

Carderock Springs Swim and Tennis Club

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



MARCH 2015 NEWSLETTER

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Swim and Tennis Club

www.carderockclub.org

Carderock Springs Citizens
Association

www.carderocksprings.org

Club Contacts

Manager

CALENDAR - What's Happening at the Club?

March 4: DEADLINE to pay your annual dues without a late fee

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

March 22, 11 am Sunday: Spring Egg Hunt - be prompt!

March 22, 7 pm: Carderock Conservation Coalition presentation on RainScapes, Rain Gardens, etc

March 23: Tennis programs begin

March 25, 8 pm Wednesday: Club Board of Directors Meeting

March 27, 5:30 pm Fri: Welcome Spring Family Potluck

April 21, 2 pm Tues: presentation Not Just for Seniors - MC Historical Society: *How Far Have*

Larry Ondrejko
301-365-2292
carderockclub@verizon.net

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



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

We Come? The Life and Times of Country Doctor Edward Stonestreet in the 1800's

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

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.mcsl.org/Officials.aspx) (<http://www.mcsl.org/Officials.aspx>) which has numerous helpful guides and charts.

SPRING EGG HUNT



Get Ready for the Annual Spring Egg Hunt!

11 am Sunday, March 22

Celebrate spring by hunting for eggs at the Club! Snacks provided.

There will be plenty of eggs for kids of all ages but you will need to be there promptly when it starts - the eggs go fast!

MEMBERSHIP RENEWAL

Membership renewal forms were due in early March. Now there's an additional late fee to join Carderock's Swim and Tennis Club. If you forgot to join, contact alisonewing@verizon.net .

Front Desk, Snack Bar and Buildings/Grounds.

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

For more information, 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

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



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
Vice President
Secretary
Treasurer

Paul Kisslinger
Mike McLaughlin
Liz Bilbao
Edward Bird

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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
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8200 Hamilton Spring Court
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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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