

www.mcleanracquetandhealthclub.com

Fall 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. & Sun. 8:30 am - 3 pm



December 2008



COURTSIDE CAFE

LUNCH

11 am-3 pm (Everyday)

11:30 am-2 pm (Buffet)

DINNER

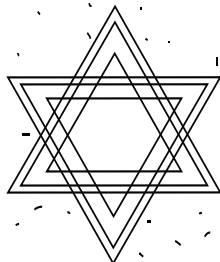
5-9 pm (M-F)

5:30-8:30 pm (Buffet ex Wed.)

6-8:30 pm (Pizza/Pasta Every Wednesday)



**We
Wish
You A
Happy
And
Healthy
Holiday
Season!!**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Men's 5.0 ¹ Doubles 8 - 9:30 PM Squash Round Robin 6:30 - 8 PM	3.5 Mixed ² Doubles Flight 8:30 - 10 PM	Singles Flight ³ 10:30 - 11:30 AM Cardio Tennis 6 - 8 AM Racquetball Round Robin 6:30 - 8 PM	Men's 4.0 ⁴ Doubles Flight 8:30 - 10 PM	Ladies 3.0 ⁵ Doubles 6 - 7:30 PM Mixed Doubles Social 8 - 10 PM	Tennis Awards ⁶ Banquet 6 - 8 PM <hr/> Great Falls Walk
Junior Clinics ⁷ 12:30 - 5 PM	Men's 5.0 ⁸ Doubles 8 - 9:30 PM Squash Round Robin 6:30 - 8 PM	3.5 Mixed ⁹ Doubles Flight 8:30 - 10 PM	Singles Flight ¹⁰ 10:30 - 11:30 AM Cardio Tennis 6 - 8 AM Racquetball Round Robin 6:30 - 8 PM	Men's 4.0 ¹¹ Doubles Flight 8:30 - 10 PM	Adult ¹² Holiday Party	Children's ¹³ Holiday Party with Santa 3:30 - 5:30 PM
Olde Towne ¹⁴ Alexandria Bike Ride	Men's 5.0 ¹⁵ Doubles 8 - 9:30 PM Squash Round Robin 6:30 - 8 PM	BOWLING ¹⁶ NIGHT 7:30 PM	Singles Flight ¹⁷ 10:30 - 11:30 AM Cardio Tennis 6 - 8 AM Racquetball Round Robin 6:30 - 8 PM	Men's 4.0 ¹⁸ Doubles Flight 8:30 - 10 PM	NATIONAL ¹⁹ CHRISTMAS TREE WALK	Junior Match ²⁰ Play 7 - 9 PM
HAPPY ²¹ HANUKKAH Junior Clinics 12:30 - 5 PM	Men's 5.0 ²² Doubles 8 - 9:30 PM Squash Round Robin 6:30 - 8 PM	3.5 Mixed ²³ Doubles Flight 8:30 - 10 PM	Christmas Eve ²⁴ 4 PM Club Closes	MERRY ²⁵ CHRISTMAS! Club Closed	Junior ²⁶ Holiday Tennis Camp 11 AM - 4 PM	Junior ²⁷ Holiday Tennis Camp 11 AM - 4 PM
Junior ²⁸ Holiday Tennis Camp 11 AM - 4 PM	Junior ²⁹ Holiday Tennis Camp 11 AM - 4 PM	Junior ³⁰ Holiday Tennis Camp 11 AM - 4 PM	New Year's Eve ³¹ 4 PM Club Closes	NEW YEAR'S DAY Hours: 10 AM - 6 PM	EARLY MORNING EXECUTIVE PERSONAL TRAINING WORKOUTS M, T, Th, F \$75 for 4 Sessions - For Men Only!	

**GET FIT!!
FIT FOR FALL
PROGRAM
HAS BEEN
EXTENDED!
A Great
"Get-You-
Through-The-
Holidays"
Incentive!
See Fitness
For Details**

