

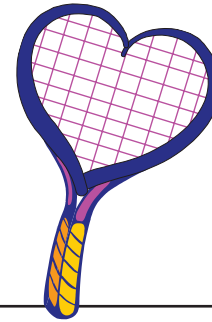
www.mcleanracquetandhealthclub.com

Club Hours

Monday - Friday 6am - 11 pm  
 Saturday & Sunday 7 am - 10 pm  
 Pool closes @ 10:30 pm Mon. - Fri., 9:30 pm Sat. & Sun.  
 Youth Fitness Hrs: (Ages 8-15) Mon. - Fri. 11 am - 5 pm  
 Sat. & Sun. 10 am - Close  
 Playroom Hours: Mon. - Fri. 8 am - 8 pm  
 Sat. 8 am - 3 pm • Sun. 8:30 am - 3 pm



# April 2009



Parent's Night Out  
 April 18th  
 6-10 PM  
 CHILD CARE

COURTSIDE CAFE  
 LUNCH  
 11 am-3 pm (Everyday)  
 11:30 am-2 pm (Buffet)  
 DINNER  
 5-9 pm (M-F)  
 5:30-8:30 pm (Buffet ex Wed.)  
 6-8:30 pm (Pizza/Pasta Every Wednesday)



| Sunday                                                                                               | Monday                                                                | Tuesday                                                                                             | Wednesday                                                                                 | Thursday                                                                 | Friday                                                           | Saturday                                |
|------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|--------------------------------------------------------------------------|------------------------------------------------------------------|-----------------------------------------|
| <b>SPRING BREAK CAMP</b><br>★★ Kids Ages 3-10 ★★<br>April 6-10 • 9 AM-3 PM                           |                                                                       |                                                                                                     | Ladies Singles Tennis Flight 1<br>10:30 - 11:30 AM<br>Racquetball Round Robin 6:30 - 8 PM | Cardio Tennis 2<br>w/ Casey 12 - 1 PM<br>Men's 4.0 Doubles 8:30 - 10 PM  | Ladies 3.0 Doubles 6 - 7:30 PM<br>Mixed Doubles Social 8 - 10 PM | Crescent Trail Bike Ride 4<br>11 AM     |
| Adult Clinics 8 - 11 AM 5<br>Junior Tennis Clinics 12:30 - 4:30 PM<br>Man's 4.5 Doubles 4 - 5:30 PM  | Men's 5.0 Doubles 6<br>8 - 9:30 PM<br>Squash Round Robin 5:30 - 7 PM  | Women's 3.0 Flight 7<br>1 - 2:30 PM<br>3.5 Mixed Doubles Flight 8:30 - 10 PM                        | Ladies Singles Tennis Flight 8<br>10:30 - 11:30 AM<br>Racquetball Round Robin 6:30 - 8 PM | Cardio Tennis 9<br>w/ Casey 12 - 1 PM<br>Men's 4.0 Doubles 8:30 - 10 PM  | Urban Hike 10<br>6 PM                                            | Junior Tennis Match Play 11<br>7 - 9 PM |
| Adult Clinics 8 - 11 AM 12<br>Junior Tennis Clinics 12:30 - 4:30 PM<br>Man's 4.5 Doubles 4 - 5:30 PM | Men's 5.0 Doubles 13<br>8 - 9:30 PM<br>Squash Round Robin 5:30 - 7 PM | Ladies B3 Team 14<br>Match vs C.C. of Fairfax 10 AM - 1 PM<br>3.5 Mixed Doubles Flight 8:30 - 10 PM | Running/Walking Group 15<br>7 PM                                                          | Cardio Tennis 16<br>w/ Casey 12 - 1 PM<br>Men's 4.0 Doubles 8:30 - 10 PM | Bike Ride 17<br>Roosevelt Island 6 PM                            | Junior Tennis Match Play 18<br>7 - 9 PM |
| Adult Clinics 8 - 11 AM 19<br>Junior Tennis Clinics 12:30 - 4:30 PM<br>Man's 4.5 Doubles 4 - 5:30 PM | Men's 5.0 Doubles 20<br>8 - 9:30 PM<br>Squash Round Robin 5:30 - 7 PM | Bowling 21<br>7:30 PM                                                                               | Lewinsville Park 22<br>Lewinsville Park 29                                                | Cardio Tennis 23<br>w/ Casey 12 - 1 PM<br>Men's 4.0 Doubles 8:30 - 10 PM | Ladies 3.0 Doubles 6 - 7:30 PM<br>Mixed Doubles Social 8 - 10 PM | Burke Lake Dog Walk 25<br>11 AM         |
| Adult Clinics 8 - 11 AM 26<br>Junior Tennis Clinics 12:30 - 4:30 PM<br>Man's 4.5 Doubles 4 - 5:30 PM | Men's 5.0 Doubles 27<br>8 - 9:30 PM<br>Squash Round Robin 5:30 - 7 PM | Women's 3.0 Flight 28<br>1 - 2:30 PM<br>3.5 Mixed Doubles Flight 8:30 - 10 PM                       | Cardio Tennis 30<br>w/ Casey 12 - 1 PM<br>Men's 4.0 Doubles 8:30 - 10 PM                  |                                                                          |                                                                  |                                         |

Running/Walking Group 7 PM  
 Lewinsville Park (Wednesdays) April 15, 22 & 29

