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

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 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	Ages 12 and under		Ages 13-18
Monday thru Friday (morning practice)	9:00 - 10:00 am		7:45 - 9:00 am
Tuesday and Thursday (afternoon practice)	6:00 - 6:45 pm		7:00 - 8:00 pm

^{*} 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.





Sun	Mon	Tue	Wed	Thu	Fri	Sat
Juli	Wion	ruc	1	2	3	
			-	_	J	·
Tidal Wave Away I	Evanta			Masters Swim		
-				11:00-12:00		
June 18 - Time tria	-			11.00 12.00		
June 20 - B Meet @	Stratford Rec Assi	า				Luther B'day Party
June 25 - A Meet @	Somerset Olde Cr	eek		Bangit B'day Party		12:00-4:00
				5:00-8:00		Noggle B'day Party
				Masters Swim		4:00-7:00
				8:00-9:00		
5	6	7	8	9	10	11
						Stroke & Turn Clinic
Open House		Masters Swim		Masters Swim		8:00-10:30
12:00 - 5:00		11:00-12:00		11:00-12:00		
Conklin B'day Party						
Party 2:00-5:00					McManus B'day	Manzo B'day Party
		Masters Swim		Masters Swim	Party 4:30-7:30	4:00-6:00
		8:00-9:00		8:00-9:00		
12	13	14	15	16	17	18
		Masters Swim		Masters Swim		
Norvell Party		11:00-12:00		11:00-12:00		
12:00-2:00						Phillis B'day Party
						12:00-3:00
					Tidal Wave Suit Sale	
					5:00-7:00	
		Masters Swim		Masters Swim	McManus B'day Party	
		8:00-9:00		8:00-9:00	Rain Date 4:30-7:30	
HAPPY 19	20	21	22	23	24	25
FATHER'S		Masters Swim		Montessori: 3-4	Montessori: 3-4	
DAY		11:00-12:00		10:00-11:15	10:00-11:15	
•		Curl Burke Clinic		Masters Swim		
		11:30-1:00 (3 lanes)	Luther Party	11:00-12:00		
		Montage vi C 10	12:00-6:00	Montage via E 40	Mantagarii F 60	Rychak B'day Party
Mohr Didos Doub		Montessori: 5-10		Montessori: 5-10	Montessori: 5-10	3:30-5:30
Mohr B'day Party		1:45-3:45		1:45-3:45	1:45-3:45	
4:00-7:00		Masters Swim 8:00-9:00		Masters Swim 8:00-9:00	Tidal Wave Spaghetti	
26	27		20		Dinner - 5:30-8:00	
26	27	28 Masters Swim	29	Montessori: 3-4		
		11:00-12:00		10:00-11:15		
		Curl Burke Clinic		Masters Swim		
Hilker B'day Party		11:30-1:00 (3 lanes)		11:00-12:00		
12:00-3:00	Montessori: 5-10	11.30-1.00 (3 lalles)		11.00-12.00		
12.00-3.00	1:45-3:45	Montessori: 5-10		Montessori: 5-10		
	POOL CLOSES 5:00	1:45-3:45		1:45-3:45		
	Tidal Wave B Meet	Masters Swim		Masters Swim		
	vs Lit. Hunting - 5:00	8:00-9:00		8:00-9:00		
	vs Lit. Hullillig - 5:00	0.00-3.00		0.00-3.00		





Sun	Mon	Tue	Wed	Thu	Fri	Sat
Tidal Wave Away	Events				1	2
July 2: A meet @ Broyhill Crest						
	elay Carnival @ Spri	ngfield SRC				
July 25 IM Invitation		ingricia one				
July 30: Divisionals					Tidal Wave Pep Rally	
July 30. Divisionals	W BIOVIIII CIES	_	1 0	_	6:00-8:00	
3	4	5	6	7	8	9
	Happy 4th of July	Masters Swim 11:00-12:00		Montessori: 3-4 10:00-11:15	Montessori: 3-4 10:00-11:15	Tidal Wave A Meet vs Springfield SRC
	POOL OPENS 12:00	Curl Burke Clinic		Masters Swim	10:00-11:15	8:00-1:00
	Tidal Wave B Meet			11:00-12:00		8.00-1.00
	vs Highland Park	11.30-1.00 (3 lanes)		11.00-12.00		
	8:00-12:00	Montessori: 5-10		Montessori: 5-10	Montessori: 5-10	
	4th of July Party	1:45-3:45		1:45-3:45	1:45-3:45	
	1:30-4:30	Masters Swim	Raft Night	Masters Swim	Tidal Wave Pep Rally	
	POOL CLOSES 6:00	8:00-9:00	5:00-9:00	8:00-9:00	6:00-8:00	
10	11	12	13	14	15	16
		Masters Swim		Montessori: 3-4	Montessori: 3-4	Tidal Wave A Meet
		11:00-12:00		10:00-11:15	10:00-11:15	vs Pinewood
				Masters Swim		8:00-1:00
				11:00-12:00		
	Montessori: 5-10					
	1:45-3:45	Montessori: 5-10		Montessori: 5-10	Montessori: 5-10	
	POOL CLOSES 5:00	1:45-3:45		1:45-3:45	1:45-3:45	
	Tidal Wave B Meet		Raft Night	Masters Swim	Tidal Wave Pep Rally	
47	vs Lorton Stat 5:00	8:00-9:00	5:00-9:00	8:00-9:00	6:00-8:00	00
17	18	19	20	21	22	23 Tidal Wave A Meet
		Masters Swim 11:00-12:00		Montessori: 3-4 10:00-11:15	Montessori: 3-4 10:00-11:15	vs Bren Mar-Edsell
		11.00-12.00		Masters Swim	10.00-11.13	8:00-1:00
				11:00-12:00		0.00 1.00
	Montessori: 5-10			11.00 12.00		
	1:45-3:45	Montessori: 5-10		Montessori: 5-10	Montessori: 5-10	
	POOL CLOSES 5:00	1:45-3:45		1:45-3:45	1:45-3:45	
	Tidal Wave B Meet	Masters Swim	Raft Night	Masters Swim		Tidal Wave Camp
	vs Hayfield - 5:00	8:00-9:00	5:00-9:00	8:00-9:00		Out - 5:00
24	25	26	27	28	29	30
		Masters Swim		Montessori: 3-4	Montessori: 3-4	
		11:00-12:00		10:00-11:15	10:00-11:15	
				Masters Swim		
				11:00-12:00		
	Montossei, F 40	Mantagarii F 40		Montagani F 40	Montage via F 40	
	Montessori: 5-10	Montessori: 5-10		Montessori: 5-10	Montessori: 5-10	Tideline D
	1:45-3:45	1:45-3:45 Masters Swim	Raft Night	1:45-3:45 Masters Swim	1:45-3:45	Tidal Wave Banquet 6:00-8:00
			5:00-9:00	8:00-9:00		0.00-0.00
31		0.00-5.00	0.00 0.00	0.00-5.00		
						

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

AUGUST 2011

Sun	of the Tidal Wave Swim Mon	Tue	Wed	Thu	Fri	Sat
Sull	MOII 1	Tue 2			5	5at 6
	•	Masters Swim	3	Montessori: 3-4	Montessori: 3-4	0
		11:00-12:00		10:00-11:15	10:00-11:15	
		11.00-12.00		Masters Swim	10.00-11.13	
				11:00-12:00		
				11.00-12.00		
	Montessori: 5-10	Montessori: 5-10		Montessori: 5-10	Montessori: 5-10	
	1:45-3:45	1:45-3:45		1:45-3:45	1:45-3:45	
	1.45-5.45	Masters Swim	Raft Night	Masters Swim	1.45-5.45	
		8:00-9:00	5:00-9:00	8:00-9:00		
7	8	9	10	8.00-9.00 11	12	13
,	o o	Masters Swim	10	Montessori: 3-4	Montessori: 3-4	13
		11:00-12:00		10:00-11:15	10:00-11:15	
		11.00-12.00		Masters Swim	10.00-11.15	
				11:00-12:00		
				11.00-12.00		
	Montessori: 5-10	Montessori: 5-10		Montessori: 5-10	Montessori: 5-10	
	1:45-3:45	1:45-3:45		1:45-3:45	1:45-3:45	
	1.45-5.45		Doft Night	Masters Swim	1.45-5.45	
		8:00-9:00	Raft Night 5:00-9:00	8:00-9:00		
14	15	16	17	18	19	20
14	15	Masters Swim	17	Montessori: 3-4	Montessori: 3-4	20
		11:00-12:00		10:00-11:15	10:00-11:15	
		11:00-12:00			10:00-11:15	
				Masters Swim		
				11:00-12:00		
	Mantanani, F 40	Mantagani, F 10		Mantanani F 10	Mantasani F 10	
	Montessori: 5-10	Montessori: 5-10		Montessori: 5-10	Montessori: 5-10	
	1:45-3:45	1:45-3:45	Doft Night	1:45-3:45	1:45-3:45	
			Raft Night	Masters Swim		
21	22	8:00-9:00 23	5:00-9:00	8:00-9:00 25	26	27
21	22		24	Montessori: 3-4	Montessori: 3-4	21
		Masters Swim				
		11:00-12:00		10:00-11:15 Masters Swim	10:00-11:15	
				11:00-12:00		
				11.00-12.00		
	Montessori: 5-10	Montessori: 5-10		Montessori: 5-10	Montessori: 5-10	
	1:45-3:45	1:45-3:45		1:45-3:45	1:45-3:45	
	1.45-5.45		Raft Night	Masters Swim	1.45-5.45	
			5:00-9:00	8:00-9:00		
28	29	30		8.00-9.00		
20	29	Masters Swim	31			
		11:00-12:00				
		11.00-12.00				
		Masters Swim	Raft Night			
			5:00-9:00			
		0:00-9:00	5.00-5.00			



SEPTEMBER 2011

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