



## General Information

### Hours of Operation

May 28 - May 30	12:00 - 8:00	12:00 - 8:00
May 31 - June 20 (weekdays)	4:00 - 8:00	4:00 - 8:00
June 4 - June 19 (weekends)	12:00 - 8:00	12:00 - 8:00
June 21 - September 4	12:00 - 8:00	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 31 - June 26	Ripples	Ages 8 and under	Ages 9-12	Ages 13-18
Monday thru Friday (afternoon practice only)		5:30 - 6:15 pm	6:15 - 7:00 pm	7:00 - 8:00 pm
June 27 - July 29	Ripples	Ages 8 and under	Ages 9-12	Ages 13-18
Monday thru Friday (morning practice)	10:00 - 10:30 am	9:00 - 10:00 am	9:00 - 10:00 am	7:45 - 9:00 am
Tuesday and Thursday (afternoon practice)		5:30 - 6:00 pm	6:00 - 6:45 pm	7:00 - 8:00 pm

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


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



Virginia Hills Swim Club  
serving the community since 1955

Home of the **Tidal Wave** Swim Team

# SEPTEMBER 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Masters Swim 11:00-12:00  Masters Swim 8:00-9:00	2	3
4  Labor Day  POOL CLOSSES AT 6:00 PM	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	