

Carderock Springs Swim and Tennis Club

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



JULY 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?

July 9, Saturday

July Celebration!

WEATHER PERMITTING:

2-2:30 Kid Games

2:30-4:30 Tennis Round Robin

6:30-9 Evening Social

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

SWIM and DIVE

'CUDA TEAM DIVERS and SWIMMERS

Keep up the good work in practices and at meets
- you are awesome. We are all rooting for you!

And Mini-Cudas: We can see that you are getting
better Every Day!

SUMMER FUN REGISTRATION

The Club's Summer Fun program for children age 6
through 10 continues weekly through July.

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!

Friday, July 1, 530 - 730P
Go Fish

Saturday, July 2, 830 - 1030AM
(Maui Wowi on pool deck, no food truck)

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

With a focus on having fun and team building skills along with 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

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

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.



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

Karin Baker's Classes

Water Aerobics

Tues & Thurs, 10:30-11:30 am
June 21- Aug 18
(9 weeks, may end later due to weather)

Jacki Sorensen's Aerobic Dancing,

Tues & Thurs, 8:45 - 9:45
June 21 - Aug 18 (9 weeks)

Jacki Sorensen's Strong Step,

Fri 8:45-9:45,
June 24 - July 29 (6 weeks)

Prices

Water Aerobics 2x/week \$140, 1x/week
\$75, drop-in \$10/class
Aerobic Dancing 2x/week \$135, 1x/week
\$70, drop-in \$8/class
Strong Step \$45, drop-in \$8/class

Instructor

5Rhythms Dance

1st and 3rd 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

Karin Baker
cell 301 919 4657, office 240 207 3091
Certified AEA (Aquatic Exercise Assn),
AFAA Group Exercise,
Jacki's Inc. and CPR

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
Swim/Dive Teams
Social/Childrens Prgms
Bldg/Long Range Plng
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Steve Goldstein
Jen DeMarinis
Patrick Rose
Alison Ewing

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Carderock Springs Swim and Tennis Club | | carderockclubnewsletter@verizon.net
www.carderockclub.org

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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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