

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



September 2009



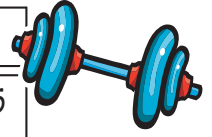
COURTSIDE CAFE
LUNCH
 11 am-3 pm (Everyday)
 11:30 am-2 pm (Buffet)
DINNER
 5-9 pm (M-F)
 5:30-8:30 pm (Buffet ex Wed.)
 6-8:30 pm (Pizza/Pasta Every Wednesday)



NOW THAT SUMMER IS OVER AND THE KIDS ARE BACK IN SCHOOL...
 Take adult swim lessons! Improve your strokes!

REFER A FRIEND AND RECEIVE ONE MONTH FREE WHEN THEY JOIN!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Last Week of Junior Summer Camps Ladies Flight 10:30 AM - 12 PM Mixed Doubles 8:30 - 10 PM	2 Junior Tennis Camps 9 AM - 5 PM Racquetball Round Robin 6:30 - 8 PM	3 Junior Tennis Camps 9 AM - 5 PM Ladies Tennis Flight 10:30 AM - 12 PM	4 ★ FULL MOON HIKE 8:15 PM ★	5 ★ ★ ★
6 Hiker	7 LABOR DAY Hours: 7 AM - 6 PM	8 3.5 Mixed Doubles Flight 8:30 - 10 PM Fit For Kids Begins	9 Junior Clinic Assessment 5 - 6 PM Racquetball Round Robin 6:30 - 8 PM	10 Tennis Conditioning 10 - 11 AM Men's 4.0 Doubles 8 - 9:30 PM	11 Parents Night Out 4 - 9 PM	12 9 AM KAYAK
13 9 AM Blackwater Refuge Bike Ride	14 Adult Weekday ~Clinic & Flights Begin~ Weekday & Weekend Fall Junior Clinics	15 3.5 Mixed Doubles Flight 8:30 - 10 PM	16 Racquetball Round Robin 6:30 - 8 PM	17 Cholesterol Screenings 8 AM - 12 PM	18 Ladies 3.0 Doubles 6 - 7 PM Mixed Doubles 8 - 10 PM	19 Parents Night Out 4 - 9 PM
20 Weekend Fall Junior Clinics Begin	21 Squash Round Robin 1st and 3rd Monday ~6:30 - 8 PM~ Men's 5.0 Doubles 8 - 9:30 PM	22 Ladies "B-3" Team Match 10 AM - 1 PM 3.5 Mixed Doubles Flight 8:30 - 10 PM	23 7 PM Seagull Social	24 Tennis Conditioning 10 - 11 AM Ladies Tennis Flight 10:30 AM - 12 PM	25 6 PM Belle Haven to Mount Vernon Bike Ride	26 Parent Child Tournament 9 AM - 6 PM
27 9 AM Great Falls Hike	28 Tennis Conditioning 10 - 11 AM Men's 5.0 Doubles 8 - 9:30 PM	29 BOWLING 7:30 PM	30 Ladies "B-2" Team Match 10 AM - 1 PM Racquetball Club Tournament 6:30 - 8 PM			



Ask about our NEW Invigorating SENIOR WELLNESS PROGRAM!

See Fitness For Details

