

# Carderock Springs Swim and Tennis Club

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



## MAY/JUNE 2015 NEWSLETTER

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### 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?

#### **May 23 Memorial Day weekend festivities!**

10:30 am Pool Opens!!!  
2:30-5 pm Tennis Round Robin  
4 pm Pool Games  
6:30-9:30 pm Evening Social

#### **June 7, Sunday, 2-5 pm:**

Carderock House/Garden tour  
(buy \$10 tickets at the Club starting at 1:50 pm)

**June 16 - July 24:** Weekly Summer Fun (ages 6 to 10)

**June 15 - Aug 7:** Summer Tennis programs

#### **July 4, Saturday:**

Pool Games, Tennis Round Robin, BBQ!

### MEMORIAL DAY WEEKEND OPENING

The pool opens Memorial Day weekend on Saturday at 10:30 am!!!

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

Membership  
 Alison Ewing  
 301-469-0345  
[alisonewing@verizon.net](mailto:alisonewing@verizon.net)

Newsletter  
 Margie Orrick  
 301-365-6253  
[carderockclubnewsletter@verizon.net](mailto: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

**While school is in session  
 Tues 5/26 - Mon 6/15:**

Mon-Fri 3:00 pm - 8:30 pm  
 Sat/Sun 10:30 am - 8:30 pm

**Regular summer hours  
 starting Tues 6/16:**

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

SUMMER  
 EMPLOYMENT

Adult tennis round robin - 2:30 -5 pm.

Kid pool games - 4 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 for all ages run June 15 - Aug 7.



Please check out our website and see how we have grown! New this year are online payments, sign ups (for some classes), 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, go to <http://www.bethesdatennisacademy.com/>

We'll see you on the courts!  
 Nitin Deodhar, Founder  
 40 Thirty LLC/Bethesda Tennis Academy  
[nitin@40thirty.com](mailto:nitin@40thirty.com)

SUMMER FUN: June 16 - 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](http://www.projectdemolition.com) and Kristina Valencia, a Para-educator at our very own Carderock Elementary as well as being the founder and owner of The Kids Studio where she teaches children's art classes. Each week-long session includes segments of team building activities, art projects, 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

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](#) .

For more information, see [www.CarderockClub.org](#) .

on a first-come first-served basis. For more info 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](mailto:Maggie@yogaplus.com)  
[www.yogaplus.com](http://www.yogaplus.com)



### SUMMER POOL CLASSES

Tuesdays and Thursdays  
June 23 to August 20

8:45 a.m.:  
**Jacki Sorenson's Aerobic Dancing**

10:30 a.m.:  
**Karin Baker's Water Aerobics**

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 [donnahblank@gmail.com](mailto:donnahblank@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>
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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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