

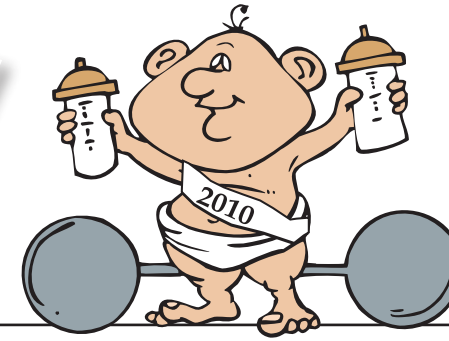
www.mcleanracquetandhealthclub.com

Winter Club Hours

Monday - Friday 6 am - 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



January 2010

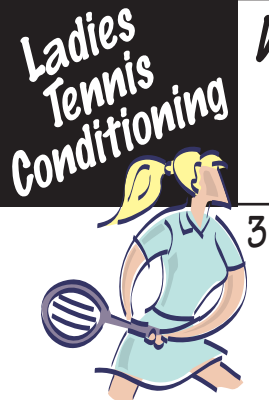



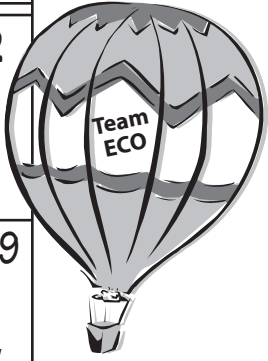
COURTSIDE CAFE

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)

Check Out Our New Fitness Promotions For your New Year's Fitness Resolutions! Try a "Perssage" a mid-day personal training/massage combo.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	<p><i>Do You Want to be in GREAT Shape for Spring League Play? Come join Sarah and Rich as you improve your balance, speed and agility!</i></p>					<p>HAPPY NEW YEAR! Club Hours 10 AM - 6 PM</p>	<p>Join Us For Team ECO "Around The World in 60 Days!"</p>
	<p>Squash 4 Round Robin 6:30 - 8 PM Men's 5.0 Doubles Flight 8 - 9:30 PM</p>	<p>3.0 - 3.5 Ladies Flight 1 - 2:30 PM Jr. Fitness for Tennis 5 - 6 PM 3.5 Mixed Doubles Flight 8:30 - 10 PM</p>	<p>Cardio Tennis 6-8 AM 6 Singles Flights 10:30 - 11:30 AM Racquetball Round Robin 6:30 - 8 PM</p>	<p>Women's 3.5 Flight 7 10:30 AM - 1:30 PM Men's 4.0 Doubles Flight 8:30 - 10 PM</p>	<p>Cardio Tennis 8 1 - 2 PM Ladies 3.0 Doubles 6 - 7:30 PM Mixed Doubles Social 8 - 10 PM</p>	<p>Junior Team Practice 9 6 - 7 PM Junior Match Play 7 - 9 PM</p>	
	<p>Adult & Junior Clinics Begin 10 8 AM - 7:30 PM</p>	<p>Squash 11 Round Robin 6:30 - 8 PM Men's 5.0 Doubles Flight 8 - 9:30 PM</p>	<p>3.0 - 3.5 Ladies Flight 12 1 - 2:30 PM Jr. Fitness for Tennis 5 - 6 PM 3.5 Mixed Doubles Flight 8:30 - 10 PM</p>	<p>Cardio Tennis 6-8 AM 13 Singles Flights 10:30 - 11:30 AM Racquetball Round Robin 6:30 - 8 PM</p>	<p>Women's 3.5 Flight 14 10:30 AM - 1:30 PM Men's 4.0 Doubles Flight 8:30 - 10 PM</p>	<p>Cardio Tennis 15 1 - 2 PM Ladies 3.0 Doubles 6 - 7:30 PM Mixed Doubles Social 8 - 10 PM</p>	<p>DC Monument Walk 16 11 AM</p>
	<p>Advanced Junior Tennis Clinic 17 5:30 - 7:30 PM</p>	<p>Squash 18 Round Robin 6:30 - 8 PM Men's 5.0 Doubles Flight 8 - 9:30 PM</p>	<p>3.0 - 3.5 Ladies Flight 19 1 - 2:30 PM Jr. Fitness for Tennis 5 - 6 PM 3.5 Mixed Doubles Flight 8:30 - 10 PM</p>	<p>Cardio Tennis 6-8 AM 20 Singles Flights 10:30 - 11:30 AM Racquetball Round Robin 6:30 - 8 PM</p>	<p>Women's 3.5 Flight 21 10:30 AM - 1:30 PM Men's 4.0 Doubles Flight 8:30 - 10 PM</p>	<p>Cardio Tennis 22 1 - 2 PM Ladies 3.0 Doubles 6 - 7:30 PM Mixed Doubles Social 8 - 10 PM</p>	<p>Junior Team Practice 23 6 - 7 PM Junior Match Play 7 - 9 PM</p>
	<p>Advanced Junior Tennis Clinic 24 5:30 - 7:30 PM "Stocking Stuffer" Member Referral Promo Ends Jan. 31st (TODAY!) 31</p>	<p>Squash 25 Round Robin 6:30 - 8 PM Men's 5.0 Doubles Flight 8 - 9:30 PM</p>	<p> Bowling Bonanza 26 7:30 PM</p>	<p>Cardio Tennis 6-8 AM 27 Singles Flights 10:30 - 11:30 AM Racquetball Round Robin 6:30 - 8 PM</p>	<p>Women's 3.5 Flight 28 10:30 AM - 1:30 PM Men's 4.0 Doubles Flight 8:30 - 10 PM</p>	<p>Cardio Tennis 29 1 - 2 PM Ladies 3.0 Doubles 6 - 7:30 PM Mixed Doubles Social 8 - 10 PM</p>	<p>Junior Team Practice 30 6 - 7 PM Junior Match Play 7 - 9 PM</p>



PARENTS NIGHT OUT Jan. 16



4-9 PM