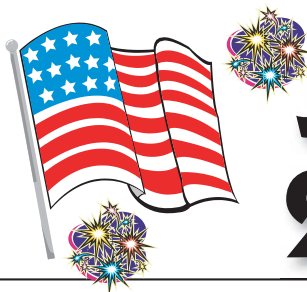


www.mcleanracquetandhealthclub.com

Spring Club Hours
 Monday - Friday 6am - 11 pm
 Saturday & Sunday 7 am - 8 pm
 Pool closes @ 10:30 pm Mon. - Fri., 7:30 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



JULY 2006

Summer Camp
 Space Still
 Available
Sign Up Today!

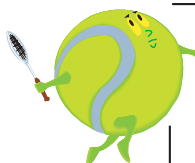
COURTSIDE CAFE
 LUNCH
 11 am-3 pm (Everyday)
 11:30 am-2 pm (Buffet)
 DINNER
 5-9 pm (M-F)
 5:30-8:30 pm (Buffet ex Wed.)
 6-8:30 (Pizza/Pasta Every Wednesday)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

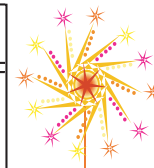
Tennis, Tennis, Tennis...So Many Programs and Events!

★★★★ See Front Desk For Details ★★★★★

						1 Tennis Lessons 9 AM-6 PM
2	3 Men's 5.0 Doubles 8-9:30 PM Racquetball/Squash Round Robin 5-6:30 pm	4 CLOSED	5 Cardio Tennis Classes Begin 6:00-7:00 AM 7:00-8:00 AM	6 Men's 4.0 Doubles 8:30-10 PM Northern Virginia Ladies Team Matches Begin 9:30 AM-1 PM	7 Ladies 3.0 Doubles 6:30 - 8 pm Mixed Doubles 8-10 pm	8 Tennis Lessons 9 AM-6 PM
9 BREAKFAST AT WIMBLETON 9-2 pm	10 Men's 5.0 Doubles 8-9:30 PM Racquetball/Squash Round Robin 5-6:30 pm	11 3.5 Mixed Doubles Flight 8:30-10 PM Northern Virginia Ladies Team Matches 9:30 AM - 1 PM	12 Cardio Tennis Classes Begin 6:00-7:00 AM 7:00-8:00 AM	13 Men's 4.0 Doubles 8:30-10 PM Northern Virginia Ladies Team Matches Begin 9:30 AM-1 PM	14 Ladies 3.0 Doubles 6:30 - 8 pm Mixed Doubles 8-10 pm	15 Tennis Lessons 9 AM-6 PM
16 Tennis Lessons 7 am-6pm	17 Men's 5.0 Doubles 8-9:30 PM Racquetball/Squash Round Robin 5-6:30 pm	18 3.5 Mixed Doubles Flight 8:30-10 PM Northern Virginia Ladies Team Matches 9:30 AM - 1 PM	19 Cardio Tennis Classes Begin 6:00-7:00 AM 7:00-8:00 AM	20 Men's 4.0 Doubles 8:30-10 PM Northern Virginia Ladies Team Matches Begin 9:30 AM-1 PM	21 Ladies 3.0 Doubles 6:30 - 8 pm Mixed Doubles 8-10 pm	22 Tennis Lessons 9 AM-6 PM
23/30 Tennis Lessons 7 am-6pm	24/31 Men's 5.0 Doubles 8-9:30 PM Racquetball/Squash Round Robin 5-6:30 pm	25 3.5 Mixed Doubles Flight 8:30-10 PM Northern Virginia Ladies Team Matches 9:30 AM - 1 PM	26 Cardio Tennis Classes Begin 6:00-7:00 AM 7:00-8:00 AM	27 Men's 4.0 Doubles 8:30-10 PM Northern Virginia Ladies Team Matches Begin 9:30 AM-1 PM	28 Ladies 3.0 Doubles 6:30 - 8 pm Mixed Doubles 8-10 pm	Tennis Lessons 9 AM-6 PM



Stay Fit with Our Group Exercise Classes!



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REMINDER
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Club is CLOSED on the 4th of July!!

