

Carderock Springs Swim and Tennis Club

8200 Hamilton Spring Court
Bethesda, MD 20817
301-365-2292
carderockclub@verizon.net



JUNE 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

301-365-1541

CALENDAR - What's Happening at the Club?

May 28, Saturday, 10:30 am

Opening Day for the Pool!

WEATHER PERMITTING:

2-2:30 Kid Games

2:30-4:30 Tennis Round Robin

6:30-9 Evening Social

May 31, Tuesday, 3:45 - 7:15 pm

First Day of Swim/Dive Team Practice

June 18, Saturday, 9 am

First Home Swim Team Meet: vs. Eldwick

See [Swim/Dive Calendar](#) at TeamUnify website for summer practices and meets.

SWIM and DIVE

DIVE and SWIM PRACTICES being May 31st!

Not sure if swim team or dive team is the right fit? Come to open practices May 31, June 1

<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

FOOD TRUCKS



Yummy Food Trucks at the Club!

Saturday, June 18, 830 - 1030AM

Hardy's BBQ Southern Breakfast

Friday, July 1, 530 - 730P
Go Fish

Saturday, July 2, 830 - 1030AM
Crepe Love

and/or June 2. The practice schedule is available under swim team and dive team on the team website
<http://www.teamunify.com/Home.jsp?team=recpvcscmd>

Bring your friends! (And check the schedule because it is different from previous years).

Registration is now open for ALL swim and dive programs! Reminder: Registration closes on June 10 for Swim Team, Dive Team and Pre-Team Programs. Registration for Mini Cudas Lessons closes 8 days prior to the start of each 4 week session.

AVAILABLE PROGRAMS

Dive team is available for participants ages 5 and up. Practices begin May 31.

Swim team is available for participants who meet the eligibility requirements (swim 25 meters of freestyle in under 60 seconds and 25 meters of backstroke in under 60 seconds). Practices begin May 31.

Pre-Team is available for those with some swimming skills but who aren't quite ready for swim team. Pre-Team is now considered part of swim team. Practices begin June 20.

Mini Cuda Lessons are weekly swim lessons available for 3-6 year olds who can separate from parents and who are comfortable being in the water. Parents must remain on deck during the lessons but they do not get in the pool! Sign up for the week(s) of your choice. June 20-July 15.

Private lessons are also an option. A full list of coaches will be available soon! Schedule them at your convenience.

CERTIFIED OFFICIALS & VOLUNTEERS

Swim and Dive are always looking for help. Please sign up!

Questions? Contact Shannon Lindstrom at sclindstrom@yahoo.com

SUMMER FUN REGISTRATION

Looking for a summer program for children age 6 through 10? The club is offering week long

Wednesday, July 6, 500 - 730PM
Balkanik Taste

Wednesday, July 13, 500 - 730PM
Hardy's BBQ

Saturday, July 16 830 - 1030AM
Crepe Love

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



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.

MEMBERSHIPS AVAILABLE

Annual membership's of all categories available.

For more information please contact Alison Ewing at alisonewing@verizon.net

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 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

Karin Baker's Classes

Water Aerobics

Tues & Thurs, 10:30-11:30 am
June 21- Aug 18
(9 weeks, may end later due to weather)

Jacki Sorensen's Aerobic Dancing,

Tues & Thurs, 8:45 - 9:45
June 21 - Aug 18 (9 weeks)

Jacki Sorensen's Strong Step,

Fri 8:45-9:45,
June 24 - July 29 (6 weeks)

Prices

Water Aerobics 2x/week \$140, 1x/week \$75, drop-in \$10/class
Aerobic Dancing 2x/week \$135, 1x/week \$70, drop-in \$8/class
Strong Step \$45, drop-in \$8/class

Instructor

Karin Baker
cell 301 919 4657, office 240 207 3091
Certified AEA (Aquatic Exercise Assn),
AFAA Group Exercise,
Jacki's Inc. and CPR

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

2016 BOARD OF DIRECTORS

| | | |
|------------------------|-----------------|--|
| President | Paul Kisslinger | pkisslinger@msn.com |
| Vice President | Mike McLaughlin | Spike.McLaughlin@gmail.com |
| Secretary | Amy O'Donoghue | amieo1620@gmail.com |
| Treasurer | Mike Lindstrom | malindstrom@yahoo.com |
| Tennis Committee | Colette Worley | interiorsbycolette@comcast.net |
| Swim/Dive Teams | Steve Goldstein | steven.goldstein@indigoarc.com |
| Social/Childrens Prgms | Jen DeMarinis | jendrennan@msn.com |
| Bldg/Long Range PIng | Patrick Rose | pprose@hotmail.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

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