

# Carderock Springs Swim and Tennis Club

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



## JULY 2015 NEWSLETTER

### In This Issue

[Summer Employment](#)

[Calendar](#)

[Memorial Day Weekend  
Opening](#)

[Tennis](#)

[Classes at the Club](#)

[Club Rentals](#)

### Quick Links

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)

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

#### *July 4 , Saturday 4th of July festivities!*

morning            Swim Meet, pools closed

approx. 1 pm      Pool Opens!!!  
2:30-5 pm        Tennis Round Robin  
6 - 8 pm           Float Night  
6:30-9:30 pm    Evening Social

**July 18, Saturday 6-9 pm** CUDAS  
End of Season Dinner and Slide Show

**through July 24:** Weekly Summer Fun (ages 6 to 10)

**through Aug 7:** Summer Tennis programs

### 4th of JULY CELEBRATION

Pools Open approx. 1 pm (due to a Saturday morning swim meet which likely ends at approximately 1 pm)

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

### OPERATING HOURS

**Regular summer hours  
until school starts in the  
Fall:**

Mon-Fri 10:30 am - 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.:

**Karin Baker's Water  
Aerobics**

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

Float Night :6 pm - 8 pm

Evening Social :6:30 - 9:30 pm. The club provides music and drinks (beer, wine, sodas), you bring the rest of your dinner - entrees to BBQ, etc.

## TENNIS

Summer tennis programs  
continue through Aug 7.

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)



For more info, contact Karen  
at 301 919 4657.

### **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

## 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>
Vice President	Mike McLaughlin	<a href="mailto:Spike.McLaughlin@gmail.com">Spike.McLaughlin@gmail.com</a>
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Treasurer	Edward Bird	<a href="mailto:edward_bird@Yahoo.com">edward_bird@Yahoo.com</a>
Tennis Committee	Colette Worley	<a href="mailto:interiorsbycolette@comcast.net">interiorsbycolette@comcast.net</a>
Swim/Dive Teams	Robin Meyer	<a href="mailto:meyer80@comcast.net">meyer80@comcast.net</a>
Social/Childrens Prgms	Jen DeMarinis	<a href="mailto:jendrennan@msn.com">jendrennan@msn.com</a>
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)

[carderockclub@verizon.net](mailto:carderockclub@verizon.net)



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