

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



# June 2009

*Refer a Friend  
 For A Chance To  
 Win A Trip!!!!*

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)

**HURRY!**  
 Sign Up For  
 Summer  
 Camp Now!  
  
 Ask Us  
 How A  
 Microfit  
 Assessment  
 Can Help You  
 Move To  
 The Next  
 Fitness Level!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Squash Round Robin 5:30 - 7 PM Men's 5.0 Doubles 8 - 9:30 PM	2 No Home Match 3.5 Mixed Doubles Flight 8:30 - 10 PM	3 Ladies Singles Tennis Flight 10:30 - 11:30 AM Racquetball Round Robin 6:30 - 8 PM	4 NVTL Women's League Tennis 9:30 AM - 1 PM Men's 4.0 Doubles 8:30 - 10 PM	5 Ladies 3.0 Doubles 6 - 7:30 PM Mixed Doubles Social 8 - 10 PM	6 Great Falls, VA Hike 11 AM
7 Adult Tennis Clinics 8 AM - 12 PM Junior Tennis Clinics 12:30 - 4:30 PM	8 Squash Round Robin 5:30 - 7 PM Men's 5.0 Doubles 8 - 9:30 PM	9 Ladies NVTL A Team Match VS Ashburn 9:30 AM 3.5 Mixed Doubles Flight 8:30 - 10 PM	10 Ladies Singles Tennis Flight 10:30 - 11:30 AM Racquetball Round Robin 6:30 - 8 PM	11 NVTL Women's League Tennis 9:30 AM - 1 PM Men's 4.0 Doubles 8:30 - 10 PM	12 Ladies 3.0 Doubles 6 - 7:30 PM Mixed Doubles Social 8 - 10 PM	13 Belle Haven Kayak/Canoe 9 AM
14 Adult Tennis Clinics 8 AM - 12 PM Junior Tennis Clinics 12:30 - 4:30 PM	15 Ladies Singles Tennis Flight 10:30 - 11:30 AM Squash Round Robin 5:30 - 7 PM	16 Ladies NVTL A Team Match VS Langley 9:30 AM 3.5 Mixed Doubles Flight 8:30 - 10 PM	17 Ladies Singles Tennis Flight 10:30 - 11:30 AM MASTER CLASS! Kukuwa Dance! 6:30 - 7:30 PM	18 NVTL Women's League Tennis 9:30 AM - 1 PM Men's 4.0 Doubles 8:30 - 10 PM	19 Ladies 3.0 Doubles 6 - 7:30 PM Mixed Doubles Social 8 - 10 PM	20 Junior Tennis Match Play
21 Adult Tennis Clinics 8 AM - 12 PM	22 SUMMER CAMPS BEGIN Squash R.R. 5:30 - 7 PM Men's 5.0 Doubles 8 - 9:30 PM	23  <b>BOWLING</b> 7:30 PM	24 Ladies Singles Tennis Flight 10:30 - 11:30 AM Racquetball Round Robin 6:30 - 8 PM	25 NVTL Women's League Tennis 9:30 AM - 1 PM Men's 4.0 Doubles 8:30 - 10 PM	26 Ladies 3.0 Doubles 6 - 7:30 PM Mixed Doubles Social 8 - 10 PM	27 Junior Tennis Match Play
28 River Road Bike Ride 9 AM	29 Squash Round Robin 5:30 - 7 PM Men's 5.0 Doubles 8 - 9:30 PM	30 13.5 Mixed Doubles Flight 8:30 - 10 PM	<p><b>New! Evening                  Aerobic                  Classes</b></p> <ul style="list-style-type: none"> <li>★ XXX with Garry, Tues. 7:30 - 8:30 PM ★</li> <li>★ Zumba with Carol, Wed. 7:30 - 8:30 PM ★</li> <li>★ Muscle Up with Tami, Thurs. 6:30 - 7:30 PM ★</li> </ul>			

**NEW In ♥  
 Fitness Dept!**  
 Have your  
 Cholesterol  
 Tested  
 Safely and  
 Accurately!

