

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 - 3 pm
 Playroom Hours: Mon. - Fri. 8 am - 8 pm
 Sat. & Sun. 8:30 am - 3 pm



♥ Get Heart Healthy Today! ♥

September 2005

Cholesterol Check Special!
 \$20

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 (Pizza/Pasta Every Wednesday)

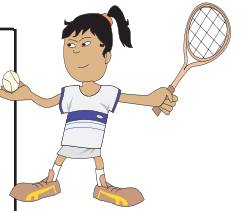


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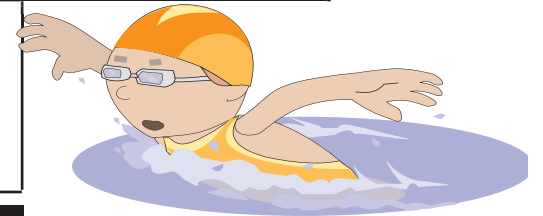
Massage Special 10% Discount on 1 Hour Massage M-F 10 am - 3 pm ONLY

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
McLean Racquet & Health Club OPEN HOUSE!! ◆ Refreshments ◆ Raffle/Prizes ◆ Seated Massages Join The Fun!!						
4	5 Regular Hours For Labor Day	6	7 Junior Tennis Clinic Tryouts 5-6:30 PM Ladies Team Match 10 AM - 1 PM	8 FREE Adult Tennis Clinic 10 - 11 AM	9 Ladies 3.0 Doubles 6:30 - 8 pm Mixed Doubles 8-10 pm	10 Tennis Hours 7 AM - 10 PM
11 Tennis Hours 7 AM - 10 PM	12 Men's 5.0 Doubles 8-9:30 PM Racquetball/Squash Round Robin 5-6:30 pm	13 3.5 Mixed Doubles Flight 8:30-10 PM	14 Ladies Team Match 10 AM - 1 PM	15 Men's 4.0 Doubles 8:30-10 PM	16 Ladies 3.0 Doubles 6:30 - 8 pm Mixed Doubles 8-10 pm	17
18	19 All organized flight and clinics begin. Men's 5.0 Doubles 8-9:30 PM Racquetball/Squash Round Robin 5-6:30 pm	20 3.5 Mixed Doubles Flight 8:30-10 PM	21 Ladies Team Match 10 AM - 1 PM	22 Men's 4.0 Doubles 8:30-10 PM	23 Ladies 3.0 Doubles 6:30 - 8 pm Mixed Doubles 8-10 pm	24 Parent Child Tournament 9 am - 6 pm
25 Parent Child Tournament Finals 9 am - 2 pm	26 Men's 5.0 Doubles 8-9:30 PM Racquetball/Squash Round Robin 5-6:30 pm	27 3.5 Mixed Doubles Flight 8:30-10 PM	28 Ladies Team Match 10 AM - 1 PM	29 OPEN HOUSE 6-8 PM Men's 4.0 Doubles 8:30-10 PM	30 Ladies 3.0 Doubles 6:30 - 8 pm Mixed Doubles 8-10 pm	



Ask About Our PALA & Totercise Programs This Fall



SWIM CLINICS Are Back!!! We Have A New Tiered Swim Program - Great After School Activity!