

## **GENERAL INFORMATION**

## **Hours of Operation**

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.

## <u>Tidal Wave Practice Schedule</u>

	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	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			



JULY 2010						
SUNDAY	MONDAY	TUESDAY	WEDNESDA	THURSDAY	FRIDAY	SATURDAY
				1	2	3
				10:00 - 11:30	10:00 - 11:30	8:00 Tidal Wave
				Montessori 3&4s	Montessori 3&4s	A Meet @
						Bryn Mar Edsell
				1:30 - 3:30	1:30 - 3:30	
				Montessori 5-10	Montessori 5-10	
				MASTERS SWIM		
_	_		_	8:00 – 9:00		
4	5	6	7	8	9	10
	1:30 – 3:30	12:00 – 1:30		10:00 – 11:30	10:00 – 11:30	MASTERS SWIM
	Montessori 5-10	Curl Burke – 3 Ln		Montessori 3&4s	Montessori 3&4s	8:00 am – 9: 30 am LIFEGUARD CLASS
	POOL CLOSES	1:30 - 3:30		1:30 - 3:30	11:30 - 1:30	8:00 Tidal Wave
July 4	@ 5:00!!!	Montessori 5-10		Montessori 5-10	Frog Pond	A Meet @ Rolling Valley
FOURTH OF	6:00 Tidal Wave	MASTERS SWIM		MASTERS SWIM	1:30 - 3:30	Kappeler
JULY PARTY 1:30 - 4:30	B Meet @ VH Highland Park	8:00 – 9:00	RAFT NIGHT	8:00 – 9:00	Montessori 5-10	Birthday Party 1:00 – 4:00
2001 01 0050			5:00 - 9:00		LIFEGUARD	Ferrari Birthday
POOL CLOSES					CLASS	Party
at 6:00					CLASS	2:00 - 4:00
11	12	13	14	15	16	17
		4 20 2 20		10:00 - 11:30	10.00 11.20	0.00 Tidel Wess
	1:30 - 3:30	1:30 - 3:30		10:00 - 11:30	10:00 - 11:30	8:00 Tidal Wave
LIFEGUARD	1:30 – 3:30 Montessori 5-10	1:30 – 3:30 Montessori 5-10		Montessori 3&4s	Montessori 3&4s	A Meet @ VH
LIFEGUARD CLASS			6:00 Tidal Wave			
	Montessori 5-10		Relay Carnival @	Montessori 3&4s 1:30 – 3:30	Montessori 3&4s 11:30 – 1:30	A Meet @ VH (Herndon)
	Montessori 5-10 POOL CLOSES @ 5:00!!!	Montessori 5-10	Relay Carnival @ Broyhill Crest	Montessori 3&4s 1:30 – 3:30 Montessori 5-10	Montessori 3&4s 11:30 – 1:30 Frog Pond	A Meet @ VH (Herndon) Tidal Wave
	Montessori 5-10 POOL CLOSES	Montessori 5-10  MASTERS SWIM	Relay Carnival @ Broyhill Crest RAFT NIGHT	Montessori 3&4s 1:30 – 3:30 Montessori 5-10 MASTERS SWIM	Montessori 3&4s 11:30 – 1:30 Frog Pond 1:30 – 3:30	A Meet @ VH (Herndon) Tidal Wave Team Photo @
	Montessori 5-10 POOL CLOSES @ 5:00!!! 6:00 Tidal Wave	Montessori 5-10	Relay Carnival @ Broyhill Crest	Montessori 3&4s 1:30 – 3:30 Montessori 5-10	Montessori 3&4s 11:30 – 1:30 Frog Pond	A Meet @ VH (Herndon) Tidal Wave
	Montessori 5-10 POOL CLOSES @ 5:00!!! 6:00 Tidal Wave B Meet @ VH	Montessori 5-10  MASTERS SWIM	Relay Carnival @ Broyhill Crest RAFT NIGHT	Montessori 3&4s 1:30 – 3:30 Montessori 5-10 MASTERS SWIM	Montessori 3&4s 11:30 – 1:30 Frog Pond 1:30 – 3:30	A Meet @ VH (Herndon) Tidal Wave Team Photo @
CLASS	Montessori 5-10 POOL CLOSES @ 5:00!!! 6:00 Tidal Wave B Meet @ VH Lorton Station	Montessori 5-10  MASTERS SWIM  8:00 – 9:00	Relay Carnival @ Broyhill Crest RAFT NIGHT 5:00 – 9:00	1:30 – 3:30 Montessori 5-10 MASTERS SWIM 8:00 – 9:00	Montessori 3&4s 11:30 – 1:30 Frog Pond 1:30 – 3:30 Montessori 5-10	A Meet @ VH (Herndon)  Tidal Wave Team Photo @ 6:00 & Camp Out
CLASS	Montessori 5-10 POOL CLOSES @ 5:00!!! 6:00 Tidal Wave B Meet @ VH Lorton Station	MASTERS SWIM 8:00 – 9:00	Relay Carnival @ Broyhill Crest RAFT NIGHT 5:00 – 9:00	1:30 – 3:30 Montessori 5-10 MASTERS SWIM 8:00 – 9:00	Montessori 3&4s 11:30 – 1:30 Frog Pond 1:30 – 3:30 Montessori 5-10	A Meet @ VH (Herndon)  Tidal Wave Team Photo @ 6:00 & Camp Out
CLASS  18 Runkle Birthday	Montessori 5-10 POOL CLOSES @ 5:00!!! 6:00 Tidal Wave B Meet @ VH Lorton Station  19 1:30 - 3:30 Montessori 5-10 POOL CLOSES 5:00	Montessori 5-10  MASTERS SWIM 8:00 – 9:00  20 1:30 – 3:30	Relay Carnival @ Broyhill Crest RAFT NIGHT 5:00 – 9:00	1:30 – 3:30 Montessori 5-10 MASTERS SWIM 8:00 – 9:00 22 10:00 – 11:30	Montessori 3&4s  11:30 – 1:30 Frog Pond 1:30 – 3:30 Montessori 5-10  23 10:00 – 11:30	A Meet @ VH (Herndon)  Tidal Wave Team Photo @ 6:00 & Camp Out  24 8:00 Tidal Wave
CLASS  18 Runkle Birthday Party	Montessori 5-10 POOL CLOSES @ 5:00!!! 6:00 Tidal Wave B Meet @ VH Lorton Station  19 1:30 - 3:30 Montessori 5-10 POOL CLOSES 5:00 6:00 Tidal Wave	Montessori 5-10  MASTERS SWIM 8:00 – 9:00  20 1:30 – 3:30 Montessori 5-10	Relay Carnival @ Broyhill Crest RAFT NIGHT 5:00 – 9:00	1:30 – 3:30 Montessori 5-10 MASTERS SWIM 8:00 – 9:00  22 10:00 – 11:30 Montessori 3&4s	11:30 – 1:30 Frog Pond 1:30 – 3:30 Montessori 5-10 23 10:00 – 11:30 Montessori 3&4s 11:30 – 1:30 Frog Pond	A Meet @ VH (Herndon)  Tidal Wave Team Photo @ 6:00 & Camp Out  24  8:00 Tidal Wave A Meet @ VH
CLASS  18 Runkle Birthday Party	Montessori 5-10 POOL CLOSES @ 5:00!!! 6:00 Tidal Wave B Meet @ VH Lorton Station  19 1:30 - 3:30 Montessori 5-10 POOL CLOSES 5:00 6:00 Tidal Wave B Meet @ VH	Montessori 5-10  MASTERS SWIM 8:00 – 9:00  20 1:30 – 3:30	Relay Carnival @ Broyhill Crest RAFT NIGHT 5:00 – 9:00  21  RAFT NIGHT	1:30 – 3:30 Montessori 5-10 MASTERS SWIM 8:00 – 9:00 22 10:00 – 11:30 Montessori 3&4s 1:30 – 3:30	Montessori 3&4s  11:30 – 1:30 Frog Pond 1:30 – 3:30 Montessori 5-10  23 10:00 – 11:30 Montessori 3&4s 11:30 – 1:30	A Meet @ VH (Herndon)  Tidal Wave Team Photo @ 6:00 & Camp Out  24  8:00 Tidal Wave A Meet @ VH
CLASS  18 Runkle Birthday Party 3:00 – 6:00	Montessori 5-10 POOL CLOSES @ 5:00!!! 6:00 Tidal Wave B Meet @ VH Lorton Station  19 1:30 - 3:30 Montessori 5-10 POOL CLOSES 5:00 6:00 Tidal Wave B Meet @ VH Hayfield	Montessori 5-10  MASTERS SWIM 8:00 – 9:00  20 1:30 – 3:30 Montessori 5-10  MASTERS SWIM 8:00 – 9:00	Relay Carnival @ Broyhill Crest RAFT NIGHT 5:00 – 9:00  21  RAFT NIGHT 5:00 – 9:00	1:30 – 3:30 Montessori 5-10 MASTERS SWIM 8:00 – 9:00  22 10:00 – 11:30 Montessori 3&4s 1:30 – 3:30 Montessori 5-10 MASTERS SWIM 8:00 – 9:00	11:30 – 1:30 Frog Pond 1:30 – 3:30 Montessori 5-10  23 10:00 – 11:30 Montessori 3&4s 11:30 – 1:30 Frog Pond 1:30 – 3:30 Montessori 5-10	A Meet @ VH (Herndon)  Tidal Wave Team Photo @ 6:00 & Camp Out  24  8:00 Tidal Wave A Meet @ VH (Broyhill Crest)
CLASS  18 Runkle Birthday Party	Montessori 5-10 POOL CLOSES @ 5:00!!! 6:00 Tidal Wave B Meet @ VH Lorton Station  19 1:30 - 3:30 Montessori 5-10 POOL CLOSES 5:00 6:00 Tidal Wave B Meet @ VH Hayfield  26	MONTERS SWIM 8:00 – 9:00  20 1:30 – 3:30 Montessori 5-10  MASTERS SWIM	Relay Carnival @ Broyhill Crest RAFT NIGHT 5:00 – 9:00  21  RAFT NIGHT	1:30 – 3:30 Montessori 5-10 MASTERS SWIM 8:00 – 9:00  22 10:00 – 11:30 Montessori 3&4s 1:30 – 3:30 Montessori 5-10 MASTERS SWIM 8:00 – 9:00  29	11:30 – 1:30 Frog Pond 1:30 – 3:30 Montessori 5-10 23 10:00 – 11:30 Montessori 3&4s 11:30 – 1:30 Frog Pond 1:30 – 3:30	A Meet @ VH (Herndon)  Tidal Wave Team Photo @ 6:00 & Camp Out  24  8:00 Tidal Wave A Meet @ VH
CLASS  18 Runkle Birthday Party 3:00 – 6:00	Montessori 5-10 POOL CLOSES @ 5:00!!! 6:00 Tidal Wave B Meet @ VH Lorton Station  19 1:30 – 3:30 Montessori 5-10 POOL CLOSES 5:00 6:00 Tidal Wave B Meet @ VH Hayfield  26 1:30 – 3:30	Montessori 5-10  MASTERS SWIM 8:00 – 9:00  20 1:30 – 3:30 Montessori 5-10  MASTERS SWIM 8:00 – 9:00  27 1:30 – 3:30	Relay Carnival @ Broyhill Crest RAFT NIGHT 5:00 – 9:00  21  RAFT NIGHT 5:00 – 9:00	1:30 – 3:30 Montessori 5-10 MASTERS SWIM 8:00 – 9:00  22 10:00 – 11:30 Montessori 3&4s 1:30 – 3:30 Montessori 5-10 MASTERS SWIM 8:00 – 9:00  29 10:00 – 11:30	11:30 – 1:30 Frog Pond 1:30 – 3:30 Montessori 5-10  23 10:00 – 11:30 Montessori 3&4s 11:30 – 1:30 Frog Pond 1:30 – 3:30 Montessori 5-10  30 10:00 – 11:30	A Meet @ VH (Herndon)  Tidal Wave Team Photo @ 6:00 & Camp Out  24 8:00 Tidal Wave A Meet @ VH (Broyhill Crest)
CLASS  18 Runkle Birthday Party 3:00 – 6:00	Montessori 5-10 POOL CLOSES @ 5:00!!! 6:00 Tidal Wave B Meet @ VH Lorton Station  19 1:30 – 3:30 Montessori 5-10 POOL CLOSES 5:00 6:00 Tidal Wave B Meet @ VH Hayfield  26 1:30 – 3:30 Montessori 5-10	Montessori 5-10  MASTERS SWIM 8:00 – 9:00  20 1:30 – 3:30 Montessori 5-10  MASTERS SWIM 8:00 – 9:00  27	Relay Carnival @ Broyhill Crest RAFT NIGHT 5:00 – 9:00  21  RAFT NIGHT 5:00 – 9:00	1:30 – 3:30 Montessori 5-10 MASTERS SWIM 8:00 – 9:00  22 10:00 – 11:30 Montessori 3&4s 1:30 – 3:30 Montessori 5-10 MASTERS SWIM 8:00 – 9:00  29 10:00 – 11:30 Montessori 3&4s	11:30 – 1:30 Frog Pond 1:30 – 3:30 Montessori 5-10  23 10:00 – 11:30 Montessori 3&4s 11:30 – 1:30 Frog Pond 1:30 – 3:30 Montessori 5-10  30 10:00 – 11:30 Montessori 3&4s	A Meet @ VH (Herndon)  Tidal Wave Team Photo @ 6:00 & Camp Out  24  8:00 Tidal Wave A Meet @ VH (Broyhill Crest)  31  8:00 Tidal Wave Divisionals @
CLASS  18 Runkle Birthday Party 3:00 – 6:00	Montessori 5-10 POOL CLOSES @ 5:00!!! 6:00 Tidal Wave B Meet @ VH Lorton Station  19 1:30 - 3:30 Montessori 5-10 POOL CLOSES 5:00 6:00 Tidal Wave B Meet @ VH Hayfield  26 1:30 - 3:30 Montessori 5-10 5:00 Tidal Wave	Montessori 5-10  MASTERS SWIM 8:00 – 9:00  20 1:30 – 3:30 Montessori 5-10  MASTERS SWIM 8:00 – 9:00  27 1:30 – 3:30 Montessori 5-10	Relay Carnival @ Broyhill Crest RAFT NIGHT 5:00 - 9:00  21  RAFT NIGHT 5:00 - 9:00  28	1:30 – 3:30 Montessori 3&4s  1:30 – 3:30 Montessori 5-10 MASTERS SWIM 8:00 – 9:00  22  10:00 – 11:30 Montessori 3&4s 1:30 – 3:30 Montessori 5-10 MASTERS SWIM 8:00 – 9:00  29  10:00 – 11:30 Montessori 3&4s 1:30 – 3:30	11:30 – 1:30 Frog Pond 1:30 – 3:30 Montessori 5-10  23 10:00 – 11:30 Montessori 3&4s 11:30 – 1:30 Frog Pond 1:30 – 3:30 Montessori 5-10  30 10:00 – 11:30 Montessori 3&4s 11:30 – 1:30	A Meet @ VH (Herndon)  Tidal Wave Team Photo @ 6:00 & Camp Out  24 8:00 Tidal Wave A Meet @ VH (Broyhill Crest)
CLASS  18 Runkle Birthday Party 3:00 – 6:00	Montessori 5-10 POOL CLOSES @ 5:00!!! 6:00 Tidal Wave B Meet @ VH Lorton Station  19 1:30 - 3:30 Montessori 5-10 POOL CLOSES 5:00 6:00 Tidal Wave B Meet @ VH Hayfield  26 1:30 - 3:30 Montessori 5-10 5:00 Tidal Wave IM Invitational	Montessori 5-10  MASTERS SWIM 8:00 – 9:00  20 1:30 – 3:30 Montessori 5-10  MASTERS SWIM 8:00 – 9:00  27 1:30 – 3:30 Montessori 5-10  MASTERS SWIM	Relay Carnival @ Broyhill Crest RAFT NIGHT 5:00 - 9:00  21  RAFT NIGHT 5:00 - 9:00  28	1:30 – 3:30 Montessori 5-10 MASTERS SWIM 8:00 – 9:00  22 10:00 – 11:30 Montessori 3&4s 1:30 – 3:30 Montessori 5-10 MASTERS SWIM 8:00 – 9:00  29 10:00 – 11:30 Montessori 3&4s 1:30 – 3:30 Montessori 5-10 MONTESSORI 3&4s 1:30 – 3:30 Montessori 5-10	11:30 – 1:30 Frog Pond 1:30 – 3:30 Montessori 5-10  23 10:00 – 11:30 Montessori 3&4s 11:30 – 1:30 Frog Pond 1:30 – 3:30 Montessori 5-10  30 10:00 – 11:30 Montessori 3&4s	A Meet @ VH (Herndon)  Tidal Wave Team Photo @ 6:00 & Camp Out  24  8:00 Tidal Wave A Meet @ VH (Broyhill Crest)  31  8:00 Tidal Wave Divisionals @ Bryn Mar Edsell
CLASS  18 Runkle Birthday Party 3:00 – 6:00	Montessori 5-10 POOL CLOSES @ 5:00!!! 6:00 Tidal Wave B Meet @ VH Lorton Station  19 1:30 - 3:30 Montessori 5-10 POOL CLOSES 5:00 6:00 Tidal Wave B Meet @ VH Hayfield  26 1:30 - 3:30 Montessori 5-10 5:00 Tidal Wave	Montessori 5-10  MASTERS SWIM 8:00 – 9:00  20 1:30 – 3:30 Montessori 5-10  MASTERS SWIM 8:00 – 9:00  27 1:30 – 3:30 Montessori 5-10	Relay Carnival @ Broyhill Crest RAFT NIGHT 5:00 - 9:00  21  RAFT NIGHT 5:00 - 9:00  28	1:30 – 3:30 Montessori 5-10 MASTERS SWIM 8:00 – 9:00  22 10:00 – 11:30 Montessori 3&4s 1:30 – 3:30 Montessori 5-10 MASTERS SWIM 8:00 – 9:00  29 10:00 – 11:30 Montessori 3&4s 1:30 – 3:30 Montessori 5-10 MASTERS SWIM 8:00 – 9:00	11:30 – 1:30 Frog Pond 1:30 – 3:30 Montessori 5-10  23 10:00 – 11:30 Montessori 3&4s 11:30 – 1:30 Frog Pond 1:30 – 3:30 Montessori 5-10  30 10:00 – 11:30 Montessori 3&4s 11:30 – 1:30 Frog Pond	A Meet @ VH (Herndon)  Tidal Wave Team Photo @ 6:00 & Camp Out  24  8:00 Tidal Wave A Meet @ VH (Broyhill Crest)  31  8:00 Tidal Wave Divisionals @ Bryn Mar Edsell  6:00 Tidal Wave
CLASS  18 Runkle Birthday Party 3:00 – 6:00	Montessori 5-10 POOL CLOSES @ 5:00!!! 6:00 Tidal Wave B Meet @ VH Lorton Station  19 1:30 - 3:30 Montessori 5-10 POOL CLOSES 5:00 6:00 Tidal Wave B Meet @ VH Hayfield  26 1:30 - 3:30 Montessori 5-10 5:00 Tidal Wave IM Invitational	Montessori 5-10  MASTERS SWIM 8:00 – 9:00  20 1:30 – 3:30 Montessori 5-10  MASTERS SWIM 8:00 – 9:00  27 1:30 – 3:30 Montessori 5-10  MASTERS SWIM	Relay Carnival @ Broyhill Crest RAFT NIGHT 5:00 - 9:00  21  RAFT NIGHT 5:00 - 9:00  28	1:30 – 3:30 Montessori 5-10 MASTERS SWIM 8:00 – 9:00  22 10:00 – 11:30 Montessori 3&4s 1:30 – 3:30 Montessori 5-10 MASTERS SWIM 8:00 – 9:00  29 10:00 – 11:30 Montessori 3&4s 1:30 – 3:30 Montessori 5-10 MONTESSORI 3&4s 1:30 – 3:30 Montessori 5-10	11:30 – 1:30 Frog Pond 1:30 – 3:30 Montessori 5-10  23 10:00 – 11:30 Montessori 3&4s 11:30 – 1:30 Frog Pond 1:30 – 3:30 Montessori 5-10  30 10:00 – 11:30 Montessori 3&4s 11:30 – 1:30	A Meet @ VH (Herndon)  Tidal Wave Team Photo @ 6:00 & Camp Out  24  8:00 Tidal Wave A Meet @ VH (Broyhill Crest)  31  8:00 Tidal Wave Divisionals @ Bryn Mar Edsell

			AUGUST 2010			
SUNDAY	MONDAY	TUESDAY	WEDNESDA	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
	1:30 - 3:30	1:30 - 3:30		10:00 - 11:30	10:00 - 11:30	
	Montessori 5-10	Montessori 5-10		Montessori 3&4s	Montessori 3&4s	
				4,20 2,20	11:20 1:20	
				1:30 – 3:30 Montessori 5-10	11:30 – 1:30 Frog Pond	
				Wiontesson 5-10	Trog rond	
		MASTERS SWIM	RAFT NIGHT	MASTERS SWIM	1:30 - 3:30	
		8:00 – 9:00	5:00 - 9:00	8:00 - 9:00	Montessori 5-10	
8	9	10	11	12	13	14
	1:30 - 3:30	1:30 - 3:30		10:00 – 11:30	10:00 – 11:30	• •
	Montessori 5-10	Montessori 5-10		Montessori 3&4s	Montessori 3&4s	
				1:30 - 3:30	11:30 - 1:30	
				Montessori 5-10	Frog Pond	
		MASTERS SWIM	RAFT NIGHT	MASTERS SWIM	1:30 - 3:30	
		8:00 – 9:00	5:00 – 9:00	8:00 – 9:00	Montessori 5-10	
15	16	17	18	19	20	21
10	1:30 - 3:30	1:30 - 3:30	1:30 - 3:30	10:00 – 11:30	10:00 – 11:30	
	Montessori 5-10	Montessori 5-10	Montessori 5-10	Montessori 3&4s	Montessori 3&4s	Johnson Party 9:30 –
				1:30 - 3:30	11:30 - 1:30	12:00/Noon
				Montessori 5-10	Frog Pond	,
						von Schmidt-
		MASTERS SWIM	RAFT NIGHT	MASTERS SWIM	1:30 – 3:30	Pauli Party
		8:00 – 9:00	5:00 – 9:00	8:00 – 9:00	Montessori 5-10	2:00 – 4:00
22	23	24	25	26	27	28
Johnson Party	1:30 - 3:30	1:30 - 3:30	1:30 - 3:30	10:00 - 11:30	10:00 - 11:30	
9:30 – 12:00 am (RAIN DATE)	Montessori 5-10	Montessori 5-10	Montessori 5-10	Montessori 3&4s	Montessori 3&4s	
(				1:30 - 3:30	11:30 - 1:30	
				Montessori 5-10	Frog Pond	
		BAACTEDS CLAURS	DAFTAUCUT	NAACTEDS CLAURS	1:30 - 3:30	
		8:00 – 9:00	RAFT NIGHT 5:00 – 9:00	8:00 – 9:00	Montessori 5-10	
			3.00 3.00	2.22	110.110000113 10	
29	30	31				
		MASTERS SWIM				
		8:00 - 9:00				



SEPTEMBER 2010						
SUNDAY	MONDAY	TUESDAY	WEDNESDA	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
				MASTERS SWIM 8:00 – 9:00		
5	6 Labor Day	7 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!**