

Carderock Springs Swim and Tennis Club

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



FEBRUARY 2016 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

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Tennis Pro

Nitin Deodhar

CALENDAR - What's Happening at the Club?

March 1, Tuesday

Deadline to pay Swim/Tennis Club dues without a late fee

March 19, Saturday, 6:30-8:30 pm at the Club

Swim/Dive Team's pre-season LUAU
THEMED Pot Luck Dinner

May 1, Sunday

Swim Team Open House at the Club

May 28, Saturday

Opening Day for the Pool!

MEMBERSHIP RENEWAL

March 1 Deadline to pay dues without a late fee!

On Feb 1 membership renewal forms were mailed to every Carderock (Bennett) house and every active 2015 member. Please review the information on your enrollment form (most

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

SWIM POT LUCK

**March 19, Saturday,
6:30-8:30 pm**

All are welcome to come to the Swim/Dive Team's pre-season LUAU THEMED Pot Luck Dinner on March 19th at the Club. Bring a friend and a dish to share. It promises to be a great summery time, even when the weather is still cold!

Find out more about our Mini Cuda, Pre-team, Swim Team and Dive Team options for children of all ages. Please contact Shannon Lindstrom sclindstrom@yahoo.com with questions.

important are valid, up-to-date email addresses) and mail it back to the club, along with your dues before March 1 to avoid the \$100 late fee.

At the Annual Meeting on November 30 the Board approved the 2016 rates as follows:

\$800 Sustaining I and II members
 \$950 Annual members
 \$650 Senior members
 \$100 Emeritus members (15 visits per season for individual members over 65)
 \$1,500 Activation fee

Any questions? Contact Alison Ewing at alisonewing@verizon.net

SUMMER FUN REGISTRATION

Looking for a summer program for children age 6 through 10? The club is offering week long sessions starting June 20 for 6 consecutive weeks.

With a focus on having fun and team building skills along with tennis and creative arts, we include swimming at the end of each daily session. The 5 hour program begins at 10 am and ends at 3 pm each day, Monday through Friday. The weekly fee is \$275.

The Program Directors are Mike Robison, an elementary school educator and Kristina Valencia, a Para-Educator at Carderock Elementary and founder/operator of The Kids Studio, an art education program for children. Counselors are neighborhood teens who earn SSL hours.

Registration forms for kids 6 to 10 and counselor application forms for teens are on our website, www.CarderockClub.org.

TENNIS

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





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



offers, videos/photos, and quick tips/lessons!

To register for tennis courts 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

IN SEARCH OF:

Club Members who would be open to being contacted by other members as a hitting partner or to fill-in for a missing player.

If interested please contact Darrell Tanno directly at darrell82666@yahoo.com for information on how to sign up.

Men's Tennis Team Seeks Additional Players

The Carderock Men's Team plays in a 4.0-level league (USTA NTRP) between May and July and is seeking to expand the player pool. If you're interested, please contact Darrell Tanno (darrell82666@yahoo.com) for more details.

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). Contact Terry

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

Bowers terry.bowers@gmail.com for any questions.

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

2016 BOARD OF DIRECTORS

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Vice President
Secretary
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Paul Kisslinger
Mike McLaughlin
Amy O'Donoghue
Mike Lindstrom

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Tennis Committee
Swim/Dive Teams
Social/Childrens Prgms
Bldg/Long Range Plng
Membership

Colette Worley
Steve Goldstein
Jen DeMarinis
Patrick Rose
Alison Ewing

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Carderock Springs Swim and Tennis Club || carderockclubnewsletter@verizon.net
www.carderockclub.org
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Bethesda, MD 20817

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

Carderock Springs Swim and Tennis Club,
8200 Hamilton Spring Court, Bethesda, MD 20817

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