



GENERAL INFORMATION

Hours of Operation

May 29 – May 31	12:00 – 8:00
June 1 – June 23 Weekdays	4:00 – 8:00
June 5 – June 20 Weekends	12:00 – 8:00
June 24 – September 6	12:00 – 8:00
September 12 & 13	12:00 – 8:00 Weather Permitting

Pool is open until 9:00 p.m. every Friday

Pool is open until 9:00 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



	Ages 8 and under	Ages 9-12	Ages 13-18
June 1 - June 25			
Monday thru Friday Afternoon practice only	5:30 - 6:15 pm	6:15 - 7:00 pm	7:00 - 8:00 pm
June 28 - July 30			
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



Virginia Hills Swim Club

serving the community since 1955

Home of the **Tidal Wave** Swim Team

MAY 2010						
SUNDAY	MONDAY	TUESDAY	WEDNESDA	THURSDAY	FRIDAY	SATURDAY
						1
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 POOL OPENS!
30	31 					

JUNE 2010						
SUNDAY	MONDAY	TUESDAY	WEDNESDA	THURSDAY	FRIDAY	SATURDAY
		1 MASTERS SWIM 8:00 – 9:00	2	3 MASTERS SWIM 8:00 – 9:00	4	5 Luther Birthday Party 1:00 – 5:00
6	7	8 MASTERS SWIM 8:00 – 9:00	9	10 MASTERS SWIM 8:00 – 9:00	11	12 NVSL S&T Clinic 8:00 a.m.
13	14	15 MASTERS SWIM 8:00 – 9:00	16	17  Coffey Grad Party 7:00 – 11:00 Masters Swim 8:00 – 9:00	18	19 9:00 Tidal Wave Time Trials @ Highland Park
20 Father's Day  Yaworske Grad Party 5:00 – 8:00	21	22 12:00 – 1:30 Curl Burke – 3 Ln MASTERS SWIM 8:00 – 9:00	23	24 10:00 – 11:30 Montessori 3&4s Last Day of School Party ??? – ??? MASTERS SWIM 8:00 – 9:00	25 10:00 – 11:30 Montessori 3&4s	26 8:00 Tidal Wave A Meet @ VH (Pinewood Lake)
27	28 1:30 – 3:30 Montessori 5-10	29 12:00 – 1:30 Curl Burke – 3 Ln 1:30 – 3:30 Montessori 5-10 MASTERS SWIM 8:00 – 9:00	30			

JULY 2010						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 10:00 – 11:30 Montessori 3&4s 1:30 – 3:30 Montessori 5-10 MASTERS SWIM 8:00 – 9:00	2 10:00 – 11:30 Montessori 3&4s 1:30 – 3:30 Montessori 5-10	3 8:00 Tidal Wave A Meet @ Bryn Mar Edsell
4 	5 1:30 – 3:30 Montessori 5-10	6 12:00 – 1:30 Curl Burke – 3 Ln 1:30 – 3:30 Montessori 5-10 MASTERS SWIM 8:00 – 9:00	7 6:00 Tidal Wave Relay Carnival @ Broyhill Crest RAFT NIGHT 5:00 – 9:00	8 10:00 – 11:30 Montessori 3&4s 1:30 – 3:30 Montessori 5-10 MASTERS SWIM 8:00 – 9:00	9 10:00 – 11:30 Montessori 3&4s 1:30 – 3:30 Montessori 5-10	10 8:00 Tidal Wave A Meet @ Rolling Valley
11	12 1:30 – 3:30 Montessori 5-10	13 1:30 – 3:30 Montessori 5-10 MASTERS SWIM 8:00 – 9:00	14 RAFT NIGHT 5:00 – 9:00	15 10:00 – 11:30 Montessori 3&4s 1:30 – 3:30 Montessori 5-10 MASTERS SWIM 8:00 – 9:00	16 10:00 – 11:30 Montessori 3&4s 1:30 – 3:30 Montessori 5-10	17 8:00 Tidal Wave A Meet @ VH (Herndon)
18	19 1:30 – 3:30 Montessori 5-10	20 1:30 – 3:30 Montessori 5-10 MASTERS SWIM 8:00 – 9:00	21 RAFT NIGHT 5:00 – 9:00	22 10:00 – 11:30 Montessori 3&4s 1:30 – 3:30 Montessori 5-10 MASTERS SWIM 8:00 – 9:00	23 10:00 – 11:30 Montessori 3&4s 1:30 – 3:30 Montessori 5-10	24 8:00 Tidal Wave A Meet @ VH (Broyhill Crest)
25	26 1:30 – 3:30 Montessori 5-10	27 1:30 – 3:30 Montessori 5-10 MASTERS SWIM 8:00 – 9:00	28 RAFT NIGHT 5:00 – 9:00	29 10:00 – 11:30 Montessori 3&4s 1:30 – 3:30 Montessori 5-10 MASTERS SWIM 8:00 – 9:00	30 10:00 – 11:30 Montessori 3&4s 1:30 – 3:30 Montessori 5-10	31 8:00 Tidal Wave Divisionals @ Bryn Mar Edsell 6:00 Tidal Wave Banquet



AUGUST 2010						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 1:30 – 3:30 Montessori 5-10	3 1:30 – 3:30 Montessori 5-10 MASTERS SWIM 8:00 – 9:00	4 RAFT NIGHT 5:00 – 9:00	5 10:00 – 11:30 Montessori 3&4s 1:30 – 3:30 Montessori 5-10 MASTERS SWIM 8:00 – 9:00	6 10:00 – 11:30 Montessori 3&4s 1:30 – 3:30 Montessori 5-10	7
8	9 1:30 – 3:30 Montessori 5-10	10 1:30 – 3:30 Montessori 5-10 MASTERS SWIM 8:00 – 9:00	11 RAFT NIGHT 5:00 – 9:00	12 10:00 – 11:30 Montessori 3&4s 1:30 – 3:30 Montessori 5-10 MASTERS SWIM 8:00 – 9:00	13 10:00 – 11:30 Montessori 3&4s 1:30 – 3:30 Montessori 5-10	14
15	16 1:30 – 3:30 Montessori 5-10	17 1:30 – 3:30 Montessori 5-10 MASTERS SWIM 8:00 – 9:00	18 1:30 – 3:30 Montessori 5-10 RAFT NIGHT 5:00 – 9:00	19 10:00 – 11:30 Montessori 3&4s 1:30 – 3:30 Montessori 5-10 MASTERS SWIM 8:00 – 9:00	20 10:00 – 11:30 Montessori 3&4s 1:30 – 3:30 Montessori 5-10	21
22	23 1:30 – 3:30 Montessori 5-10	24 1:30 – 3:30 Montessori 5-10 MASTERS SWIM 8:00 – 9:00	25 1:30 – 3:30 Montessori 5-10 RAFT NIGHT 5:00 – 9:00	26 10:00 – 11:30 Montessori 3&4s 1:30 – 3:30 Montessori 5-10 MASTERS SWIM 8:00 – 9:00	27 10:00 – 11:30 Montessori 3&4s 1:30 – 3:30 Montessori 5-10	28
29	30	31 MASTERS SWIM 8:00 – 9:00				



SEPTEMBER 2010						
SUNDAY	MONDAY	TUESDAY	WEDNESDA	THURSDAY	FRIDAY	SATURDAY
			1	2 MASTERS SWIM 8:00 – 9:00	3	4
5	6 Labor Day 	7 Back To School 	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

SEE YOU IN 2011!