

# Carderock Springs Swim and Tennis Club

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



## SEPTEMBER 2017 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

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

### CALENDAR

#### SEASON END SOCIAL CELEBRATION

**Saturday, September 9**

**3 - 5:00 PM Adult Tennis Round Robin  
(REGISTER ONLINE FROM CLUB WEBSITE)**

**6:30 - 9 pm Evening Social**

#### SEPTEMBER OPERATING HOURS

**Friday 10:30 TO 9:00**

**Saturday 10:30 to 10:00**

**Sunday 10:30 to 9:00**

**Monday (LABOR DAY) 10:30 to 9:00**

**Tuesday September 5 - Friday September 8  
3:00 - 9 pm**

**Saturday September 9 10:30 to 10:00**

**POOL CLOSING DAY Sunday. September 10  
10:30 to 9:00 pm**

**Pool closes for the season**

Membership  
Alison Ewing  
301-469-0345  
alisonewing@verizon.net

Newsletter  
Margie Orrick  
301-365-6253  
carderockclubnewsletter@verizon.net

### SWIM/DIVE TEAMS

[www.CarderockSwimDive.org](http://www.CarderockSwimDive.org)



Thanks for a great summer - We'll see you in the pool next summer!

Visit the [swim/dive team website](#) next spring for 2018 updates..

### Fall Tennis (online registration)

### SUMMER FUN

Thanks to all for a glorious Summer Fun program experience this summer!

The young neighborhood kids had a great time at the club being supervised by our own neighborhood teens for yet another summer in our Summer Fun program of refreshing swimming, creative projects and fun games.

For young kids ages 6 through 11: Consider Carderock's Summer Fun for one or more weeks next summer in 2018. It's a great community builder and way to bond with neighbors!

Meanwhile, it's Back to School time - ask a good question every day!



## TENNIS

FALL 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](mailto:nitin@40thirty.com)



*Bethesda Tennis Academy*

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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. 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	<a href="mailto:darrell82666@yahoo.com">darrell82666@yahoo.com</a>	202-640-3932	Eves & wkends. OK to ask on short notice.
Larry	Groner	M	3.3	<a href="mailto:lgronerlaw@gmail.com">lgronerlaw@gmail.com</a>	202-744-8379	
Paul	Tysvaer	M	3.5	<a href="mailto:paultys@outlook.com">paultys@outlook.com</a>	202-450-8275	Mornings, lunch, evenings
Al	Zeitoun	M	3.5	<a href="mailto:alzeitoun@aol.com">alzeitoun@aol.com</a>	202-215-9809	Early mornings, lunch, evenings, weekends
Deniz	Cirivello	F	3.0	<a href="mailto:dcirivello@gmail.com">dcirivello@gmail.com</a>	240-750-4167	Eves & wkends. OK to ask on short notice.
Eliana	Vera	F	2.0	<a href="mailto:eliana.vera@verizon.net">eliana.vera@verizon.net</a>		Weekdays, anytime
Caroline	Walsh	F	3.0	<a href="mailto:cr.walsh@hotmail.com">cr.walsh@hotmail.com</a>	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](mailto: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](mailto:terry.bowers@gmail.com) for any questions.



### **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](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.

Please contact the manager Larry E. Ondrejko at [carderockclub@verizon.net](mailto:carderockclub@verizon.net) or telephone 301-365-2292

## 2017 BOARD OF DIRECTORS

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[amieo1620@gmail.com](mailto:amieo1620@gmail.com)

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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	Bei Wu	<a href="mailto:wubei1229@yahoo.com">wubei1229@yahoo.com</a>
Bldg/Long Range PIng	Flavio Rasetto	<a href="mailto:drrasetto@ccid.net">drrasetto@ccid.net</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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