






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 CLOSING 6:00	
	6	7 Montessori: 5-10 10:30-12:30  POOL CLOSING 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 CLOSING 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 Davitch Party 1:30-4:30  Movie Night 8:30-10:30
Aqua Zumba 7:30-8:30	Tidal Wave B Meet vs Hayfield 6:00	Masters Swim 8:00-9:00	Raft Night 5:00-9:00 	Masters Swim 8:00-9:00		
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 DIVISIONALS POOL OPENS 3:00
Ice Cream & Cake Social, 2:00-4:00 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		







Virginia Hills Swim Club

serving the community since 1955

Home of the Tidal Wave Swim Team

# AUGUST 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Montessori: 3-4 10:30-12:00	2
3  Focht Party 3:00-5:30  Aqua Zumba 7:30-8:30	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
		Masters Swim 8:00-9:00	Raft Night 5:00-9:00 	Masters Swim 8:00-9:00		
10  Aqua Zumba 7:30-8:30	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  Davis Party 12:00-3:30
		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				