

# Carderock Springs Swim and Tennis Club

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



## MARCH 2016 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)

Tennis Pro

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

**March 19, Saturday, 6:30-8:30 pm** at the Club  
Swim/Dive Team's pre-season LUAU  
THEMED Pot Luck Dinner

**April 10, Sunday, noon** at the Club  
**SPRING EGG HUNT** - don't be a late arrival!

**May 1, Sunday**  
Swim Team Open House at the Club

**May 28, Saturday**  
Opening Day for the Pool!

## MEMBERSHIP RENEWAL

Annual membership dues were to be paid by the March 1 Deadline. If you haven't paid them yet you'll need to also pay a \$100 late fee.

The membership renewal forms were snail mailed on Feb 1 to every Carderock (Bennett) house and every active 2015 member.

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

## 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 19<sup>th</sup> at the Club. Bring a friend and a dish to share. It promises to be

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](mailto:alisonewing@verizon.net)

## SPRING EGG HUNT

**Sunday April 10, noon**

Don't be late for the Spring Egg Hunt at the club! There's plenty to find for everyone who is on time. Helpers needed! Questions? Contact Jen DeMarinis [jendrennan@msn.com](mailto:jendrennan@msn.com).

## 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](http://www.CarderockClub.org).

## TENNIS

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](mailto:sclindstrom@yahoo.com) with questions.

### 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)



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](mailto:nitin@40thirty.com)

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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](mailto: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](mailto:darrell82666@yahoo.com)) for more details.

### More CLASSES AT THE CLUB

**Donna Blank's Feldenkrais  
Feeling Safer in Your Own Skin  
and in Connecting with Others**

2 workshops  
Sunday March 19 and Sunday April 3  
1 pm to 5 pm at the Club.  
\$75 first workshop, \$120 for both.

**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

Donna Blank will lead experiences based on Feldenkrais® Awareness Through Movement® and Wholebody Focusing to invite your discovery of a deeper sense of embodied safety and support that translates into your life and your relationships.

Contact [DonnaHBlank@gmail.com](mailto:DonnaHBlank@gmail.com),  
or call 301-469-8665

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### **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](mailto:terry.bowers@gmail.com) for any questions.

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

## 2016 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	Amy O'Donoghue	<a href="mailto:amieo1620@gmail.com">amieo1620@gmail.com</a>
Treasurer	Mike Lindstrom	<a href="mailto:malindstrom@yahoo.com">malindstrom@yahoo.com</a>
Tennis Committee	Colette Worley	<a href="mailto:interiorsbycolette@comcast.net">interiorsbycolette@comcast.net</a>
Swim/Dive Teams	Steve Goldstein	<a href="mailto:steven.goldstein@indigoarc.com">steven.goldstein@indigoarc.com</a>
Social/Childrens Prgms	Jen DeMarinis	<a href="mailto:jendrennan@msn.com">jendrennan@msn.com</a>
Bldg/Long Range Plng	Patrick Rose	<a href="mailto:pprose@hotmail.com">pprose@hotmail.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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