

www.mcleanracquetandhealthclub.com

Summer Club Hours

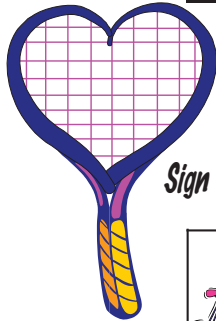
Monday - Friday 6am - 11 pm
 Saturday & Sunday 7 am - 8 pm
 Pool closes @ 10:30 pm Mon.- Fri., 7:30 pm Sat. & Sun.
 Youth Fitness Hrs: (Ages 8-15) Mon. - Fri. 11 am - 5 pm
 Sat. & Sun. 10 am - Close
 Playroom Hours: Mon. - Fri. 8 am - 8 pm
 Sat. 8 am - 3 pm • Sun. 8:30 am - 3 pm



July 2009

Have you had your cholesterol tested lately?
 Sign up at the Front Desk for an appointment.

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)



CARDIO TENNIS
 Improve your Tennis Game,
 Learn Tennis Strokes and Footwork Skills with Casey

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>New TAKE CHARGE OF YOUR HEALTH! Sign up Now in Fitness for your Microfit Assessment!</p>			<p>Racquetball Round Robin 6:30 - 8 PM 1 Women's Singles Tennis Flight 10:30 - 11:30 AM</p>	<p>Ladies "B" Doubles Flight 10:30 AM - 12 PM 2 Men's 4.0 Doubles 8:30 - 10 PM</p>	<p>Moon Light Hike 8 PM 3</p>	<p> CLUB CLOSED 4 ★ July 4th ★</p>
<p> Bike Ride 9 AM 5</p>	<p>Men's 5.0 Doubles 8 - 9:30 PM 6 Adult Tennis Camps 12:30 - 2 PM 6:30 - 8 PM</p>	<p>Ladies "B-4" Doubles Flight 10:30 AM - 12 PM 7 3.5 Mixed Doubles Flight 8:30 - 10 PM</p>	<p>Racquetball Round Robin 6:30 - 8 PM 8 Adult Tennis Camps 12:30 - 2 PM 6:30 - 8 PM</p>	<p>Ladies "B" Doubles Flight 10:30 AM - 12 PM 9 Men's 4.0 Doubles 8:30 - 10 PM</p>	<p>Ladies 3.0 Doubles 6 - 7:30 PM 10 Mixed Doubles Social 8 - 10 PM</p>	<p>Junior Tennis Match Play 6 - 8 PM 11</p>
<p>Adult & Junior Tennis Lessons & Clinics 8 AM - 7 PM 12</p>	<p>Men's 5.0 Doubles 8 - 9:30 PM 13 Adult Tennis Camps 12:30 - 2 PM 6:30 - 8 PM</p>	<p>Ladies "B-4" Doubles Flight 10:30 AM - 12 PM 14 3.5 Mixed Doubles Flight 8:30 - 10 PM</p>	<p>Racquetball Round Robin 6:30 - 8 PM 15 Women's Singles Tennis Flight 10:30 - 11:30 AM</p>	<p>Ladies "B" Doubles Flight 10:30 AM - 12 PM 16 Men's 4.0 Doubles 8:30 - 10 PM</p>	<p>Old Town Wilson Bridge Walk/Dinner 6 PM 17</p>	<p>Junior Tennis Match Play 6 - 8 PM 18</p>
<p>Sugar Loaf Mountain Hike Tour 10 AM 19</p>	<p>Men's 5.0 Doubles 8 - 9:30 PM 20 Adult Tennis Camps 12:30 - 2 PM 6:30 - 8 PM</p>	<p> BOWLING 7:30 PM 21</p>	<p>Racquetball Round Robin 6:30 - 8 PM 22 Adult Tennis Camps 12:30 - 2 PM 6:30 - 8 PM</p>	<p>Ladies "B" Doubles Flight 10:30 AM - 12 PM 23 Men's 4.0 Doubles 8:30 - 10 PM</p>	<p>Ladies 3.0 Doubles 6 - 7:30 PM 24 Mixed Doubles Social 8 - 10 PM</p>	<p>Junior Tennis Match Play 6 - 8 PM 25</p>
<p>Adult & Junior Tennis Lessons & Clinics 8 AM - 7 PM 26</p>	<p>Men's 5.0 Doubles 8 - 9:30 PM 27 Adult Tennis Camps 12:30 - 2 PM 6:30 - 8 PM</p>	<p>Ladies "B-4" Doubles Flight 10:30 AM - 12 PM 28 3.5 Mixed Doubles Flight 8:30 - 10 PM</p>	<p>Racquetball Round Robin 6:30 - 8 PM 29 Women's Singles Tennis Flight 10:30 - 11:30 AM</p>	<p>Ladies "B" Doubles Flight 10:30 AM - 12 PM 30 Men's 4.0 Doubles 8:30 - 10 PM</p>	<p>Ladies 3.0 Doubles 6 - 7:30 PM 31 Mixed Doubles Social 8 - 10 PM</p>	

Check Out Our Summer Camps For Kids! Serious Fun From Tots to Teens!

