



## General Information

### Hours of Operation

May 26 - May 28 12:00 - 8:00

May 29 - June 15 (weekdays) 4:00 - 8:00

June 2 - June 10 (weekends) 12:00 - 8:00

June 16 - September 3 12:00 - 8:00

\* Baby pool opens at 10:00 am except on Sundays. (Open Sundays at Noon)

\*\* Pool is open until 9:00 pm every Wednesday during July & August.

Per the Club's Rules and Regulations: The pool may be cleared of any or all persons at the Pool Operator/Manager's discretion. The pool may be closed at any time due to weather, equipment breakdown, or other operational difficulties with no financial consideration for "down" time.

### Tidal Wave Practice Schedule

May 29 - June 19				
	New Swimmers	Ages 8 and under	Ages 9-12	Ages 13-18
<b>MON thru FRI</b> (afternoon practice only)	5:00 - 5:30 pm	5:30 - 6:15 pm	6:15 - 7:00 pm	7:00 - 8:00 pm
June 20 - July 29				
	New Swimmers	Ages 12 and under		Ages 13-18
<b>MON thru FRI</b> (morning practice)	10:00 - 10:30 am	9:00 - 10:00 am		7:45 - 9:00 am
	New Swimmers	Ages 8 and under	Ages 9-12	Ages 13-18
<b>TUE, WED &amp; THUR</b> (afternoon practice*)	5:00 - 5:30 pm	5:30 - 6:15 pm	6:15 - 7:00 pm	7:00 - 8:00 pm

\*Afternoon practices are only for those families who cannot make it to morning practice

### Hosting a Party or Event

If you would like to host a birthday party or other event at the pool, please contact Regina Mohr at conroyre@hotmail.com to reserve the space or for additional information.





Virginia Hills Swim Club  
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# JUNE 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b><u>Tidal Wave Away Events</u></b>            June 23 - A Meet @ Pinewood            June 25 - B Meet @ Little Hunting Park</p>						1 2
3 <b>Open House</b> 12:00 - 4:00	4	5  <b>Masters Swim</b> 8:00-9:00	6	7  <b>Masters Swim</b> 8:00-9:00	8	9 <b>Stroke &amp; Turn Clinic</b> 8:00-10:30  <b>Norvell Party</b> 4:00-7:45 PM
10 <b>Short Bday Party</b> 3:00-6:00 PM	11	12  <b>Masters Swim</b> 8:00-9:00	13	14  <b>Masters Swim</b> 8:00-9:00	15	16 <b>Tidal Wave Time</b> Trials w/Highland Park 9:00-1:00 <b>POOL OPENS 1:00</b> <b>Loburk Bday Party</b> 1:00-4:00 PM
17  <b>HAPPY FATHER'S DAY</b>  <b>Balkissoon Party</b> 12:00-4:00 PM	18  <b>POOL CLOSSES 5:00</b> <b>Tidal Wave B Meet</b> vs Hollin Mdws - 5:00	19  <b>Curl Burke Clinic</b> 11:30-1:00 (3 lanes)  <b>Montessori: 5-10</b> 1:45-3:45 <b>Masters Swim</b> 8:00-9:00	20  <b>Mohr Bday Party</b> 4:00-7:00 PM	21 <b>Montessori: 3-4</b> 10:00-11:15  <b>Montessori: 5-10</b> 1:45-3:45 <b>Masters Swim</b> 8:00-9:00	22 <b>Montessori: 3-4</b> 10:00-11:15  <b>Montessori: 5-10</b> 1:45-3:45 <b>Tidal Wave Spaghetti</b> Dinner - 5:30-8:00	23  <b>Stockman Party</b> 12:00-1:45 PM <b>Grier Bday Party</b> 2:00-4:00 PM
24  <b>Stockman Party</b> 12:00-1:45 PM <b>Runkle Bday Party</b> 2:00-6:00 PM	25  <b>Montessori: 5-10</b> 1:45-3:45	26  <b>Curl Burke Clinic</b> 11:30-1:00 (3 lanes)  <b>Montessori: 5-10</b> 1:45-3:45 <b>Masters Swim</b> 8:00-9:00	27	28 <b>Montessori: 3-4</b> 10:00-11:15  <b>Montessori: 5-10</b> 1:45-3:45 <b>Masters Swim</b> 8:00-9:00	29  <b>Tidal Wave Pep Rally</b> 6:00-8:00	30 <b>Tidal Wave A Meet</b> vs Ben Mar Edsall 8:00-12:00 <b>POOL OPENS 12:00</b>



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# JULY 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 	5	6	7 Tidal Wave A Meet vs Springfield 8:00-12:00 <b>POOL OPENS 12:00</b>
		Masters Swim 8:00-9:00	4th of July Party TBD <b>POOL CLOSURES 6:00</b>	Masters Swim 8:00-9:00	Tidal Wave Pep Rally 6:00-8:00	Tidal Wave Camp Out - 5:00
8	9	10	11	12	13	14
		Curl Burke Clinic 11:30-1:00 (3 lanes)		Montessori: 3-4 10:00-11:15	Montessori: 3-4 10:00-11:15	
	<b>POOL CLOSURES 5:00</b>	Montessori: 5-10 1:45-3:45		Montessori: 5-10 1:45-3:45	Montessori: 5-10 1:45-3:45	Davis Bday Party 12:30-4:00 PM
	Tidal Wave B Meet vs Lorton Stat. 5:00	Masters Swim 8:00-9:00	Raft Night 5:00-9:00 	Masters Swim 8:00-9:00		
15	16	17	18	19	20	21
	Montessori: 5-10 1:45-3:45	Montessori: 5-10 1:45-3:45		Montessori: 3-4 10:00-11:15	Montessori: 3-4 10:00-11:15	
	<b>POOL CLOSURES 5:00</b>			Montessori: 5-10 1:45-3:45	Montessori: 5-10 1:45-3:45	
	Tidal Wave B Meet vs Hayfield - 5:00	Masters Swim 8:00-9:00	Raft Night 5:00-9:00 	Masters Swim 8:00-9:00		
22	23	24	25	26	27	28
				Montessori: 3-4 10:00-11:15	Montessori: 3-4 10:00-11:15	
	Montessori: 5-10 1:45-3:45	Montessori: 5-10 1:45-3:45		Montessori: 5-10 1:45-3:45	Montessori: 5-10 1:45-3:45	
		Masters Swim 8:00-9:00	Raft Night 5:00-9:00 	Masters Swim 8:00-9:00		Tidal Wave Banquet 5:00 - 8:00
29	30	31	<b>Tidal Wave Away Events</b> July 2 - B Meet @ Highland Park July 4 - Tentative IM Meet @ Hayfield July 11 - Relay Carnival @ Ben Mar Edsall Park July 14 - A Meet @ Broyhill Crest July 21 - A Meet @ North Springfield July 23 - IM Invitational, TBA July 28 - Divisionals @ Pinewood			
	Montessori: 5-10 1:45-3:45	Montessori: 5-10 1:45-3:45				
		Masters Swim 8:00-9:00				


Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
				Montessori: 3-4 10:00-11:15	Montessori: 3-4 10:00-11:15	
				Montessori: 5-10 1:45-3:45	Montessori: 5-10 1:45-3:45	
			Raft Night 5:00-9:00 	Masters Swim 8:00-9:00		
5	6	7	8	9	10	11
	Montessori: 5-10 1:45-3:45	Montessori: 5-10 1:45-3:45		Montessori: 3-4 10:00-11:15	Montessori: 3-4 10:00-11:15	
		Masters Swim 8:00-9:00	Raft Night 5:00-9:00 	Masters Swim 8:00-9:00	Montessori: 5-10 1:45-3:45	
12	13	14	15	16	17	18
	Montessori: 5-10 1:45-3:45	Montessori: 5-10 1:45-3:45		Montessori: 3-4 10:00-11:15	Montessori: 3-4 10:00-11:15	
		Masters Swim 8:00-9:00	Raft Night 5:00-9:00 	Masters Swim 8:00-9:00	Montoya Party 5:00-8:00 PM	
19	20	21	22	23	24	25
	Montessori: 5-10 1:45-3:45	Montessori: 5-10 1:45-3:45		Montessori: 3-4 10:00-11:15	Montessori: 3-4 10:00-11:15	
		Masters Swim 8:00-9:00	Raft Night 5:00-9:00 	Masters Swim 8:00-9:00	Montessori: 5-10 1:45-3:45	
26	27	28	29	30	31	
		Masters Swim 8:00-9:00	Raft Night 5:00-9:00 	Masters Swim 8:00-9:00		



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# SEPTEMBER 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	 Labor Day <b>POOL CLOSSES AT 6:00 PM</b>	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						