

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

Check Out
 Our NEW
 Youth
 Program!!

September 2006

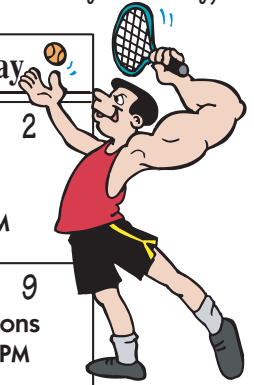


COURTSIDE CAFE
 LUNCH
 11 am-3 pm (Everyday)
 11:30 am-2 pm (Buffet)
 DINNER
 5-9 pm (M-F)
 5:30-8:30 pm (Buffet ex Wed.)
 6-8:30 (Pizza/Pasta Every Wednesday)

Unwind
 with our
 Relaxing
 Mind
 & Body
 Evening
 Schedule!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WOW!! NEW Equipment, NEW Classes, NEW Programs!! September is filled with Surprises!						Ladies 3.0 Doubles 6:30 - 8 pm Mixed Doubles Social 8-10 pm
3 Private Lessons 10 AM - 2 PM	4 LABOR DAY (Reg. Club Hours 6AM - 11 PM)	5 Early Morning Adult Tennis Clinics Begin	6 Ladies B-2 Team Match vs River Falls 10 AM - 1 PM	7 FREE Adult Tennis Clinic 10 - 11 AM Junior Tennis Clinic Tryouts 5-6 PM	8 Ladies 3.0 Doubles 6:30 - 8 pm Mixed Doubles Social 8-10 pm	9 Private Lessons 10 AM - 2 PM
10 Morning Adult Clinics and Fall Private Lessons Begin	11 Men's 5.0 Doubles 8-9:30 PM Racquetball 5-6 PM Squash 6-7 PM	12 3.5 Mixed Doubles Flight 8:30-10 PM	13 Ladies B-2 Team Match vs Burke 10 AM - 1 PM	14 Men's 4.0 Doubles Flight 8:30-10 PM	15 Ladies 3.0 Doubles 6:30 - 8 pm Mixed Doubles Social 8-10 pm	16 Private Lessons 10 AM - 2 PM
17 Morning Adult Clinics and Private Lessons	18 All organized daytime flights and clinics begin Men's 5.0 Doubles 8-9:30 PM Racquetball 5-6 PM Squash 6-7 PM	19 Ladies B-3 Team Match vs Reston Gold 10 AM - 1 PM 3.5 Mixed Doubles Flight 8:30-10 PM	20 NO TEAM MATCH	21 Men's 4.0 Doubles Flight 8:30-10 PM	22 Ladies 3.0 Doubles 6:30 - 8 pm Mixed Doubles Social 8-10 pm	23 Parent Child Tournament 9 AM - 6 PM
24 Parent Child Tournament Finals 9 AM - 2 PM	25 Men's 5.0 Doubles 8-9:30 PM Racquetball 5-6 PM Squash 6-7 PM	26 3.5 Mixed Doubles Flight 8:30-10 PM	27 Ladies B-1 Team Match vs Ann Arundel and Ladies B-2 Team Match vs Fairfax 9 AM - 1 PM	28 Men's 4.0 Doubles Flight 8:30-10 PM	29 Ladies 3.0 Doubles 6:30 - 8 pm Mixed Doubles Social 8-10 pm	30 Fall Weekend Junior Clinics Begin



We can
 Help You
 Achieve
 Your
 Goals
 with
 our
 Certified
 Personal
 Trainers!