

Carderock Springs Swim and Tennis Club

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



SEPTEMBER 2016 NEWSLETTER

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Quick Links

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
<http://www.bethesdatennisacademy.com/>

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Membership
Alison Ewing

CALENDAR - What's Happening at the Club?

Saturday August 27 Last Float Night 5 to 7

Sunday August 28 Last Early Bird Swim

August 29 Opening time changes to 3:30 - 8:30

Saturday September 10

WEATHER PERMITTING:

2:30-4:30 Tennis Round Robin
(Sign up thru tennis booking link)

6:30-9 Evening Social

Sunday September 11

8:30 pm Pool Closes for the Season

SWIM and DIVE

CUDAS

Congratulations on a very successful swim and dive season.

Swim Team undefeated and Division Champs.

301-469-0345
alisonewing@verizon.net
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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

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.

Dive Team record 4-1-0 Winners of The Divisional Meet.

TENNIS

Fall Session beginning 8-31.

Please visit the Tennis Link for full schedule.

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

Maggie Wong's Yoga - Join any time

5Rhythms Dance

Tuesday and Thursdays from 9-10:30 am

1st and 3rd Fridays, 8 pm.

Yoga and light hand weights for flexibility, strength and peace of mind.

Email Maggie@yogaplus.com
www.yogaplus.com



"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

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Tennis Committee
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 Bldg/Long Range Plng
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 Jen DeMarinis
 Patrick Rose
 Alison Ewing

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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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