

Carderock Springs Swim and Tennis Club

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



FEBRUARY 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

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Tennis Pro

CALENDAR - What's Happening at the Club?

March 1: DEADLINE to pay your annual dues without a late fee

March TBD: Club Board of Directors meeting

March 17, 2 pm: Presentation by Alison Ewing: Turn Photo Chaos into Keepsakes

March 23: Tennis programs begin

Spring TBD:

Movie Night, Family Potluck, Senior Programs

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

MEMBERSHIP RENEWAL due March 1

Membership renewal forms were mailed in early February. Your payment is due by March 1. After that, there is an additional late fee to join Carderock's Swim and Tennis Club.

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



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

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](#) .

Membership gives you access to the clubhouse, pools, tennis and basketball courts.

There are multiple levels of membership depending on your age and your home's location - for instance, Carderock residents have priority and Seniors get a discount. See www.CarderockClub.org for a complete explanation of [membership levels and fees](#), including Guest Fees.

SUMMER FUN: June 15 - 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 . Each week-long session includes segments of team building activities, 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 .

TENNIS

Spring tennis programs for every age begin March 23.

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

Maggie Wong's Yoga

Join any time

For more information, see
www.CarderockClub.org .



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
 12 classes start Feb 11 (no class April 22 or 29)

Movement lessons are gentle yet powerfully
 effective.

Email dannahblank@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

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

2015 BOARD OF DIRECTORS

President	Paul Kisslinger	pkisslinger@msn.com
Vice President	Mike McLaughlin	Spike.McLaughlin@gmail.com
Secretary	Liz Bilbao	bilbaodelizabeth@yahoo.com
Treasurer	Edward Bird	edward_bird@Yahoo.com
Tennis Committee	Colette Worley	interiorsbycolette@comcast.net
Swim/Dive Teams	Robin Meyer	mever80@comcast.net
Social/Childrens Prgms	Jen DeMarinis	jendrennan@msn.com
Bldg/Long Range Plng	Roger Sola-Sole	rdsolasole@gmail.com
Membership	Alison Ewing	alisonewing@verizon.net

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