

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

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/>

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



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



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.



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.

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

2017 BOARD OF DIRECTORS

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Vice President
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Jen DeMarinis
Amy O'Donoghue

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Swim/Dive Teams	Steve Goldstein	steven.goldstein@indigoarc.com
Social/Childrens Prgms	Bei Wu	wubei1229@yahoo.com
Bldg/Long Range PIng	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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