

Carderock Springs Swim and Tennis Club

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



SEPTEMBER 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

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

CALENDAR - What's Happening at the Club?

September 12, Saturday Labor Day festivities!

**** WEATHER PERMITTING ****

2:30-5 pm Tennis Round Robin

6 pm - 9 pm Evening Social

September 13, Sunday

8:30 pm Pool Closes for the Season

October 25, Sunday

Carderock Fall Festival: games, rides, food!

LABOR DAY CELEBRATION

SATURDAY SEPT 12

**** WEATHER PERMITTING ****

Adult tennis round robin: 2:30-5 pm.
(register Carderock.TennisBookings.com, click on the Event tab when you login)

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

TENNIS

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

Through September 13 pool closing:

Mon-Fri **3:30 pm** - 8:30 pm

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

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

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

Movement lessons are gentle yet powerfully effective.

Email 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
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

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pkisslinger@msn.com
Spike.McLaughlin@gmail.com
bilbaobelizabeth@yahoo.com
edward_bird@yahoo.com

Tennis Committee	Colette Worley	interiorsbycolette@comcast.net
Swim/Dive Teams	Robin Meyer	meyer80@comcast.net
Social/Childrens Prgms	Jen DeMarinis	jendrennan@msn.com
Bldg/Long Range Ping	Roger Sola-Sole	rdsolasole@gmail.com
Membership	Alison Ewing	alisonewing@verizon.net

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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

[Forward email](#)



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