



## General Information

### Hours of Operation

May 28 - May 30 12:00 - 8:00

May 31 - June 20 (weekdays) 4:00 - 8:00

June 4 - June 19 (weekends) 12:00 - 8:00

June 21 - September 4 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	Ages 8 and under	Ages 9-12	Ages 13-18
<b>Monday thru Friday</b> (afternoon practice only)	5:30 - 6:15 pm	6:15 - 7:00 pm	7:00 - 8:00 pm
June 27 - July 29	Ages 12 and under		Ages 13-18
<b>Monday thru Friday</b> (morning practice)	9:00 - 10:00 am		7:45 - 9:00 am
<b>Tuesday and Thursday</b> (afternoon practice)	6:00 - 6:45 pm		7:00 - 8:00 pm



Virginia Hills Swim Club  
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# JUNE 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Tidal Wave Away Events</b> June 18 - Time trials @ Highland Park June 20 - B Meet @ Stratford Rec Assn June 25 - A Meet @ Somerset Olde Creek				1	2	3
				Masters Swim 11:00-12:00		4
						Luther B'day Party 12:00-4:00
				Bangit B'day Party 5:00-8:00		Noggle B'day Party 4:00-7:00
				Masters Swim 8:00-9:00		
5	6	7	8	9	10	11
Open House 12:00 - 5:00		Masters Swim 11:00-12:00		Masters Swim 11:00-12:00		Stroke & Turn Clinic 8:00-10:30
Conklin B'day Party Party 2:00-5:00						
		Masters Swim 8:00-9:00		Masters Swim 8:00-9:00	McManus B'day Party 4:30-7:30	Manzo B'day Party 4:00-6:00
12	13	14	15	16	17	18
Open House (Rain Date) 12:00 - 5:00		Masters Swim 11:00-12:00		Masters Swim 11:00-12:00		
						Phillis B'day Party 12:00-3:00
		Masters Swim 8:00-9:00		Masters Swim 8:00-9:00	Tidal Wave Suit Sale 5:00-7:00	
					McManus B'day Party Rain Date 4:30-7:30	
19	20	21	22	23	24	25
HAPPY FATHER'S DAY		Masters Swim 11:00-12:00		Montessori: 3-4 10:00-11:15	Montessori: 3-4 10:00-11:15	
		Curl Burke Clinic 11:30-1:00 (3 lanes)		Masters Swim 11:00-12:00		
Mohr B'day Party 4:00-7:00		Montessori: 5-10 1:45-3:45		Montessori: 5-10 1:45-3:45	Montessori: 5-10 1:45-3:45	Rychak B'day Party 3:30-5:30
		Masters Swim 8:00-9:00		Masters Swim 8:00-9:00	Tidal Wave Spaghetti Dinner - 5:30-8:00	
26	27	28	29	30		
Hilker B'day Party 12:00-3:00		Masters Swim 11:00-12:00		Montessori: 3-4 10:00-11:15		
		Curl Burke Clinic 11:30-1:00 (3 lanes)		Masters Swim 11:00-12:00		
	Montessori: 5-10 1:45-3:45	Montessori: 5-10 1:45-3:45		Montessori: 5-10 1:45-3:45		
	POOL CLOSING 5:00			Masters Swim 8:00-9:00		
	Tidal Wave B Meet vs Lit. Hunting - 5:00	Masters Swim 8:00-9:00				



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# JULY 2011

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>	4 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	5 Raft Night 5:00-9:00 	6 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	7 Tidal Wave Pep Rally 6:00-8:00	8 Tidal Wave A Meet vs Springfield SRC 8:00-1:00
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 11:00-12:00 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 Tidal Wave Pep Rally 6:00-8:00	16 Tidal Wave A Meet vs Pinewood 8:00-1:00
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 Tidal Wave Camp Out - 5:00	23 Tidal Wave A Meet vs Bren Mar-Edsell 8:00-1:00
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 Tidal Wave Banquet 6:00-8:00	30
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	
	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	
28	29	30	31			
		Masters Swim 11:00-12:00				
		Masters Swim 8:00-9:00	Raft Night 5:00-9:00 			



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# SEPTEMBER 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Masters Swim 11:00-12:00	2	3
				Masters Swim 8:00-9:00		
4  Labor Day	5 POOL CLOSSES AT 6:00	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	