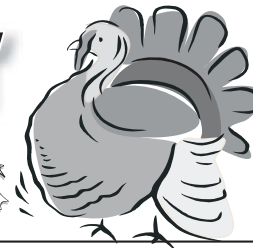


www.mcleanracquetandhealthclub.com

Fall Club Hours

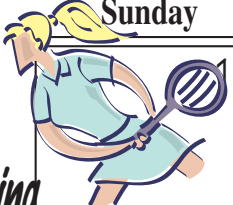
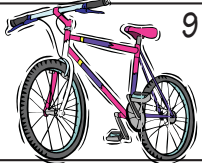

Monday - Friday 6 am - 11 pm  
 Saturday & Sunday 7 am - 10 pm  
 Pool closes @ 10:30 pm Mon.- Fri., 9:30 pm Sat. & Sun.  
 Youth Fitness Hrs: (Ages 8-15) Mon. - Fri. 11 am - 5 pm  
 Sat. & Sun. 10 am - Close  
 Playroom Hours: Mon. - Fri. 8 am - 8 pm  
 Sat. 8 am - 3 pm • Sun. 8:30 am - 3 pm

# November 2009



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)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Ladies Tennis Conditioning Clinic</b> ★ Enhance Tennis Performance ★ Increase Power and Speed ★ Prevent Injury See Fitness For Details	 Ladies Tennis Conditioning Clinic	2 Men's 5.0 Doubles Flight 8 - 9:30 PM	3 3.0 - 3.5 Ladies Flight 1 - 2:30 PM 3.5 Mixed Doubles Flight 8:30 - 10 PM	4 Cardio Tennis 6-8 AM Singles Flights 10:30 - 11:30 AM Racquetball Round Robin 6:30 - 8 PM	5 Women's 3.5 Flight 10:30 AM - 1:30 PM Men's 4.0 Doubles Flight 8:30 - 10 PM	6 Ladies 3.0 Doubles 6 - 7:30 PM Mixed Doubles Social 8 - 10 PM	7 Junior Match Play 7 - 9 PM
	8 Blackwater National Refuge Bike Ride 9 AM	9  Blackwater National Refuge Bike Ride 9 AM	10 3.0 - 3.5 Ladies Flight 1 - 2:30 PM 3.5 Mixed Doubles Flight 8:30 - 10 PM	11 Cardio Tennis 6-8 AM Singles Flights 10:30 - 11:30 AM Racquetball Round Robin 6:30 - 8 PM	12 Women's 3.5 Flight 10:30 AM - 1:30 PM Men's 4.0 Doubles Flight 8:30 - 10 PM	13 DC Walk 6:00 PM	14 Junior Match Play 7 - 9 PM
	15 Key Bridge/ Chain Bridge Hike 10:00 AM	16 Men's 5.0 Doubles Flight 8 - 9:30 PM	17  <b>BOWLING</b> 7:30 PM	18 Cardio Tennis 6-8 AM Singles Flights 10:30 - 11:30 AM Racquetball Round Robin 6:30 - 8 PM	19 Women's 3.5 Flight 10:30 AM - 1:30 PM Men's 4.0 Doubles Flight 8:30 - 10 PM	20 Ladies 3.0 Doubles 6 - 7:30 PM Mixed Doubles Social 8 - 10 PM	21 Century Tournament 8 AM - 6 PM
	22 Skymeadows Hike 9:00 AM	23 Men's 5.0 Doubles Flight 8 - 9:30 PM	24 3.0 - 3.5 Ladies Flight 1 - 2:30 PM 3.5 Mixed Doubles Flight 8:30 - 10 PM	25 Cardio Tennis 6-8 AM Singles Flights 10:30 - 11:30 AM Racquetball Round Robin 6:30 - 8 PM	26 <b>CLOSED</b> <b>THANKSGIVING</b> <b>DAY</b>	27 Men's 3.0-3.5 Doubles 6 - 7:30 PM Mixed Doubles Social 8 - 10 PM	28 Junior Match Play 7 - 9 PM
	29 Junior Clinics 12:30 - 5 PM	30 Men's 5.0 Doubles Flight 8 - 9:30 PM	<b>SWIM LESSONS ARE AVAILABLE FOR ADULTS. Whether you are a beginner or are in training for a triathlon, we have a swim lesson program for you! Contact Aquatics Dept. For more info!</b>				

**NEW**  
**Lunchtime Special!**  
 Have a "PERSSAGE!"  
 a 30 minute personal training session followed by a 30 minute massage!  
 See Fitness For Details