

Carderock Springs Swim and Tennis Club

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



APRIL 2017 NEWSLETTER

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CALENDAR - What's Happening at the Club?

Saturday April 1st
Online registration for Swim/Dive and Pre-Team

Sunday April 23, 3-5 pm
Swim and Dive Open House

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

2017 MEMBERSHIPS

2017 Club memberships

The Club is permitted to sell a limited number of memberships per year. Members have privileges to use the clubhouse, pools, tennis and basketball courts. A limited number of memberships are still available.

Based on the current By-Laws, there are three different kinds of membership and

Tennis Pro
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 Swim/Dive Team 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/DIVE REGISTRATION

www.CarderockSwimDive.org



Online registration for teams and group lessons begins **April 1** and is accessed through the registration tab on the [swim/dive team website](#).

**Swim & Dive Open House
April 23, 3-5 pm**

they are explained on our website
CarderockClub.org

SUMMER FUN

On our website CarderockClub.org:

[Summer Fun Registration Form](#)

[SF Community Service/Volunteer Application](#)

Children ages 6 through 10 can attend our Summer Fun Program! Teens can earn Community Service hours by working at Summer Fun assisting the Program Directors, 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.

Each week's session includes segments of team building activities, swimming and fun related skill-enhancing projects and games. The 5 hour program begins at 10 am and ends at 3 pm each day, Monday through Friday. The weekly fee is \$275.

There will be 6 weekly sessions, June 19 through July 28, 2017.

Volunteers: We are currently accepting applications for volunteers to assist the Summer Fun Program staff. Applicants must be at least 12 years old on or before the session starts June 20, 2017 and be willing to commit to a full week of service.

Due to the high number of volunteer requests, you may not be chosen for more than one (1) week of the six week program. **All positions are filled on a first-come basis with priority given to children of active membership households.** The number of program participants enrolled will determine the number of volunteers per week. When

See our [Cudas 2017 Flyer](#) for more information about Carderock's Swim and Dive Teams.

submitting your application, please indicate your first, second and third choices.

Thank you for your interest in volunteering in the Summer Fun Program at the club.

TENNIS

JUNIOR SPRING REGISTRATION NOW OPEN

ONLINE REGISTRATION

BethesdaTennisAcademy.com

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



Bethesda Tennis Academy

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. Here's the current list of **hitting partners**:

Carderock Tennis Hitting Partner List (send your info to Darrell Tanno)						
First Name	Last Name	M/F	USTA Level	Email	Phone (optional)	Comment (17Sep16)
Darrell	Tanno	M	3.8	darrell82666@yahoo.com	202-640-3932	Eves & wkends. OK to ask on short notice.
Larry	Groner	M	3.3	lgronerlaw@gmail.com	202-744-8379	
Paul	Tysvaer	M	3.5	paultys@outlook.com	202-450-8275	Mornings, lunch, evenings
Al	Zeitoun	M	3.5	alzeitoun@aol.com	202-215-9809	Early mornings, lunch, evenings, weekends
Deniz	Cirivello	F	3.0	dcirivello@gmail.com	240-750-4167	Eves & wkends. OK to ask on short notice.
Eliana	Vera	F	2.0	eliana.vera@verizon.net		Weekdays, anytime
Caroline	Walsh	F	3.0	cr.walsh@hotmail.com	301-767-9824	Morn & wkends. Ok to ask on short notice.

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.

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.

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. Questions?
Email Maggie@yogaplus.com
www.yogaplus.com

5Rhythms Dance

1st, 3rd and 5th 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 outdoor pavilion is also available to rent.

Please contact the manager Larry E. Ondrejko at carderockclub@verizon.net or telephone 301-365-2292

2017 BOARD OF DIRECTORS

President	Mike McLaughlin	Spike.McLaughlin@gmail.com
Vice President	Jen DeMarinis	jendrennan@msn.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 Pgrms	Bei Wu	wubei1229@yahoo.com
Bldg/Long Range Plng	Flavio Rasetto	drrasetto@ccid.net
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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