

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. & Sun. 8:30 am - 3 pm



June 2008



Don't Miss Our **SPECIAL OUTING WEEKEND!!**

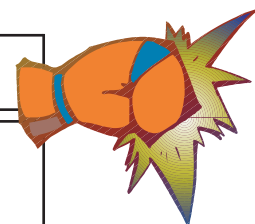
27th - Nationals Game
 28th - Car Show
 29th - Blackwater Refuge
 See Fitness Board For Details

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)

Hot Stone Massage Has Returned! Make an Appt. Today!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1 Adult Tennis Clinics 8-10 AM Junior Clinics 12:30-4:00 PM	2 Men's 5.0 Doubles 8-9:30 PM	3 3.5 Mixed Doubles 8:30-10 PM	4 Racquetball Round Robin 6:30 - 8 PM Bring a Guest for Free Every Week	5 NVTL Ladies B-2 Team Match 9:30-1PM Mens 4.0 Doubles 8:30-10 PM	6 Ladies 3.0 Doubles 6-7:30 PM Mixed Doubles 8-10 PM	7 Tennis Lessons 8 AM - 4 PM	
8 Adult Tennis Clinics 8-10 AM Junior Clinics 12:30-4:00 PM	9 Men's 5.0 Doubles 8-9:30 PM	10 3.5 Mixed Doubles 8:30-10 PM	11 Racquetball Round Robin 6:30 - 8 PM Bring a Guest for Free Every Week	12 NVTL Ladies B-2 Team Match 9:30-1PM Mens 4.0 Doubles 8:30-10 PM	13 Ladies 3.0 Doubles 6-7:30 PM Mixed Doubles 8-10 PM	14 Shenandoah National Park Hike	
15 Adult Tennis Clinics 8-10 AM Rappahannock Cellar Vineyard Tour	16 JUNIOR SUMMER CAMPS Begin Men's 5.0 Doubles 8-9:30 PM	17 Mixed 3.5 Doubles 8:30-10 PM	18 Racquetball Round Robin 6:30 - 8 PM BOWLING	19 NVTL Ladies B-2 Team Match 9:30-1PM Mens 4.0 Doubles 8:30-10 PM	20 Billy Goat Trail Hike	21 Tennis Lessons 8 AM - 4 PM	
22 Adult Tennis Clinics 8-10 AM	23 Men's 5.0 Doubles 8-9:30 PM	24 Mixed 3.5 Doubles 8:30-10 PM	25 Racquetball Round Robin 6:30 - 8 PM Bring a Guest for Free Every Week	26 Mens 4.0 Doubles 8:30-10 PM	27 Ladies 3.0 Doubles 6-7:30 PM Mixed Doubles 8-10 PM	28 Tennis Lessons 8 AM - 4 PM	
29 Adult Tennis Clinics 8-10 AM	30 Men's 5.0 Doubles 8-9:30 PM	 We Have SUMMER CAMP FOR KIDS <i>Space is Limited - Sign Up Today!!</i>					



"Fighting Fit Workouts" An Awesome Way To Get In Shape! See Fitness For Details!