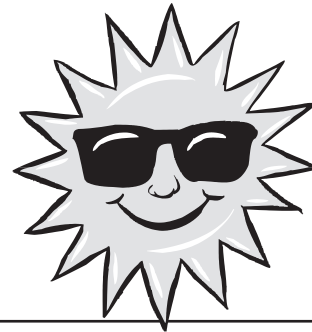


www.mcleanracquetandhealthclub.com

**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



# May 2009


**Member Guest Wine Tasting  
 & Entertainment Social  
 on May 7th  
 From 6:30 - 9:00 PM**

**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)

*Improve Your Swimming Strokes and Techniques*  
 Private and Semi-private lessons For Adults and Children



**YOUTH SUMMER CAMP**  
 Is Almost Here - Sign Up Now For Camps!  
**NEW!!!**  
**Teen Eco Camp**  
 Ages 9-15  
 Have fun with your friends on trips to the Water Mine, Kings Dominion, Fun Land Go-Karting and More!!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Refer A Friend For A Chance To Win A Trip To Las Vegas or Hawaii!</b>						<b>Junior Club Championships</b> 14 & Under Singles 12 & Under Singles
<b>Bike Ride</b> <sup>3</sup> <b>"Edge of Earth"</b> 9:00 AM	<b>Men's 5.0</b> <sup>4</sup> Doubles 8 - 9:30 PM Squash Round Robin 5:30 - 7 PM	<b>Women's 3.0</b> <sup>5</sup> Flight 1 - 2:30 PM 3.5 Mixed Doubles Flight 8:30 - 10 PM	<b>Ladies A-2 Team</b> <sup>6</sup> Match VS Ashburn 10:00 AM - 1:00 PM Racquetball Round Robin 6:30 - 8 PM	<b>Cardio Tennis</b> <sup>7</sup> w/ Casey 12 - 1 PM Men's 4.0 Doubles 8:30 - 10 PM	<b>Ladies 3.0</b> <sup>8</sup> Doubles 6 - 7:30 PM Mixed Doubles Social 8 - 10 PM	<b>Walk</b> <sup>9</sup> Key Bridge/ Chain Bridge 11:00 AM
Adult Clinics 8 - 11 AM <sup>10</sup> Junior Tennis Clinics 12:30 - 4:30 PM Men's 4.5 Doubles 4 - 5:30 PM	<b>Men's 5.0</b> <sup>11</sup> Doubles 8 - 9:30 PM Squash Round Robin 5:30 - 7 PM	NVTL <sup>12</sup> Women's League Tennis 9:30 AM - 1 PM 3.5 Mixed Doubles Flight 8:30 - 10 PM	<b>Ladies A-2 Team</b> <sup>13</sup> Match VS Reston 10:00 AM - 1:00 PM Racquetball Round Robin 6:30 - 8 PM	NVTL <sup>14</sup> Women's League Tennis 9:30 AM - 1 PM Men's 4.0 Doubles 8:30 - 10 PM	<b>Junior Club Championships</b> <sup>15</sup> 18 & Under Singles 10 & Under Singles	<b>Junior Club Championships</b> <sup>16</sup> 18 & Under Singles 10 & Under Singles
<b>White Water Rafting</b> <sup>17</sup>	<b>Men's 5.0</b> <sup>18</sup> Doubles 8 - 9:30 PM Squash Round Robin 5:30 - 7 PM	 <b>BOWLING</b> <sup>19</sup> 7:30 PM	<b>Ladies A-2 Team</b> <sup>20</sup> Match VS Bretton Woods 10:00 AM - 1:00 PM Racquetball Round Robin 6:30 - 8 PM	NVTL <sup>21</sup> Women's League Tennis 9:30 AM - 1 PM Men's 4.0 Doubles 8:30 - 10 PM	<b>Ladies 3.0</b> <sup>22</sup> Doubles 6 - 7:30 PM Mixed Doubles Social 8 - 10 PM	<b>Memorial Day Weekend</b> <sup>23</sup> No Junior Match Play
<b>Memorial Day Weekend - No Clinics</b> <sup>24</sup> Adult Clinics 8 - 11 AM Junior Tennis Clinics 12:30 - 4:30 PM Men's 4.5 Doubles 4 - 5:30 PM <sup>31</sup>	<b>Memorial Day Weekend No Clinics</b> <sup>25</sup>	NVTL <sup>26</sup> Women's League Tennis 9:30 AM - 1 PM 3.5 Mixed Doubles Flight 8:30 - 10 PM	<b>Seagull Social</b> <sup>27</sup> 6:30 PM	NVTL <sup>28</sup> Women's League Tennis 9:30 AM - 1 PM Men's 4.0 Doubles 8:30 - 10 PM	<b>Ladies 3.0</b> <sup>29</sup> Doubles 6 - 7:30 PM Mixed Doubles Social 8 - 10 PM	<b>Junior Tennis Match Play</b> <sup>30</sup> 7 - 9 PM