

Carderock Springs Swim and Tennis Club

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



MAY 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

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

CALENDAR - What's Happening at the Club?

May 28, Saturday, 10:30 am
Opening Day for the Pool!

May 31, Tuesday, 3:45 - 7:15 pm
First Day of Swim/Dive Team Practice

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

SWIM and DIVE

ONLINE REGISTRATION NOW OPEN for Dive Team, Swim Team, Pre-Team and Mini Cudas. <http://www.teamunify.com/Home.jsp?team=recpvcsmd>

Please contact Shannon Lindstrom at sclindstrom@yahoo.com with questions.

SUMMER FUN REGISTRATION

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

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

Maggie Wong's Yoga - Join any time

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.

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

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



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.

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.**

More
CLASSES AT THE CLUB

**Donna Blank's Feldenkrais
Feeling Safer in Your Own Skin**

5Rhythms Dance

and in Connecting with Others

1st and 3rd Fridays, 8 pm.

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

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.

"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.

Contact DonnaHBlank@gmail.com,
 or call 301-469-8665

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
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 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
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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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