
CC! Creators

tips/lessons!

To register for tennis courts 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

IN SEARCH OF:

Club Members who would be open to being contacted by other members as a hitting partner or to fill-in for a missing player.

If interested please contact Darrell Tanno directly at darrell82666@yahoo.com for information on how to sign up.

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



More
CLASSES AT THE CLUB

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

Mondays and Wednesdays, 9 - 10 am

5Rhythms Dance

1st and 3rd Fridays, 8 pm.

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).

"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

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 Roger Sola-Sole
 Alison Ewing

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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

[Forward email](#)



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