

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



January 2009



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

New Year's Resolution Personal Training Program

- Sign Up At The Front Desk!

HAPPY NEW YEAR!!!
 No Events
 Club Hours: 10 AM - 6 PM

Ladies 3.0
 Doubles 6 - 7:30 PM
 Mixed Doubles
 Social 8 - 10 PM

Junior Tennis Match Play
 7 - 9 PM

Adult Tennis Clinics
 8 - 10 AM
 Junior Tennis Clinics
 12:30 - 4:30 PM

Men's 5.0
 Doubles 8 - 9:30 PM
 Squash Round Robin
 6:30 - 8 PM

Women's 3.0
 Flight 1 - 2:30 PM
 3.5 Mixed Doubles
 Flight 8:30 - 10 PM

Ladies Singles Flight
 10:30 - 11:30 AM
 Racquetball Round Robin
 6:30 - 8 PM

3.5 Women's
 Flight 10:30 AM -12 PM
 Men's 4.0 Doubles
 8:30 - 10 PM

Ladies 3.0
 Doubles 6 - 7:30 PM
 Mixed Doubles
 Social 8 - 10 PM

MONUMENT WALK

Adult Tennis Clinics
 8 - 10 AM
 Junior Tennis Clinics
 12:30 - 4:30 PM

Men's 5.0
 Doubles 8 - 9:30 PM
 Squash Round Robin
 6:30 - 8 PM

FREE GUEST DAY

Ladies Singles Flight
 10:30 - 11:30 AM
 Racquetball Round Robin
 6:30 - 8 PM

ICE SKATING

Ladies 3.0
 Doubles 6 - 7:30 PM
 Mixed Doubles
 Social 8 - 10 PM

Junior Tennis Match Play
 7 - 9 PM

Adult Tennis Clinics
 8 - 10 AM
 Junior Tennis Clinics
 12:30 - 4:30 PM

Men's 5.0
 Doubles 8 - 9:30 PM
 Squash Round Robin
 6:30 - 8 PM

BOWLING

Ladies Singles Flight
 10:30 - 11:30 AM
 Racquetball Round Robin
 6:30 - 8 PM

3.5 Women's
 Flight 10:30 AM -12 PM
 Men's 4.0 Doubles
 8:30 - 10 PM

Ladies 3.0
 Doubles 6 - 7:30 PM
 Mixed Doubles
 Social 8 - 10 PM

AMERICAN HISTORY MUSEUM

SHOPPING MALL WALK

Men's 5.0
 Doubles 8 - 9:30 PM
 Squash Round Robin
 6:30 - 8 PM

Women's 3.0
 Flight 1 - 2:30 PM
 3.5 Mixed Doubles
 Flight 8:30 - 10 PM

Ladies Singles Flight
 10:30 - 11:30 AM
 Racquetball Round Robin
 6:30 - 8 PM

3.5 Women's
 Flight 10:30 AM -12 PM
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Ladies 3.0
 Doubles 6 - 7:30 PM
 Mixed Doubles
 Social 8 - 10 PM

Stocking Stuffer Member Referral
 Ends Jan 31st!



★★★★★
RACE ACROSS AMERICA Begins January 1st Don't Miss It!



STRESSED OUT FROM THE HOLIDAYS? Enjoy a Massage or Facial!