

# Carderock Springs Swim and Tennis Club

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



## OCTOBER 2015 NEWSLETTER

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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)

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Tennis Pro

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

#### October 8, Thursday

8:00 pm Club Board Meeting

#### October 25, Sunday, 2-5 pm

Carderock Fall Festival: games, rides, food!

#### October 31, Saturday 5:30 pm

Halloween Parade at the Club

### BOARD MEETING: ISO NOMINATIONS

BOARD MEETING: 8 pm, THURSDAY, OCT 8

Four positions on the Board will have vacancies for 2016. We are seeking volunteers to fill these positions which involve about 5 hours per month:

- Treasurer: prepares budget with Club Manager and Board (not responsible for day to day activities)
- Secretary: maintains minutes and other record keeping
- Swim/Dive Chair: liaison between team and Board (the team reps not Chair run the swim program)

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

## FALL FESTIVAL

**2-5 pm Sunday, October 25**

All ages enjoy the annual Fall Festival with food, games, and lots of laughter!

Come play games & rides, see Micro Fundraising Projects, eat home cooked food and more.

UNICEF boxes will be distributed for Halloween Trick or Treaters!

- Long Range Planning Chair: ideally knowledgeable in architecture, engineering or construction since is involved in club facilities and grounds

PLEASE consider volunteering for one of these positions. Service is crucial to the Club and it's future. Please direct any questions to **Mike Nannes (MNannes@comcast.net)**, who has agreed to serve as Chair of the Nominating Committee (other members are Suzette Goldstein and Alison Ewing). The Club By-Laws provide that the nominations be determined by October 15, so please move quickly.

## TENNIS

Fall tennis programs!

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)



### **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>
Vice President	Mike McLaughlin	<a href="mailto:Spike.McLaughlin@gmail.com">Spike.McLaughlin@gmail.com</a>
Secretary	Liz Bilbao	<a href="mailto:bilbaolizabeth@yahoo.com">bilbaolizabeth@yahoo.com</a>
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)

[Forward email](#)



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