

www.mcleanracquetandhealthclub.com

**Fall Club Hours**  
 Monday - Friday 6am - 11 pm  
 Saturday & Sunday 7 am - 10 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 - 3 pm  
 Playroom Hours: Mon. - Fri. 8 am - 8 pm  
 Sat. & Sun. 8:30 am - 3 pm




# OCTOBER 2007

**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)



**Stay  
Fit For  
Fall!**  
 Update  
your  
Program  
See  
Fitness  
For An  
Appt.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> Men's 5.0 Doubles 8-9:30 PM Squash Round Robin 6:30 - 8 PM	<b>2</b> Ladies B-3 Team Match 10 am - 1 pm 3.5 Mixed Doubles Flight 8:30-10 PM	<b>3</b> Ladies B-2 Team Match 10 AM - 1 PM	<b>4</b> Women's B Flight 10:30-12 PM Mens 4.0 Doubles Flight 8:30 -10 pm	<b>5</b> Ladies 3.0 Doubles 6-7:30 PM Mixed Doubles Social 8-10 PM	<b>6</b>
<b>7</b> Adult Clinics 8-10 AM Junior Clinics 2:30-4:30	<b>8</b> Men's 5.0 Doubles 8-9:30 PM Squash Round Robin 6:30 - 8 PM	<b>9</b> Ladies B-3 Team Match 10 am - 1 pm 3.5 Mixed Doubles Flight 8:30-10 PM	<b>10</b> Ladies A-2 Team Match 10 AM - 1 PM	<b>11</b> Women's B Flight 10:30-12 PM Mens 4.0 Doubles Flight 8:30 -10 pm	<b>12</b> Ladies 3.0 Doubles 6-7:30 PM Mixed Doubles Social 8-10 PM	<b>13</b> Junior Match Play 7-9 PM
<b>14</b> Adult Clinics 8-10 AM Junior Clinics 2:30-4:30	<b>15</b> Men's 5.0 Doubles 8-9:30 PM Squash Round Robin 6:30 - 8 PM	<b>16</b> Ladies B-3 Team Match 10 am - 1 pm 3.5 Mixed Doubles Flight 8:30-10 PM	<b>17</b> Ladies A-2 Team Match 10 AM - 1 PM	<b>18</b> Women's B Flight 10:30-12 PM Mens 4.0 Doubles Flight 8:30 -10 pm	<b>19</b> Ladies 3.0 Doubles 6-7:30 PM Mixed Doubles Social 8-10 PM	<b>20</b> Junior Match Play 7-9 PM
<b>21</b> Adult Clinics 8-10 AM Junior Clinics 2:30-4:30	<b>22</b> Men's 5.0 Doubles 8-9:30 PM Squash Round Robin 6:30 - 8 PM	<b>23</b> 3.5 Mixed Doubles Flight 8:30 - 10 PM	<b>24</b> All Wednesday Morning Clinics and Flights Begin	<b>25</b> Women's B Flight 10:30-12 PM Mens 4.0 Doubles Flight 8:30 -10 pm	<b>26</b> Member Guest Tournament 6:30-9 PM	<b>27</b> Member Guest Tournament 6:30-9 PM
<b>28</b> Member Guest Tournament	<b>29</b> Men's 5.0 Doubles 8-9:30 PM Squash Round Robin 6:30 - 8 PM	<b>30</b> 3.5 Mixed Doubles Flight 8:30 - 10 PM	<b>31</b> 3.0 Womens Singles 10:30 - 11:30 3.5 Womens Singles 11:30-12:30	 <p><b>Did You Know?</b> We Offer                  An Array of Spa Services! Massages, Facials and More!                  Make An Appointment Today!</p>		

**GROUP  
EXERCISE**  
 Is a  
Great Way  
To Be  
Fit  
  
 and Meet  
New  
Friends!