




Virginia Hills Swim Club  
serving the community since 1955  
Home of the **Tidal Wave** Swim Team





# JUNE 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7 Stroke & Turn Clinic 8:00-10:30
		Masters Swim 8:00-9:00		Masters Swim 8:00-9:00		
8 Open House & Meet the Board 12:00-4:00 Mohr Party 4:00-5:30	9	10	11	12	13 Speicher Party 5:00-8:00	14 Time Trials Home vs. Highland 8:30 POOL OPENS 1:00
		Masters Swim 8:00-9:00		Masters Swim 8:00-9:00		
15 HAPPY FATHER'S Day!	16 POOL CLOSES 5:00 Tidal Wave B Meet vs Hollin Meadows 6:00	17 Masters Swim 8:00-9:00	18	19 Masters Swim 8:00-9:00	20 Tidal Wave Spaghetti Dinner - 6:00-8:00	21 Mohr Party 11:30-2:00 Biliouris Party 4:30-7:00 POOL CLOSES 7:00 Adult Social Time: 7:30-10:00
22 Aqua Zumba 7:30-8:00	23	24 NCAP 11:30-1:00 (3 lanes) Masters Swim 8:00-9:00	25 Montessori: 5-10 10:30-12:30 End of School Pty 4:30-6:30	26 Montessori: 3-4 10:00-11:30 Masters Swim 8:00-9:00	27 Montessori: 3-4 10:00-11:30 Tidal Wave Pep Rally - 7:00-8:00	28
29 Cordoba Party 12:00-6:00 Aqua Zumba 7:30-8:30	30	<b>TIDAL WAVE AWAY MEETS</b> June 21 - A Meet vs. Rolling Hills June 23 - B Meet vs. Bren Mar, Edsall Park June 28 - A Meet vs. Commonwealth June 30 - B Meet vs. Highland Park				

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>TIDAL WAVE AWAY MEETS</b> July 9 - Relay Carnival at Newington Forest July 19 - A Meet vs. Newington Forest July 21 - IM Invitational at TBD		1 Montessori: 5-10 10:30-12:30 NCAP 11:30-1:30 (3 lanes)	2 Montessori: 5-10 10:30-12:30	3	4 Montessori: 3-4 10:00-11:30  4th of July Party 12:00-4:00	5 Tidal Wave A Meet vs Fairfax Club 9:00-12:00 POOL OPENS 12:00  Tidal Wave Camp Out - 6:00-10:00
		Masters Swim 8:00-9:00	Raft Night 5:00-9:00 		POOL CLOSES 6:00	
	6	7 Montessori: 5-10 10:30-12:30  POOL CLOSES 5:00	8 Montessori: 5-10 10:30-12:30 NCAP 11:30-1:30 (3 lanes)	9 Montessori: 5-10 10:30-12:30	10 Montessori: 3-4 10:00-11:30	11 Montessori: 3-4 10:00-11:30
	Aqua Zumba 7:30-8:30	Tidal Wave B Meet vs Lorton Stat. 6:00	Masters Swim 8:00-9:00	Raft Night 5:00-9:00 	Masters Swim 8:00-9:00	Tidal Wave Pep Rally 7:00-8:00
13	14 Montessori: 5-10 10:30-12:30  POOL CLOSES 5:00	15 Montessori: 5-10 10:30-12:30	16 Montessori: 5-10 10:30-12:30	17 Montessori: 3-4 10:00-11:30	18 Montessori: 3-4 10:00-11:30	19
Aqua Zumba 7:30-8:30	Tidal Wave B Meet vs Hayfield 6:00	Masters Swim 8:00-9:00		Masters Swim 8:00-9:00		Movie Night 8:30-10:30
20	21 Montessori: 5-10 10:30-12:30	22 Montessori: 5-10 10:30-12:30	23 Montessori: 5-10 10:30-12:30	24 Montessori: 3-4 10:00-11:30	25 Montessori: 3-4 10:00-11:30	26
Ice Cream & Cake Social, Time TBD						DIVISIONALS  POOL OPENS 3:00
Aqua Zumba 7:30-8:30		Masters Swim 8:00-9:00	Raft Night 5:00-9:00 	Masters Swim 8:00-9:00	Divisionals Prep Party 6:00 - 8:00	Tidal Wave Banquet 6:00 - 8:00
27	28 Montessori: 5-10 10:30-12:30	29 Montessori: 5-10 10:30-12:30	30 Montessori: 5-10 10:30-12:30	31 Montessori: 3-4 10:00-11:30		
Aqua Zumba 7:30-8:30		Masters Swim 8:00-9:00	Raft Night 5:00-9:00 	Masters Swim 8:00-9:00		



# AUGUST 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Montessori: 3-4 10:30-12:00	2
3	4 Montessori: 5-10 10:30-12:30	5 Montessori: 5-10 10:30-12:30	6 Montessori: 5-10 10:30-12:30	7 Montessori: 3-4 10:00-11:30	8 Montessori: 3-4 10:00-11:30	9
Aqua Zumba 7:30-8:30		Masters Swim 8:00-9:00	Raft Night 5:00-9:00 	Masters Swim 8:00-9:00		
10	11 Montessori: 5-10 10:30-12:30	12 Montessori: 5-10 10:30-12:30	13 Montessori: 5-10 10:30-12:30	14 Montessori: 3-4 10:00-11:30	15 Montessori: 3-4 10:00-11:30	16
Aqua Zumba 7:30-8:30		Masters Swim 8:00-9:00	Raft Night 5:00-9:00 	Masters Swim 8:00-9:00		
17	18 Montessori: 5-10 10:30-12:30	19 Montessori: 5-10 10:30-12:30	20 Montessori: 5-10 10:30-12:30	21 Montessori: 3-4 10:00-11:30	22 Montessori: 3-4 10:00-11:30	23
		Masters Swim 8:00-9:00	Raft Night 5:00-9:00 	Masters Swim 8:00-9:00		
24	25	26	27	28	29	30
		Masters Swim 8:00-9:00	Raft Night 5:00-9:00 	Masters Swim 8:00-9:00		
31						
End of Season Party Time TBD						



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# SEPTEMBER 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <b>Labor Day</b> ★☆☆★★★  <b>POOL CLOSSES AT 6:00 PM</b>	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				