

Kenwood

Golf and Country Club



May
2014

President: *Todd Chamberlin*
General Manager: *Stephen E. Smith*
Club Manager: *William Worrell*

Here Comes Summer!!

Memorial Day Poolside Picnic & Games

Monday, May 26 ★ 2:00 pm-5:00 pm

Bumper Paddle Boats
Life's a Beach Double Lane Water Slide
Walk on Water Mat

COOK OUT

Grilled Hamburgers & Hot Dogs
Fried Chicken
Garden Salad, Corn
Coleslaw & Watermelon

Member Sign Bar

5yrs. and above \$16.95+
Children 4yrs. and under complimentary
Bring a Picnic Blanket
Open to Diners Only

Reservations Only - Limited Space

Contact the Reservation Line
301-320-3000, ext. 1214
or email lauren@kenwoodcc.net

North Pool Open 10:00 am-12:30 pm only
Dive Pool Open 10:00 am-7:30 pm





Memorial Day ★ Monday, May 26

Hours of Operation

Clubhouse Open

Bowling Alley Closed for the summer

Cocktail Lounge 12-7pm

Restaurant 11:30am-5pm – Lunch Only

Fitness Center 6am-6pm

Indoor Pool..... 6am-12 noon

Kidfit Child Care 8am-12 noon

Golf Range Open all Day

Golf Shop 7am-6pm

Golf Snack Bar..... 10am-5pm

Outdoor Pools:

Dive Pool 10am-8pm

North Pool (Lap Pool).....10am-12:30pm

Pool Grass Lounge Area.....10am-12:30pm

Pool Snack Bar 10am-7pm

Pool Patio Bar 11am-8pm

Tennis Shop 9am-4pm

Clubhouse Closed Tuesday, May 27
Golf Course Opens at 12 noon

Coming Events

Friday, May 2
Swim-Dive Parents Call

Saturday, May 3
Kentucky Derby Day

Thursday, May 8
Fire Pit Night on the Flagstone Patio

Sunday, May 11
Mother's Day Buffet
and
Dinner in the Restaurant

Saturday, May 24
Outdoor Pools Open at 10am

Monday, May 26
Memorial Day Picnic

Sunday, June 15
Father's Day

Wednesday, June 25
Jr. Triathlon

Sunday, June 29
Independence Day Celebration



BOARD OF GOVERNORS



By Mike Mitchell, Chairman

*A*t this writing the sun is shining, cherry blossoms are at their peak along the Tidal Basin and in the nearby Kenwood neighborhood, and baseball is being played again at Nat's Stadium. All evidence that the universe is returning to equilibrium after a long, harsh, snowy winter. The arrival of spring is evident at Kenwood as well, with the flowers blossoming and the trees budding out on the grounds of our Club. Along with these signs of renewal, the Kenwood programs for the new season are poised to begin their new cycles as well.

The Kenwood outdoor tennis is underway with a season opening reception and a full calendar of events for players at all skill levels. On May 18, former French Open doubles champion, Murphy Jensen, now with the Washington Kastles, will lead a free tennis clinic for Kenwood members. So come join in on this fun, improve your game and meet a Kastle.

The Swim/Dive program is gearing up for another great season, beginning with the

parents call/bowling party on Friday, May 2 from 7-9pm. Practice for regular Swim Team begins on May 31, and Dive practice begins June 2. For those who have aged out for the Swim/Dive competitions, come to swim to get fit and just relax poolside.

The Fitness Center has a wide variety of classes and general workout opportunities as well as the option to work with a personal trainer. The full Fitness Center class schedule is posted on the Kenwood website. And the bowling alleys are always a welcome respite where you can perfect your duckpin skills, particularly on a day to get in out of the sun or when summer rains curtail outdoor activities.

For our golfers, despite the long weather delays in the construction activities, our course is now open for nine holes of play, with construction once again underway to complete the pond project and related upgrades and improvements to our course and practice area. And what a course we will have once all of these enhancements are completed. Not only will we have a more

challenging course with the water carries, but the grounds will be greatly improved aesthetically with new plantings and the addition of new trees in the construction area, augmenting the tree plantings of two years ago on the holes on the far side of Goldsboro Road.

Our historically strong junior programs provide a great opportunity for our youngsters to hone their skills in their chosen sports and to get a taste and a sense of the challenge of athletic competition. For members of all ages there are opportunities for this sort of formal competition or for relaxed social activities with spouses and family and friends at the Club.

So in the coming weeks come on out and spend time at the Club, enjoy the company of family and fellow members, and join in the fun with all of the options for competitive sports or relaxed social events through the rest of the spring and into the summer. Kenwood this spring is a great place to come to get fit, and have fun doing it. ★

In Memoriam

Our sympathy is offered to the family of the following deceased member:

Mr. Robert B. Pomerenk

THINGS YOU MUST KNOW

From the General Manager's Desk
Stephen E. Smith

Throughout the year it is important that the rules and policies of the Kenwood Club be adhered to in an effort to make the Club a more enjoyable venue for all our Members and their guests. Below is a list of some of issues and areas of concern that fellow Members, the Board of Governors and Management want to bring to the General Membership's attention. The understanding and cooperation of all Members in these areas will be greatly appreciated.

Please, always be mindful, considerate and respectful of other Members and their guests while at the Club.

1. Members' children, 21 years of age or older, must have a Young Adult Membership to access and use the Club facilities. Members' children without the YA designation are restricted to use of the Club through the Club's guest policy and the rules that govern that policy. It is incumbent upon the Member that the guest policies of the Club are adhered to strictly.
2. Members and their family members are not permitted to use the Club's Membership Directory for business purposes nor provide it to anyone else for business purposes or any other reason.
3. The Golf Course, its fairways, greens, sand traps, practice greens and in particular the putting green directly behind the clubhouse are strictly for use by members and their guests engaged in the game of golf. Activities such as walking for exercise, strolling, jogging, bicycle riding, cross country skiing or sleigh riding for example, are not permitted on the Golf Course. Parents and children are prohibited from using the Club's golf course, the sand traps and greens, as a play area at anytime.
4. Playing ball games, Frisbee or any other unorganized activity that is not approved and controlled by the Club staff is prohibited.
5. Members and their guests are required to sign in on the proper sign in sheet before using the Golf Course (sign-in at Starter's Booth or Golf Shop), Tennis Courts (indoor and outdoor), The Fitness Center and the Outdoor Pools.
6. Members holding the "Social" class or "Non-Resident" class of membership are subject to and required to pay the appropriate "guest fee" associated with all activities offered by the Club.
7. Members: when signing in guests for use of the Club's facilities, it is required that the guest's name be **printed clearly**, opposite your name, in the guest column.
8. Pets are not allowed anywhere on Kenwood Country Club property at anytime for any reason.
9. Members or sponsored guests reserving or occupying a single occupancy room in the Club Guest House must be at least 21 years of age or older. Persons under the age of 21 are not permitted to stay in a room in the Guest House unless accompanied by a parent, legal guardian or an appropriate chaperone at least 30 years of age or older.
10. The flower beds around the Clubhouse and at various locations throughout the Club property are for the visual appreciation by the Members and guests. Do not allow children to play in the flower beds or in the numerous planters around the property. Do not pick the flowers or take cuttings from trees or shrubs on the property.
11. Running inside the Clubhouse, jumping on the furniture in the Lobby or elsewhere in the Clubhouse is not permitted.
12. Familiarize yourself with the Club's Dress Code. Please ensure that all family members and guests are in compliance while on Club property and while participating in activities and while using the Club's various facilities.
13. All guests must be registered, "signed in," at the sport/activity facility which he or she will use and be in the company of the sponsoring member. It is mandatory that members and their guest(s) sign in clearly. Members must remain on the club property at all times while their guest(s) are physically present on club property. This policy applies to the entire club and all of its sporting and/or activity facilities.
14. Late Reservation Policy: Members are urged to make reservations during a specific window of opportunity prior to Club special events. Reservations made after the specified window of opportunity will be subject to additional charges.
15. Reservation Cancellation Policy: All cancellations must be received 48 hours prior to the start time of the the scheduled event. Failure to adhere to this policy will result in full charge to your Club account for the confirmed reservation. ★

Bill's CORNER

By the time the outdoor pool opens, we will have a new design for the outdoor dining patio. The interesting thing when you take on a project as simple as a fence, it's not that simple at all. Everything has to be installed to County code. Call me naïve, I actually thought it would be a simple project but it has turned out to be a huge learning curve for me. For years we have explained to those members who asked "why are we fenced in," the actual truth is that you have to be. The surrounding fences have to be a minimum of 6 feet high; there has to be an interior fence that has to be a minimum of 4 feet high. Any access gates have to be a minimum of 48 inches wide and all gate locks have to be up to code. I actually thought you just chose a fence and put the thing up, how wrong was I?

The main comments over the years with our patio dining is that most members would like to see the Restaurant menu available on the Patio; unfortunately due to the layout it was impossible to replicate that menu from a small Gazebo style kitchen. When I first came to Kenwood the fence line was back behind the gazebo bar and the patio menu

came from the restaurant; there was a dress code for that area, as other members and guest liked to dine on the patio but did not want to dine next to someone in swim wear. The request at that time was more poolside patio, less dining patio. So we moved the fence line forward so the Patio was given over to the pool area as at that time most members requested that style of seating. Times change and the consensus now is that you would like the Patio used for outdoor Restaurant Dining. So the fence has now been moved back to accommodate the need; yes, we do listen to your suggestions. The Restaurant menu will be served on the Patio, there is a dress code, swim wear and towels are prohibited on the Patio. The fence that divided the grass area and Patio has gone and new furniture will be placed on the grass area. We have removed the wooden fence structure, thankfully, and have placed a few tables for poolside drinking and dining in that area. There will not be a Poolside Patio menu from the Patio Bar this year, dining will be around the covered cabana area outside the Snack Bar and a few tables by the Gazebo Bar. The Restaurant menus will not available poolside, they will only

available on the Patio. Please be aware of your children at all times and a reminder the grass area is for socializing, not for running climbing or playing games. We had quite a few issues last year and many complaints from members of unsupervised children in that area. I do hope you will like the new layout and seating. Just remember when we have swim events which are advertised in the orange Swim & Dive program, dining will not be available. I will try and put the "no patio dining" on the magazine calendar.

So onto May and a reminder to my fellow Dads and husbands, Mother's Day is on Sunday, May 11. Please make your reservations early to avoid disappointment with your preferred seating time. Upcoming we have Raw Bar, Fire Pit night (thank you Mrs. Longworth for the reminder), Memorial Day Picnic and the outdoor pool season begins, so a busy May we will have.

The Bowling Alley closes this month and on behalf of Quinton, Paul and Alex, they thank you for a great season. See you in September!

See you around the Club.
Bill Worrell
Club Manager ★

Six couples enjoyed supporting HEROES preparing dinner and dining at CulinAerie. The HEROES Chefs prepared an Italian dinner of Bucatini all' Amatriciana, Agneddu a'missinisa, and Torta di Nocciolo.



Enjoying the festivities from left to right are: Ed Starr, Paul Schmitz, Marilyn Marcossou, Helen Schmitz, Evelyn Kitay, Peter Cramton, Michael Kitay, Peg Pilleo, Catherine Cramton, Steve Pilleo, Nancy McConnell and Nicholas McConnell.

HEROES thanks to everyone,
Helen and Paul Schmitz



Mother's Day

SUNDAY, MAY 11, 2014

Please join us for our Mother's Day Buffet
11:00 am-2:30 pm in the Ballroom

BUFFET

Crème of Asparagus

Omelet Station

Bacon and Sausage

Potatoes O'Brien

SALAD STATION

Quinoa "Tabouli" Salad

Asparagus with Blue Cheese, Roasted Red Peppers and Vinaigrette

Grilled Chicken and Orzo Salad with Kalamata Olives,

Feta Cheese, Walnuts and Baby Arugula

Smoked Salmon and Bagels

Peel & Eat Shrimp

Fruit Display

Carved Roast Beef Tenderloin with Red Wine Sauce

Broiled Salmon with Sauce Romesco

Grilled Chicken Breast with Fines Herbs Chardonnay Sauce

Garden Vegetables

Wild Rice

Fresh Baked Bread Display

An Array of Cakes, Pastries & Fruit Pies

Adults ... \$31.95+ Children 6-12 yrs. ... \$15.95+

Children 2-5 yrs. ... Complimentary

RESERVATIONS ARE REQUIRED

Reservation Line 301-320-3000, ext. 1214. Reservations must be made on or before 12 Noon Thursday, May 8. Reservations will not be accepted after this date. 48-Hour Cancellation Policy Applies.

Country Club Attire, Please No Jeans.

At The Piano Dan Burbine

Mother's Day Dinner

Sunday, May 11, 2014 • 5:00pm-7:00pm

Appetizers

Crème of Asparagus Soup

or

Seafood Cocktail

Iceberg Lettuce Nest with Egg & Tomato

Entrees

Jumbo Lump Crab & Lobster Cakes

Lobster Sauce with Brandy, Fingerling Potatoes with Dill, Spring Vegetables

Sliced Beef Tenderloin

Morel Mushroom Sauce, Sautéed Kale with Shallots & Pancetta, Yukon Potato & Truffle Ravioli

Roasted Half Lamb Rack

Rosemary Demi Glace, Artisan Blue Cheese, Roasted Fingerling Potatoes, Spring Vegetables

Dessert

Grand Marnier Mixed Berry Short Cake

Crème Anglaise

Adults \$42.95+ Children 6-12yrs. \$16.95+
Children's menu offered for 5yrs. & under
Country Club Attire, Please No Jeans

Limited to Parties of 10 persons or less

Reservations Only

Contact the Restaurant Manager,

Hassan Rostami

301-320-3000, ext. 1205

or email Hassan@kenwoodcc.net

48 Hour Cancellation Policy Applies





KWGA

By Ann Pelham

For some 30 KWGA women, spring golf is all about interclub competition.

Starting the second or third week of April, depending on the golf league, the season begins, with no allowances for rusty winter swings (or golf course construction).

For players in the Women's District of Columbia Golf Association (WDCGA), more commonly known as "the District," the season offers six matches against other clubs. Kenwood has teams in two divisions. Both host their division matches on May 21

at Kenwood, when they'll be busy hosting, not playing. Note: Kenwood's **Kay Tyler** is vice president of the WDCGA, which was established in 1924.

Captain of Kenwood's Division II "District" team is **Harriet Moss**. Playing with her are **Jill Headley, Jocelyn Lamond, Barbara Markwood, Kerry Murray, Ann Nichols, Ellen Schiller, and Theresa Shingler**; subbing is **Cathy McGarrity**.

Fielding eight competitors per match (with partners), the team started the season April 8 against Montgomery Village (at Manor) and lost by just 1 point. Next up was a trip to Congressional, where their opponent was Bretton Woods.

For Division V in the "District" league, Kenwood's captains are **Carolyn Clewell** and **Kaye Mopsik**. On their team, which fields two teams of two per match, are **Dana Peterson** and **Susan Peterson**, with **Lois Finley** and **Ellen Roche** serving as subs. They won their first match handily on April

9, at River Bend against National. Next up: Woodmore at Chantilly.

Kenwood is also represented by two teams in the Montgomery-Prince George's Counties Women's Golf Association, known as M-PG. Both teams host matches at Kenwood on Wednesday, May 14.

In Division I, where teams have six players, **Judy Perry** serves as captain, joined by **Karen Degerberg, Carrie Lin, Sue Mitchell, Ann Pelham, and Alicia Sosman**. Their first match is April 22 at Manor, against Norbeck.

For Division III, where teams have four players, the team consists of **Marilyn Marcossion Starr** (captain), **Margaret Heimbold, Mary Mayberry, and Cynda Wilcox**. On May 1, their season starts at Congressional, against the University of Maryland.

Also on both M-PG teams as subs are Betty Churchill, Livia Johnson, Joan Perrin, Judy Reidy, Sue Shapiro, and Jen Taylor. ★



Patio

"Fire Pit Night"

Welcome to Spring!

Thursday, May 8 – 7:30 pm
Dinner at 8:00 pm

Cook Out Surf & Turf

Sirloin Steak & Shrimp
Baked Potato & Salad Bar
\$28.95+

Adults Only
Entertainment by Patty Reese

Member Sign Bar
Single Malt & Craft Whisky

Reservations Only
Contact the Reservation Line
301-320-3000, ext. 1214

Minimum of 24 Persons
Weather Permitting



By *Adrienne Nelson*

Now was still on the ground on March 18, but the Kenwood Tee party had a great turnout as golfers were very eager to learn about construction, when the golf course would open, and what the 2014 program would bring.

Niners Chair, Sharon Stoliaroff, and Past Chair, Theresa McVeary, manned the Niners beautiful pink display table at the party with a great set of promotional and informational materials created for the event. Adrienne Nelson provided an early copy of the Kenwood Newsletter's Niners page describing the upcoming events. Ellie Zartman put together an up-to-date Membership List, and Ruth Crone created two flyers promoting new membership and the teaching events designed for new golfers. As a result of the efforts, four new members signed up on the spot and more than 20 Niners signed up for our Spring Luncheon.

On April 3 Niners A and B team players visited the Bethesda Country Club for a home to home match to prepare for the upcoming season. Representing Kenwood were Kim Chester, Susan Pearce, Pam Wincup, Patty Edwards, Ruth Crone, and Trish Elliot. After a beautiful morning and lovely lunch some of the group stayed to play another nine holes!

On April 10, the Spring Luncheon and Niners Meeting took place as this newsletter goes to press. The event was very well attended as you can see by the pictures from the luncheon. It was a great opportunity to meet and greet new and returning Niners and the Kenwood pros and to learn more about the upcoming season and opportunities to get involved. The attractive spring luncheon flyer was the work of our designated Assistant Pro Pete Labourdette. Ina Carlsen distributed the flyers throughout the club and Ruth Crone prepared the promotional materials for upcoming events. The Niners

Main Events team of Patty Edwards, Rebecca Conley, Trish Elliott and Libby Murphy also helped with the decorations and planning. Thanks also to Chef Martin for creating the delicious menu for the spring luncheon and Debbie Lamb and Lauren Preer in Catering for their terrific advice and support. Niners Chair Sharon Stoliaroff said, "I was nervous about taking over as Chair because I had never planned special events before, but I have found it is easy and fun at Kenwood with the help of our wonderful Chef and Catering professionals."

Lynne Hunter, Head Golf Professional, spoke at the luncheon about the state of the golf course for the next couple of months. We were delighted to hear that 9 holes are now open for play – holes 16, 17 and 2 through 8. Golfers may walk or use a cart, and can be shuttled to the 16th hole by the golf staff. The Niners opening day scramble will be held on May 1 as planned. Lynne pointed out that the golf groups will be limited to one shotgun event per month until the course is fully opened. We were also reminded that the pace of play will be extremely important over the next few months and to pick up at double par.

Niners Chair Sharon Stoliaroff highlighted some of the exciting events coming up over the next few months which include the following:

Free Practice Clinics with a Pro: April 16 and April 29 10:30 to 11:30. Great opportunity to learn or brush up on the basics taught by a Kenwood golf professional.

Opening Day Scramble: Thursday, May 1, 9:00 Shotgun. Handicaps are not required. Sign up as individuals; golf shop makes foursomes. Scramble Format: Each player tees off. The best drive is chosen and everyone hits her next shot from there.

Niners Luncheon March 18, 2014



Players continue in this fashion until the ball is holed out. Entry fee is \$4 plus cart fee. Lunch is optional.

Toss Two: Thursday, May 15, 7:30 to 9:30 Tee Times. Handicaps are not required. Sign up as individuals or with a friend. Toss Two Format: Stroke play. Each player may drop the scores on her two worst holes. Prizes will be awarded for low gross and low net scores on remaining seven holes. Entry fee is \$4. Lunch is optional.

Par Three Tournament: This is a new event on Thursday, May 29. Tee times are between 7:30 and 9:30. Call the golf shop to sign up with friends or sign up as individuals and the shop will make pairings. Handicaps are not required. The pros will move tees forward to make all holes par 3. This is a great way to start playing for new golfers, and fun for experienced players as well. Prizes will be awarded for participation, low

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NINERS

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net, and low gross. Special prizes for birdies and holes in one! Entry fee is \$4. Lunch is optional.

Except as otherwise noted, please call the golf shop at 301-320-GOLF to sign up for these events.

Theresa McVeary also pointed out the Nine Hole Interclub Matches and Invitationals will start in April with the following events scheduled:

A Team Matches (nine hole handicap of 5 to 16.5)

April 24 at Washington G&CC
May 7 at Westwood CC
July 17 at CC of Fairfax

B Team Matches (nine hole handicap of 16.6 to 23.5)

May 21 at Mt. Vernon CC
July 10 at Bethesda CC

Invitationals

May 6 at River Bend G&CC
May 22 at Montgomery CC
June 4 at International CC.

Contact Theresa McVeary at tmcveary@verizon.net to sign up.

Another fun event scheduled for later in the summer is the Home to Home at Manor Country Club in Silver Spring on Tuesday, July 15. Three clubs are sending players. It is a Scramble format and no handicaps are required. The event includes morning refreshments, a round of golf, prizes, and an optional lunch after the event. No greens fees are charged. Players are charged back to Kenwood for their cart and lunch if they stay for it. Four golfers and two alternates are requested. Contact Sharon Stolaroff at drsharon@aol.com with your name and phone number if you want to attend.

Here's a good tip from Pete Labourdette to start off the golf season...

Set realistic expectations for the course: Remember that those first few rounds of the year will be a little rusty; therefore, do not get frustrated on the golf course when your scores are not where you would like them to be. While on the course, Pete suggests that you take notes on what you think you need to practice – where your weaknesses are. With the driving range currently closed this is a great opportunity to fine tune your short game. Just remember, 70% of your shots are from 100 yards and in! ★

Save the Date

Sunday, June 29

Independence Day Celebration

Why not make your reservation today?
Reservation line – 301-320-3000, ext. 1214 or
email Lauren@kenwoodcc.net

Event Time: 5:00 pm
Buffet: 6:30 pm-8:30 pm
Carnival Games: 5:00 pm-9:00 pm

JUNIOR GOLF

By Jill Headley

Spring Junior Golf Clinics

Spring has finally arrived, albeit in fits and starts, and that means it is time for junior golf to get underway. Junior golf clinics began at the end of April. It is not too late to register and join in on the fun. These clinics will run until the end of May and will lead us right into the summer season. If you would like more information, please contact the golf shop.

PGA Junior League Golf

The KJGA is proud to announce our inaugural PGA Junior League Golf team:

- | | |
|---------------------|-----------------|
| Ethan Kolasky | Rebecca Welp |
| Maddie Andres | Jack Bynum |
| Jack Andres | Owen Perrins |
| Georgia Headley | Cary Salisbury |
| Will Radcliffe | Max Freedman |
| Mary Hermes | Jack Freedman |
| Caitlin Martin-Welp | Mia Diamond |
| Ethan Herr | Daniel Gonzalez |

Wish our juniors good luck as they compete throughout the spring against teams from Woodmont, Bethesda, TPC Potomac, and Congressional!

Pee Wee Golf

Our first Pee Wee Golf Clinics are scheduled for 10 AM on Sunday, May 4 and Saturday, May 17. Pee Wee Golf Clinics use SNAG equipment to introduce our youngest Kenwood members to golf in a fun, safe, and family friendly atmosphere. All Kenwood juniors, aged 4-6 are invited. The clinic will be 45 minutes and parents are required to attend and will have the opportunity to participate. Don't miss out on the opportunity to give your junior "the game of a lifetime." Please contact the golf shop for registration info. ★

JUNIOR INTERCLUB NOTES

By Gus Bessalel and Cathy McGarrity

Interclub Qualifiers

Those juniors attempting to qualify for the 18 Hole Interclub team must compete in at least two, 18 Hole qualifiers. Each junior may play more than two qualifiers and their best two scores will be used. Any juniors attempting to qualify for the 9 Hole Interclub team must compete in at least two qualifiers. They may use their scores from 18 Hole qualifiers, however, they must play on at least two separate days.

Interclub Qualifier Dates

May 24th – 3:00 PM	18 Interclub Qualifier #1	@ Proshop
June 1st – 3:00 PM	18 Interclub Qualifier #2	@ Proshop
June 4th – 4:00 PM	9 Interclub Qualifier #1	@ Proshop
June 5th – 4:00 PM	9 Interclub Qualifier #2	@ Proshop
June 10th – 4:00 PM	18 Interclub Qualifier #3	@ Proshop
June 14th – 3:00 PM	HG Free Tournament	@ Proshop
	<i>(18 Interclub Qualifier #4)</i>	

Interclub Practices

The Interclub teams will be announced on June 15. Prior to that date, anyone who will attempt to qualify may attend the practices. Pre-season practices will be on Monday evenings. The 18 Holers will begin at 4 PM. The 9 Holers will begin their practice at 4:30 PM. Juniors should attend the practice for the team they will attempt to qualify.

Matinee Cinema



Friday, May 23, 2014

Nebraska

5:15-8:00pm

Complimentary

For reservations call
Adriane Allen, 301-320-0396
or email Kidfit@kenwoodcc.net

TENNIS NOTES

by Paul Schmitz

“START” The Tennis Season

The Summer Season “Chair Umpire” calls START for you to begin play. Finally, the cold snow has melted and the Kenwood summer tennis season is here. The courts are dressed perfectly, the lines crisp and the net is precisely 3 feet. Kenwood players call friends to set up a match and the Tennis Committee and pros welcome players of all abilities and interests for a summer of fun.

It is time to schedule events you don’t want to miss. The complete 2014 Outdoor Tennis Program is available outside the Pro Shop. Here are a few highlights coming up before July.

- Spring Tennis Party, find partners and set up play, April 25 at 6:30.
- Opening Day round robin and lunch, April 26 at 8:30
- Men’s Woody on May 17
- Join Murphy Jensen, the Kastles Head Coach, on May 18 at 5:30 for drills, tennis talk and refreshment (a free event and sign up to play).

Call Pro-Shop 301-320-3491 to make reservations or sign up on Pro-Shop board.

Up and coming: Look for Kenwood’s “World Team Tennis” starting June 11, Twilight Tennis (3rd Friday –June 20 at 5:30) and play in the men’s and women’s events for singles, doubles, mixed doubles and member guest tournaments.

Parents: Sign up your player for the Junior Program (June 12 –July 18) to improve their skills and make a life-long tennis friendship with daily lessons from our pros, play and interclub events.

Chris Furnas Tennis Wisdom

Observers of the 2014 Australian Open final played in January between Rafa Nadal and Stan Warwinka could clearly see how important it is to change a losing game to win the match. Warwinka plays a great first set with tactics designed to give Nadal fits. Nadal hurts his back early in the second set. He changes his game to survive the match.

So what happens? Warwinka can’t handle Nadal’s complete change of tactics. Nadal’s serve is about 40 miles an hour slower. Warwinka commits error after error, over hitting the slower paced serves. Nadal starts going for his shots earlier in the rallies because he does not want to run. Warwinka seems unable to hit the ball away from Nadal. The match is a classic case of style change to frustrate an opponent.

It is odd that at the pro level, even the great players have a difficult time adjusting to the tempo of play during a match. Nadal can barely move and yet he wins the 3rd set, or Warwinka could not find a way to win it. Midway into the 4th set, Warwinka finds some kind of rhythm and goes on to win the match in four sets.

This match demonstrates the necessity of changing your game when things are not going well. The Australian open is unique because it involves pro tennis and an injury. It does illustrate the importance of changing things up.

So in your next match, singles or doubles when things are not going your way, try changing things up. Try some moon balls, try more slices instead of drives or topspins, throw in some drop shots, and lob the ball back when you are out of position. Back up and lob the return of serve. Hit slower serves to see if you can draw your opponent into over hitting and making more errors.

We have all played a player who is in a rhythm and can’t seem to miss, the trick is to get that player out of his or her rhythm and change the complexion of the match.

See you on the court! Chris ★



PG-13 Movie Night

Saturday, May 24, 2014

*The Hobbit:
The Desolation of Smaug*

6:30-8:30pm

Pizza, Fries, Cheeseburgers, Lemonade

\$10.00

For reservations call
Adriane Allen, 301-320-0396
or email Kidfit@kenwoodcc.net

Raw Bar

Friday, May 16 • 6:00 pm-9:00 pm
In the Restaurant



Oysters on the half shell

\$1.75+ each

Blue Crab Claws

\$10.95+ per ¼ lb.

Jumbo Shrimp Cocktail

\$10.50+ per ¼ lb.

Peel and eat Gulf Shrimp

\$7.95+ per ¼ lb.

Introducing VeeV

VeeV is the world's first spirit made with açai berry which has 57% more antioxidants than pomegranate, is loaded with vitamin C & E, and is thought to be the healthiest superfruit on the planet.

VeeV is organic and made with all-natural ingredients (That means no artificial flavorings or added sugars.) Enjoy one complimentary VeeV with your purchase from the Raw Bar.

Reservations Recommended

Contact the Restaurant 301-320-3000, ext. 1205



By *Monica Barry*

After the long, cold, snowy, and icy winter, the Kenwood CC community is ready for summer season 2014. Memorial Day weekend is right around the corner and the outdoor pools will be soon open!. The pool management staff has been busy the past two months preparing the pools for inspection. There will be some new changes to the pool, new faces in the crowd, but hopefully the same great Kenwood team spirit!

Please be on the look-out for the Orange Kenwood Swim/Dive Calendar that should have arrived in your mailboxes in mid-April. You can also find it on-line on the Kenwood website, www.kenwoodcc.net. This important calendar is a guide to all that takes place at the outdoor pool from May to September. Rules, schedules, staffing information are included. Any changes to the schedule will be posted on the club's "What's New" section of the website! Please also look for the "GET-IN SHAPE" practice

registration form. These practices will be offered to SWIM TEAM MEMBERS ONLY AGE 8 and UP. The sessions will be on Monday and Wednesday evenings from 7 to 8 PM at the Indoor pool the week of May 5. Coach Chris Lynch and some assistants will be running the workouts. NO Developmental swimmers are eligible for this program. The team and apparel forms were included in that mailing. These forms are due to Jean Way no later than May 2. Team bathing suits may be ordered from the Front Desk of the Fitness Center. Members should order now to insure that they are ready for swim/dive meets that begin the week of June 9.

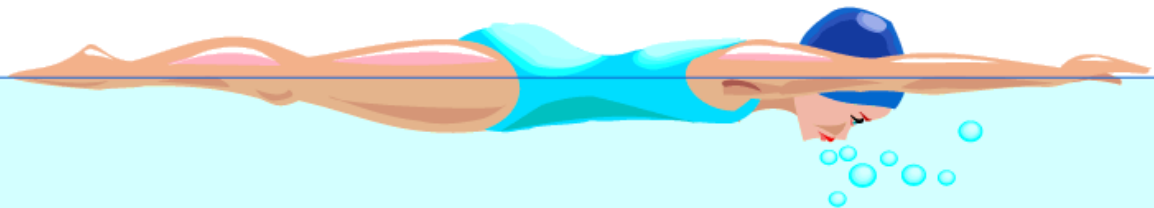
The 2014 Parent's Call informational meeting is Friday, May 2 at 7PM. At this meeting, members may register their children for the various aquatic programs, sign up for individual lessons with the coaching staff and order team apparel. Registration forms were also sent via email and may be filled out and returned to team registrar, Jean Sylvester. Look for

the form on the Kenwood website. The coaching and management staff will be present to answer any questions member have about the upcoming season. The Swim Committee Chairman, Austin St. John, will speak about the vital part that parents play in running our programs. There is a job for every talent, so please consider volunteering this summer. The 2014 Captain Kenwood members will also be present to talk about the spirit that is so important to our teams. There will be Bowling available for younger swimmers while parents attend the meeting.

The pools will Open at 10:00AM on Saturday, May 24. At the stroke of 10, there will be the "First-In-the-Pool" contest, rain or shine! It often a hotly contested competition!

The aquatic staff will offer several classes and programs to members this summer. The Lifeguard Training class will be offered to qualified members the weekend of May 30-June 1. Students must

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LEARN TO SWIM AT KENWOOD!!!

Our Experienced Swim Instructors are ready for the 2014 Season:

Rob Smith
Chris Lynch
Monica Barry
Mimi Warner

Casey Lindlaw
Carl St. John
Tim Barry
Robby Elliott

Dive Instructors
Katie Schmitz

All inquiries and reservations please contact
Rob Smith Aquatics Director – robert@kenwoodcc.net

Fees for swim lessons will be charged to your club account.
Cash or personal checks are not permissible.

SWIM/DIVE NEWS

(continued from page 14)

be competent swimmers and be 15 years of age by the end of the class. Contact Monica Barry at danmonica@comcast.net if interested. Space is limited. There is a Master's Swim program offered by the coaching staff from Mid-June to late July in the early mornings. The program is offered to fit every level of swimming ability. Work-outs are held in the outdoor pool on Monday, Wednesdays and Fridays from 6 to 7:30AM. There will also be some Saturday practices with our friends from Bethesda and Congressional Country clubs. Please contact Robert Smith, Aquatic Director at Robert@Kenwoodcc.net for questions and registration information. There will also be "Early Bird" lap swimming Monday, Wednesday and Fridays from 7:30 to 8:30AM and Tuesdays and Thursday from 8 to 8:30AM from mid-June to late July. Again, contact Robert Smith for details. Finally, private lessons in swimming and diving are offered to all ages and abilities by the coaching staff. Please see instructors individually for scheduling or leave a message with a member of the staff.

The coaching staff for the season is set. Katie Schmitz has been named Head Dive Coach. She welcomes our new Assistant Dive Coach, Ben Blotner to our program. Ben has coached in the area, most recently at Palisades Pool and dove competitively for the University of Delaware. Timmy Barry, Robby Elliott, Carl St. John, Casey Lindlaw and Mimi Warner return this year as Assistant Swim coaches. We look forward to having this team of coaches continue to instruct and encourage our swimmers and divers to foster friendly competition and good sportsmanship. Coach Chris Lynch and yours truly will head the teams this season as we work toward defending our 2013 Championship title.

C.C.S.D.A. member clubs will again be sponsoring a water polo league this summer. The clinic time has been changed to Sunday mornings to avoid possible evening thunderstorms that have caused many cancellations in the past. The season will begin in early June and run on Sundays at various clubs in the league through July.

The program is open to rising 8th graders and all students 18 years of age. The June 1 eligibility rule is followed in this program. Please look for fliers or updates on the website for more information about registration and schedules. Dan Barry is the chairman of the Water Polo league and you may contact him at danmonica@comcast.net.

This season, the Swim/Dive Committee will be graduating several long serving members. The committee is actively seeking new parents, with younger children involved in the programs, to learn the ropes of the day-to-day running of our successful programs. If there are members with children participating in any of our swim/dive teams that are interested in learning how competitions and teams are managed, please contact Swim Chair, Austin St. John at the pool.

It promises to be an exciting season! We are ready to go. See you soon!

HUBBA HUBBA! ★

Kentucky Derby Day

Saturday, May 3
5:00pm

In the Cocktail Lounge

Ham Biscuits

Hot Brown Sandwiches

Drink Special

Mint Julep

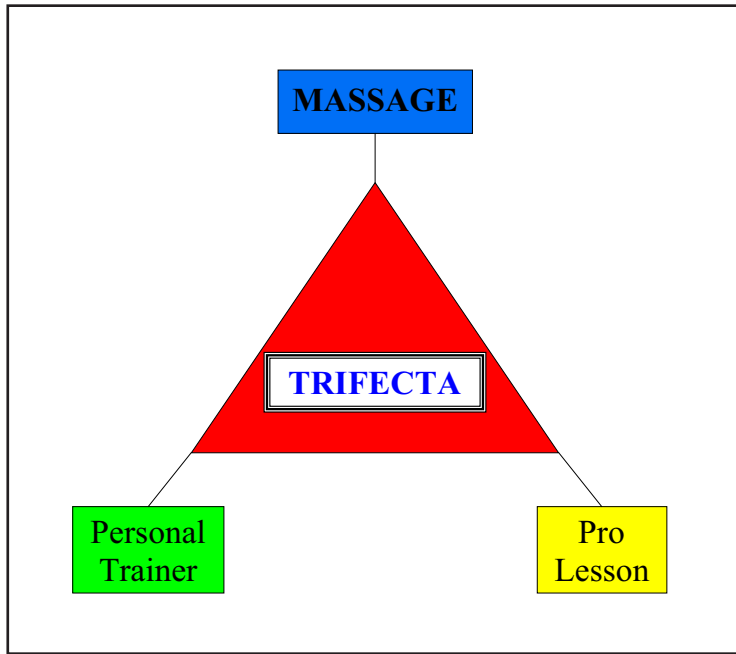




FROM THE FITNESS CENTER

By Laila Linden

Spring seems to be here to stay! But along with warm weather in evidently come aches, pains and possibly injuries from our increased activity outdoors. Ramping up our exercise can cause problems not for just us amateur athletes; even the pros get injured during spring training or pre-season games. And they are in peak condition! So we suggest TRY THE TRIFECTA! The Kenwood Trifecta that is...what is it you ask?



The Kenwood Trifecta is a comprehensive way to address the aches, pains, fatigue or even inconsistent performance that you may be experiencing. By working with our team of specialists (Pros, Personal Trainers, Massage Therapists) you will benefit from a coordinated approach to fine tuning your body, your workout and your game (may it be tennis, golf, swimming, bowling, etc)! ★

MAY BOWLING HOURS:

Fridays, Saturdays and Sundays ONLY!

Friday – 5:00 pm-9:00 pm – May 2, 9, 16

Saturday – 12:00-9:00 pm – May 3, 10, 17

Sunday – 12:00-8:00 pm – May 4, 11, 18

Please check the website

**Bowling Alley Closed for the season on Monday, May 19.
We re-open in September.**

Thanks for a great season!

**Here is our team of professionals
and how to reach them:**

TRIFECTA TEAM

MASSAGE THERAPISTS

Carrie Corey (also acupuncturist)

Fredi Prevost

Lisa Vigdor-Peck

To book a therapist,
contact Fitness Center Front Desk 301-320-0397
Massages are \$55/30min., \$85/60min., \$125/90min.

PERSONAL TRAINERS

Don Harris

Caroline Janov

Archie Israel

Frenchie Longino

Melissa Phillips

To schedule a personal trainer,
contact Laila Linden 301-320-0397, ext. 1237
Training sessions are \$65/60min.-single session
Package of 10 for \$600

GOLF PROFESSIONAL STAFF

***Lynne Hunter – PGA/LPGA Pro**

Scott Shapin – PGA First Asst. Pro

Pete Labourdette – PGA Asst. Golf Professional

Robin Beach – PGA Asst. Golf Professional

To schedule a lesson with a pro, contact 301-320-3605
Lessons are \$60/30min, \$120/60min.

SWIMMING PROFESSIONAL STAFF

Rob Smith, Aquatics Director*

Monica Barry*

To schedule a lesson contact
Rob Smith at 301-320-0397, ext. 1238
Lessons are \$25/30min., *\$28/20min.

TENNIS PROFESSIONAL STAFF

***Christopher Furnas – Head Tennis Pro**

John Huffstetler

Stuart Kelly

Mike Kotz

Danny Omaboe

To schedule a lesson with a pro,
contact Tennis Shop 301-320-3491
Lessons are \$36/30min, \$72/60 min.

**Fees for Head Professionals are slightly higher
(Fees are subject to change so please check with the department directly)*

By Carrie Corey, Spa Director

As tennis and golf seasons get into full swing, I wanted to share some of my observations over the years as they relate to some common injuries. Although there are some specific instances where there has been a traumatic event that causes an injury, most of the injuries I see are the result of poor mechanics or repetitive stresses such as computer work making the area very tight and vulnerable to the overloading stresses of sport or other activities. I will speak specifically about elbow pain because I have seen a number of people with that complaint recently and it seems particularly problematic to those wanting to enjoy the spring by getting outside to play golf and/or tennis. Although there are a number of problems we can have around the elbow the most common is tendonitis. The two most common forms of elbow tendonitis are Lateral Epicondylitis (Tennis Elbow) and Medial Epicondylitis (Golfer's Elbow). The medical names of Tennis Elbow (lateral epicondylitis) and Golfer's Elbow (medial epicondylitis) come from the names of these bony prominences where the tendons insert, and where the inflammation causes the pain.

Elbow tendonitis is most often caused by overuse of the tendon by repetitive work and sports such as baseball, bowling, tennis and golf. Although their names might indicate you would need to golf or play tennis to have those, many people who never have picked up a racquet or club commonly suffer from these conditions. Tendonitis is PREVENTABLE, but as the definition of the word suggests you don't want to wait until you have pain to act. We in the Spa can help you avoid getting it altogether, but you need to "Help us help you" by coming in to let us get the vulnerable areas identified and come up with a plan of action.

Lateral Epicondylitis (Tennis Elbow)

Tennis elbow, medically known as lateral epicondylitis, is a rather common condition that affects the tendons in the bony prominence on the outside of the elbow, known as the lateral epicondyle.

The tendons allow the wrist and fingers to extend. The most common tendon that is involved is the tendon to the extensor carpi radialis brevis (ECRB). Overuse of this area causes damage to the tendon and results in pain the area and is particularly painful in individuals who must do repeated wrist extension activities.

Medial Epicondylitis (Golfer's Elbow)

Golfer's Elbow, is similar to Tennis Elbow. The primary difference between the two is the location of the pain and the activity that leads to injury. However, both conditions are caused by overuse of the muscles of the forearm leading to inflammation and pain around the elbow joint. The pain of Golfer's Elbow is usually at the elbow joint on the inside of the arm; a shooting sensation down the forearm is also common while gripping objects.

Symptoms of Tennis/Golfer's Elbow Include:

- Recurring pain on the outside of the upper forearm just below the bend of the elbow; occasionally, pain radiates down the arm toward the wrist. (Tennis elbow)
- Tenderness and pain at the medial epicondyle, made worse by flexing the wrist. The pain may spread down the forearm. (Golfer's elbow)
- Pain caused by lifting or bending the arm or grasping even light objects such as a coffee cup
- Difficulty extending the full forearm fully because of inflamed muscles, tendons and ligaments
- Pain that typically lasts for six to 12 weeks; the discomfort can continue for as little as three weeks or as long as several years

Relief of Elbow Pain

Epicondylitis is a soft tissue injury of the muscles and tendons around the elbow joint, and therefore should be treated like any other soft tissue injury. Immediately

following an injury, or at the onset of pain, the R.I.C.E.R. regime should be employed. This involves Rest, Ice, Compression, Elevation, and Referral to an appropriate professional for an accurate diagnosis.

The most effective conventional and alternative treatments for epicondylitis have the same basic premise: Rest the arm until the pain disappears, massage to relieve stress and tension in the muscles, and exercise to strengthen the area and prevent re-injury. If you must go back to whatever caused the problem in the first place, be sure to warm up your arm for at least 5 to 10 minutes with gentle stretching and movement before starting any activity. Take frequent breaks.

For most mild to moderate cases of epicondylitis, aspirin or ibuprofen will help address the inflammation and the pain while you are resting the injury, and then you can follow up with exercise and massage to speed healing. For stubborn cases of epicondylitis your doctor may advise corticosteroid injections, which dramatically reduce inflammation, but they cannot be used long-term because of potentially damaging side effects. Another attractive option for many sufferers, especially those who prefer to not ingest medication orally, is the application of an appropriate and effective topical anti-inflammatory the most effective in my experience is one that we sell in the Fitness Center called Cryoderm.

Even after you feel you have overcome a case of epicondylitis, be sure to continue babying your arm. Always warm up your arm for 5 to 10 minutes before starting any activity involving your elbow. And if you develop severe pain after use anyway, pack your arm in ice for 15 to 20 minutes and call your doctor.

What Can We Do For You at Kenwood Spa?

We have several approaches to alleviating elbow pain. We first assess what role your posture plays and what repetitive activities you perform that may be aggravate the area. We identify simple things you can change to help the condition. Since we

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NEWS FROM THE SPA

(continued from page 17)

offer services that include sports massage, cryotherapy, stretching, kinesiotaping, cupping and acupuncture, there are a variety of options and combinations that are very beneficial.

Sports Massage – Sports massage brings together a combination of techniques designed to increase blood flow to the tired muscles, break down the knots in the muscles by stretching them and flushing out the lactic acids, and help to release restrictions within the muscle and fascia which can alter body mechanics. Sometimes massage of the area with deep transverse friction to break up scar tissue formation followed by stripping strokes or stretch massage are utilized to help restore the tissue to a healthier state.

Cryotherapy – Initially the ice draws the blood to the surface and increases blood supply, then, when you take the ice away, it shunts the blood back into the center and it sets up a cyclic action of increased circulation to the surface and then into the interior. It is very effective in helping to rid the area of metabolic wastes that build up not only from use, but also to some extent, from stagnation. When there is an injury in an area, histamines are sent into the area and fluids to cushion and some of those are beneficial initially, but you don't want to let them linger in the tissue because they can inhibit some of the repair process.

Acupuncture – Acupuncture works because we humans have a natural flow of energy throughout our body. When that energy becomes blocked in one or more of the pathways, the body can produce a variety of symptoms; one of the most common being pain. By inserting very fine, sterile acupuncture needles into specific points on your body, an acupuncturist can break up these blockages that restrict the flow of energy. By stimulating these points, the energy can move smoothly, enabling your body to heal itself.

Cupping – Cupping refers to an ancient practice, where a cup is applied to the skin and a vacuum is created, drawing the skin and superficial muscle layer into the cup. In China, cupping is used in conjunction with massage and acupuncture to increase the flow of blood and Qi to the affected area.

Stretching – When muscles and tendons are flexible and supple, they are



As my mom would always joke, "Don't forget Mother's Day she didn't forget to have you." Seriously though, the demands of parenting are tremendous, and one of the most precious commodities to a parent is "a little Peace and Quiet". Well it just so happens we have both of those PLUS amazing treatments to help Moms get relaxed and renewed. Don't let this Mother's Day go by without taking an opportunity to say we appreciate all you do with the gift of SPA. Gift Certificates for massage, facials and acupuncture are available at the Fitness Center Front Desk.

able to move and perform without being over stretched. If however, your muscles and tendons are tight and stiff, it is quite easy for those muscles and tendons to be pushed beyond their natural range of movement. When this happens, strains, sprains, and pulled muscles occur. Whether using active isolated stretching, PNF, static or dynamic techniques, stretching is one of the most under-utilized techniques for improving athletic performance, preventing sports injury and properly rehabilitating sprain and strain injury.

Kinesiotaping – Kinesiotape can be used to wrap the elbow, reduce inflammation and support the injured arm. It is popular because it does not restrict range of motion, or circulation is lightweight, and stays on for 3-5 days.

Don't Forget the **TRIFECTA** – We also direct you to the personal trainers if you need help with strengthening exercises or to one of the club pros if you need work on technique or equipment selection. The bottom line is there is help for you here at Kenwood, so schedule your session today.

Skin Care News!

Taking care of our skin is a daily activity, and one in which having the proper knowledge and equipment is essential. Don't wait until you have wrinkled and dry skin to start to care for it.

How does Vitamin C help your skin?

We've all heard of vitamin C and may know some of its benefits, but do you really know the extent of how it works for your skin?

Let's start with the basics. The chemical name for vitamin C is ascorbic

acid: a (no) scorbitus (scurvy). Scurvy is a disease caused by a vitamin C deficiency. We definitely don't want that! Using vitamin C helps to protect the skin against many unpleasant skin problems. Studies show that it significantly improves hydration, small wrinkles, glare, brown spots, roughness, and suppleness.

Ascorbic acid is a sugar acid and an antioxidant that protects your skin against UVA and UVB radiation. It inhibits melanogenesis (the formation of melanin), prevents cell damage caused by free radicals, and helps to fight infections, heal wounds, and keep tissues healthy.

Adding vitamin C to products prevents and treats the aging of skin, as well as increases elastic fibers. These fibers tighten skin to look younger and firmer.

After Image completed a study of the effects of vitamin C on the skin, their very own Dr. Ronert stated, "Overall appearance of photodamaged skin was improved in the skin treated with ascorbic acid".

Vitamin C is a key ingredient in the Vital C line. This line includes a facial cleanser, hydrating anti-age serum, repair creme, eye recovery gel, enzyme masque, A C & E serum, and intense moisturizer. We love Vital C because of its ultimate protection and nutrition. ★

.....
• **All of the products in the**
• **Vital C line will be**
• **20% off for MAY!**
•

Hours for Facials and Waxing are
Sundays 12noon – 6pm

Golden Egg Winner



(L-R): Patrick Jordan and Patrick Cummings (5yrs & Under)



KIDFIT MAY EVENTS

For reservations, call the Fitness Center Front Desk, 301-320-0397 or email kidfit@kenwoodcc.net.



Kidfit Movie Night

Friday, May 16, 2014

Walking With Dinosaurs
(Last movie night until the fall)

6:30-8:30pm – \$10.00

Pizza/Sundae Party, Lemonade & Snacks

Mother's Day Craft

Saturday, May 10, 2014

12:00-2:00pm – \$10.00

Lemonade & Snacks



Video Game Lounge

Friday, May 23, 2014

Featured Games: FIFA 14, NBA2K14, KNACK

6:30-8:30pm – \$5.00

Snacks & Lemonade

RESERVATION CANCELLATION POLICY

Kenwood's 48-hours cancellation policy is in effect at all times for "reservation required" club events. Cancellations must be received 48-hours prior to the scheduled event start time.

Failure to comply with this policy will result in full charge to your club account.

Children's Easter Egg Hunt

Sunday, April 19, 2014

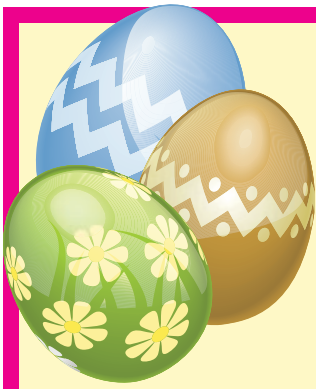




Photo Op with the Easter Bunny





Photo Op with the Easter Bunny





Photo Op with the Easter Bunny



MAY 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Niners Opening Day 9:00am SG Slider Night in the Cocktail Lounge	2 Swim-Dive Parents Call	3 W.MSGA Kentucky Derby Day
4 Brunch	5 Clubhouse Closed	6 Dutton Trophy 7:30am-9:30am TT	7 KWGA Opening Day 9:00am SG	8 Fire Pit Night on the Flagstone Patio Slider Night in the Cocktail Lounge	9	10 B-Team-10:30am W.MSGA JR Kickoff-2:00pm Fam 9 & Dine- 4:00pm KidFit Mother's Day Craft
11 No Brunch Mother's Day Buffet and Dinner in the Restaurant	12 Clubhouse Closed	13	14 MPG Match 9:00am SG	15 Niners Toss Two 8:00am TT Slider Night in the Cocktail Lounge	16 MPG R/D Raw Bar in the Restaurant KidFit Movie Night <i>Walking With Dinosaurs</i>	17 KGA BOG 8:00am TT
18 Brunch KGA BOG 8:00am TT	19 Clubhouse Closed Bowling Alley Closed for Season	20	21 WDCGA Matches 9:00am SG	22 Slider Night in the Cocktail Lounge	23 KidFit Video Game Lounge <i>FIFA14, NBA2K14, KNACK</i> Matinee Cinema <i>Nebraska</i>	24 Outdoor Pools Open at 10am Jr. Interclub Qualifier-3:00pm PG-13 Movie Night <i>The Hobbit: The Desolation of Smaug</i>
25 Last Sunday Brunch until September	26 Memorial Day Picnic	27 Clubhouse Closed Course Closed until Noon	28 WDCGA R/D	29 Niners Par 3 9:00am SG Slider Night in the Cocktail Lounge	30	31 B Team-10:30am Family Kickoff Scramble 2:00pm SG

RESTAURANT HOURS		BAR HOURS			
Monday	Closed	Monday	Closed	Main Line	301-320-3000
Tuesday	11:30 am-9:00 pm	Tuesday	11:30 am-10:00 pm	Fitness Center	301-320-0397
Wednesday, Thursday	11:30 am-9:00 pm	Wednesday, Thursday	11:30 am-10:00 pm	Golf Shop	301-320-3605
Friday	11:30 am-9:30 pm	Friday, Saturday	11:30 am-11:00 pm	"T" Time	301-320-4653
Saturday	11:30 am-9:30 pm	Sunday	11:00 am-10:00 pm	Tennis Shop	301-320-3491
Sunday	11:00 am-9:00 pm			Fax	301-320-3006