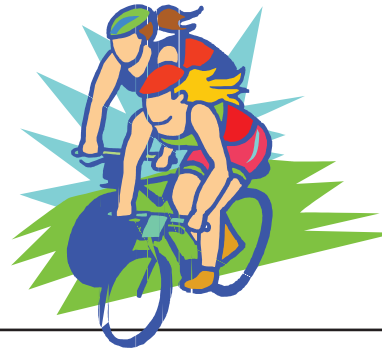


Spring Club Hours  
 Monday - Friday 6am - 11 pm  
 Saturday & Sunday 7 am - 8 pm  
 Pool closes @ 10:30 pm Mon. - Fri., 7:30 pm Sat. & Sun.  
 Youth Fitness Hrs: (Ages 8-15) Mon. - Fri. 11 am - 5 pm  
 Sat. & Sun. 10 am - 3 pm  
 Playroom Hours: Mon. - Fri. 8 am - 8 pm  
 Sat. & Sun. 8:30 am - 3 pm

# W & OD Bike Ride **June 2006**




## Sat. June 24th 9:00 AM



**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)

  
**Summer Camp Begins June 19th Don't Wait!!! Sign Up Today!**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>SPA SPECIAL!!</b>                      ★ Poolside Pedicures! \$40                      ★ See Massage for Details</p> 						
Cardio Tennis <sup>4</sup> 2-3 PM Sign up applications available	Men's 5.0 Doubles <sup>5</sup> 8-9:30 PM Racquetball/Squash Round Robin 5-7:00 pm	3.5 Mixed Doubles Flight <sup>6</sup> 8:30-10 PM Ladies Team Matches Begin 9:30 AM - 1 PM	Cardio Tennis Classes Begin <sup>7</sup> 6:00-7:00 AM 7:00-8:00 AM 	Men's 4.0 <sup>8</sup> Doubles 8:30-10 PM Northern Virginia Ladies Team Matches Begin 9:30 AM-1 PM	Ladies 3.0 <sup>9</sup> Doubles 6:30 - 8 pm Mixed Doubles 8-10 pm	10
Cardio Tennis <sup>11</sup> 2-3 PM Sign up applications available	Men's 5.0 Doubles <sup>12</sup> 8-9:30 PM Racquetball/Squash Round Robin 5-7:00 pm	3.5 Mixed Doubles Flight <sup>13</sup> 8:30-10 PM Ladies Team Matches 9:30 AM - 1 PM	★ Flag Day ★ <sup>14</sup> Cardio Tennis Classes Begin 6:00-7:00 AM 7:00-8:00 AM	Men's 4.0 <sup>15</sup> Doubles 8:30-10 PM Northern Virginia Ladies Team Matches Begin 9:30 AM-1 PM	Ladies 3.0 <sup>16</sup> Doubles 6:30 - 8 pm Mixed Doubles 8-10 pm	17
Father's Day! <sup>18</sup> Cardio Tennis 2-3 PM Sign up applications available	Men's 5.0 Doubles <sup>19</sup> 8-9:30 PM Racquetball/Squash Round Robin 5-7:00 pm	3.5 Mixed Doubles Flight <sup>20</sup> 8:30-10 PM Ladies Team Matches 9:30 AM - 1 PM	Cardio Tennis Classes Begin <sup>21</sup> 6:00-7:00 AM 7:00-8:00 AM	Men's 4.0 <sup>22</sup> Doubles 8:30-10 PM Northern Virginia Ladies Team Matches Begin 9:30 AM-1 PM	Ladies 3.0 <sup>23</sup> Doubles 6:30 - 8 pm Mixed Doubles 8-10 pm	24 W & OD Bike Ride 9:00AM
Cardio Tennis <sup>25</sup> 2-3 PM Sign up applications available	Men's 5.0 Doubles <sup>26</sup> 8-9:30 PM Racquetball/Squash Round Robin 5-7:00 pm	3.5 Mixed Doubles Flight <sup>27</sup> 8:30-10 PM Ladies Team Matches 9:30 AM - 1 PM	Cardio Tennis Classes Begin <sup>28</sup> 6:00-7:00 AM 7:00-8:00 AM	Men's 4.0 <sup>29</sup> Doubles 8:30-10 PM Northern Virginia Ladies Team Matches Begin 9:30 AM-1 PM	Ladies 3.0 <sup>30</sup> Doubles 6:30 - 8 pm Mixed Doubles 8-10 pm	

**Check Out Our New Evening Class Lineup It Is FANTASIC!**