

www.mcleanracquetandhealthclub.com

Winter Club Hours

Monday - Friday 6am - 11 pm
 Saturday & Sunday 7 am - 10 pm
 Pool closes @ 10:30 pm Mon. - Fri., 9:30 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

March 2009

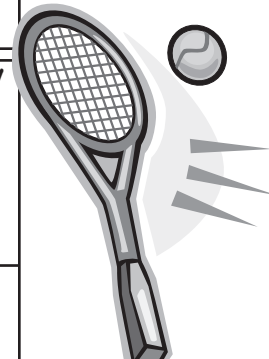
*Stay Tuned:
 Nutritional Seminars
 Coming Soon!*

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)



**NEW
 THIS
 YEAR
 Spring
 Break
 Camp
 For Kids
 3-10
 Years Old**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TENNIS 1 EXHIBITION <i>Benefitting Washington Tennis & Education</i> 5:30 - 8:30 PM	Men's 5.0 2 Doubles 8 - 9:30 PM Squash Round Robin 6:30 - 8 PM	Women's 3.0 3 Flight 1 - 2:30 PM 3.5 Mixed Doubles Flight 8:30 - 10 PM	Ladies Singles 4 Tennis Flight 10:30 - 11:30 AM Racquetball Round Robin 6:30 - 8 PM	3.5 Women's 5 Flight 10:30 AM - 12 PM Men's 4.0 Doubles 8:30 - 10 PM	Ladies 3.0 6 Doubles 6 - 7:30 PM Mixed Doubles Social 8 - 10 PM	Chain Bridge/ Key Bridge Walk 7 11 AM
Adult Tennis 8 Clinics 8 - 10 AM Junior Tennis Clinics 12:30 - 4:30 PM	Men's 5.0 9 Doubles 8 - 9:30 PM Squash Round Robin 6:30 - 8 PM	Women's 3.0 10 Flight 1 - 2:30 PM 3.5 Mixed Doubles Flight 8:30 - 10 PM	Ladies Singles 11 Tennis Flight 10:30 - 11:30 AM Racquetball Round Robin 6:30 - 8 PM	3.5 Women's 12 Flight 10:30 AM - 12 PM Men's 4.0 Doubles 8:30 - 10 PM	DC 13 Urban Walk 6 PM	Junior Tennis 14 Match Play 7 - 9 PM
Adult Tennis 15 Clinics 8 - 10 AM Junior Tennis Clinics 12:30 - 4:30 PM	Men's 5.0 16 Doubles 8 - 9:30 PM Squash Round Robin 6:30 - 8 PM	<i>st. patrick's day 17</i> Women's 3.0 Flight 1 - 2:30 PM 3.5 Mixed Doubles Flight 8:30 - 10 PM	Ladies Singles 18 Tennis Flight 10:30 - 11:30 AM Racquetball Round Robin 6:30 - 8 PM	3.5 Women's 19 Flight 10:30 AM - 12 PM Men's 4.0 Doubles 8:30 - 10 PM	Ladies 3.0 20 Doubles 6 - 7:30 PM Mixed Doubles Social 8 - 10 PM	Cystic Fibrosis 21 Benefit <i>Club Closes at 6PM</i> Lake Accotink Bike Ride
Adult Tennis 22 Clinics 8 - 10 AM Junior Tennis Clinics 12:30 - 4:30 PM	Men's 5.0 23 Doubles 8 - 9:30 PM Squash Round Robin 6:30 - 8 PM	 24 BOWLING 7:30 PM	Ladies Singles 25 Tennis Flight 10:30 - 11:30 AM Racquetball Round Robin 6:30 - 8 PM	3.5 Women's 26 Flight 10:30 AM - 12 PM Men's 4.0 Doubles 8:30 - 10 PM	Ladies 3.0 27 Doubles 6 - 7:30 PM Mixed Doubles Social 8 - 10 PM	W&OD Trail 28 Bike Ride 11 AM
Adult Tennis 29 Clinics 8 - 10 AM Junior Tennis Clinics 12:30 - 4:30 PM	Men's 5.0 30 Doubles 8 - 9:30 PM Squash Round Robin 6:30 - 8 PM	Women's 3.0 31 Flight 1 - 2:30 PM 3.5 Mixed Doubles Flight 8:30 - 10 PM	<p><i>It's Not Too Late To Sign Up For "Let's Dance!"</i> ★★★★★ Begins March 5th ★★★★★</p>			



**March 21
 Cystic Fibrosis
 Benefit
 CLUB CLOSING
 AT 6PM**

