

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

JUNE 2004

MARTIAL ARTS CLASSES

See Schedule



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)



WANTED



If your picture is not in our computer, please see Membership



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 3.5 Mixed Doubles 8:30-10 pm Women's 3.0 Doubles 10:30-12 pm	2 A Team Practice 11:30 B-1 Team Practice 1 pm	3 Ladies 4.5 Doubles 7:30-9 pm Men's 4.0 Doubles Flight 8:30-10 pm	4 Women's 3.0-3.5 Doubles 10:30-12 pm Mixed Doubles 8-10 pm	5 Advanced Mixed Doubles 6-8 pm
6 FRENCH OPEN Tennis Brunch 9-12 pm	7 Men's 5.0 Doubles 8-9:30 pm	8 3.5 Mixed Doubles 8:30-10 pm Women's 3.0 Doubles 10:30-12 pm	9 PALA Awards 4:30 pm A Team Practice 11:30 am B-1 Team Practice 1 pm	10 Ladies 4.5 Doubles 7:30-9 pm Men's 4.0 Doubles Flight 8:30-10 pm	11 Women's 3.0-3.5 Doubles 10:30-12 pm Mixed Doubles 8-10 pm	12 Advanced Mixed Doubles 6-8 pm
13	14 Men's 5.0 Doubles 8-9:30 pm	15 3.5 Mixed Doubles 8:30-10 pm Women's 3.0 Doubles 10:30-12 pm	16 A Team Practice 11:30 B-1 Team Practice 1 pm	17 Ladies 4.5 Doubles 7:30-9 pm Men's 4.0 Doubles Flight 8:30-10 pm	18 Women's 3.0-3.5 Doubles 10:30-12 pm Mixed Doubles 8-10 pm	19 Advanced Mixed Doubles 6-8 pm
20 Cardio Canal Bike Ride 9 am FATHER'S DAY	21 Men's 5.0 Doubles 8-9:30 pm Adult & Junior Summer Camps begin	22 3.5 Mixed Doubles 8:30-10 pm Women's 3.0 Doubles 10:30-12 pm	23 A Team Practice 11:30 B-1 Team Practice 1 pm	24 Ladies 4.5 Doubles 7:30-9 pm Men's 4.0 Doubles Flight 8:30-10 pm	25 Women's 3.0-3.5 Doubles 10:30-12 pm Mixed Doubles 8-10 pm	26 Advanced Mixed Doubles 6-8 pm
27	28 Men's 5.0 Doubles 8-9:30 pm	29 3.5 Mixed Doubles 8:30-10 pm Women's 3.0 Doubles 10:30-12 pm	30 A Team Practice 11:30 B-1 Team Practice 1 pm	 <p>HOW IS YOUR HEART HEALTH? Don't miss the opportunity to have a Lipid Profile Cholesterol Screening</p>		
<p>ALL AROUND FIT CHILDREN SUMMER CAMP BEGINS JUNE 21st Sign-up now!</p> 						

SALSA DANCING MASTER CLASS

See Fitness Center for details

MRHC HAS AN AUTOMATED EXTERNAL DEFIBRILLATOR (AED) STAFF IS AED & CPR CERTIFIED

