

www.mcleanracquetandhealthclub.com

Winter 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 - 3 pm
 Playroom Hours: Mon. - Fri. 8 am - 8 pm
 Sat. & Sun. 8:30 am - 3 pm



January 2008

New Year's Resolution:
 Get a New Fitness Program!!

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)



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Personal Safety Workshops
 Jan. 12, 19, 26 & Feb. 2
 at 10:00 AM
 Don't Miss It!
 You MUST Sign Up
 To Attend

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>WINTER SKIN NEEDS ATTENTION!! Have a Microdermabrasion Treatment! See Massage For Details</i>		3.5 Mixed Doubles Flight ¹	Women's Singles Flight ² 10:30-12:30 PM Free Racquetball Round Robin 6:30 - 8 PM	Women's B Flight ³ 10:30-12 PM Mens 4.0 Doubles Flight	Ladies 3.0 Doubles ⁴ 6-7:30 PM Mixed Doubles Social 8-10 PM	Junior Match Play ⁵ 7-9 PM
Adult Clinics ⁶ 8-10 AM Junior Clinics 12:30-4:00 PM	Men's 5.0 Doubles ⁷ 8-9:30 PM	3.5 Mixed Doubles Flight ⁸	Women's Singles Flight ⁹ 10:30-12:30 PM Free Racquetball Round Robin 6:30 - 8 PM	Women's B Flight ¹⁰ 10:30-12 PM Mens 4.0 Doubles Flight	Ladies 3.0 Doubles ¹¹ 6-7:30 PM Mixed Doubles Social 8-10 PM	Junior Match Play ¹² 7-9 PM
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