



## 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

|   | <b>Ages 8 and under</b> | <b>Ages 9-12</b> | <b>Ages 13-18</b> |
|---|-------------------------|------------------|-------------------|
| <b>June 1 - June 25</b>                               |                         |                  |                   |
| <b>Monday thru Friday<br/>Afternoon practice only</b> | 5:30 - 6:15 pm          | 6:15 - 7:00 pm   | 7:00 - 8:00 pm    |
| <b>June 28 - July 30</b>                              |                         |                  |                   |
| <b>Monday thru Friday<br/>Morning practice</b>        | 9:00 - 10:00 am         |                  | 7:45 - 9:00 am    |
| <b>Tuesday and Thursday<br/>Afternoon practice</b>    | 6:00 - 6:45 pm          |                  | 7:00 - 8:00 pm    |

| JULY 2010  |   |   |  |  |   |   |
|--|---|---|--|--|---|---|
| SUNDAY   | MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY  |
|  |   |   |  | <b>1</b><br>10:00 – 11:30<br>Montessori 3&4s<br><br>1:30 – 3:30<br>Montessori 5-10<br><br><b>MASTERS SWIM</b><br>8:00 – 9:00   | <b>2</b><br>10:00 – 11:30<br>Montessori 3&4s<br><br>1:30 – 3:30<br>Montessori 5-10  | <b>3</b><br>8:00 Tidal Wave<br>A Meet @<br>Bryn Mar Edsell  |
| <b>4</b><br><br><b>FOURTH OF JULY PARTY</b><br>1:30 – 4:30<br><b>POOL CLOSURES</b><br><b>at 6:00</b> | <b>5</b><br>1:30 – 3:30<br>Montessori 5-10<br><br><b>POOL CLOSURES</b><br><b>@ 5:00!!!</b><br>6:00 Tidal Wave<br>B Meet @ VH<br>Highland Park | <b>6</b><br>12:00 – 1:30<br>Curl Burke – 3 Ln<br><br>1:30 – 3:30<br>Montessori 5-10<br><br><b>MASTERS SWIM</b><br>8:00 – 9:00 | <b>7</b><br><br><br><b>RAFT NIGHT</b><br>5:00 – 9:00   | <b>8</b><br>10:00 – 11:30<br>Montessori 3&4s<br><br>1:30 – 3:30<br>Montessori 5-10<br><br><b>MASTERS SWIM</b><br>8:00 – 9:00   | <b>9</b><br>10:00 – 11:30<br>Montessori 3&4s<br><br>11:30 – 1:30<br>Frog Pond<br><br>1:30 – 3:30<br>Montessori 5-10<br><b>LIFEGUARD CLASS</b> | <b>10</b><br><b>MASTERS SWIM</b><br>8:00 am – 9:30 am<br><b>LIFEGUARD CLASS</b><br>8:00 Tidal Wave<br>A Meet @<br>Rolling Valley<br>Kappeler<br>Birthday Party<br>1:00 – 4:00<br>Ferrari Birthday<br>Party<br>2:00 – 4:00 |
| <b>11</b><br><br><b>LIFEGUARD CLASS</b>  | <b>12</b><br>1:30 – 3:30<br>Montessori 5-10<br><b>POOL CLOSURES @</b><br><b>5:00!!!</b><br>6:00 Tidal Wave B<br>Meet @ VH Lorton<br>Station   | <b>13</b><br>1:30 – 3:30<br>Montessori 5-10<br><br><b>MASTERS SWIM</b><br>8:00 – 9:00   | <b>14</b><br><br>6:00 Tidal Wave<br>Relay Carnival @<br>Broyhill Crest<br><b>RAFT NIGHT</b><br>5:00 – 9:00 | <b>15</b><br>10:00 – 11:30<br>Montessori 3&4s<br><br>1:30 – 3:30<br>Montessori 5-10<br><b>MASTERS SWIM</b><br>8:00 – 9:00  | <b>16</b><br>10:00 – 11:30<br>Montessori 3&4s<br><br>11:30 – 1:30<br>Frog Pond<br>1:30 – 3:30<br>Montessori 5-10                              | <b>17</b><br>8:00 Tidal Wave A<br>Meet @ VH<br>(Herndon)<br><br><b>Tidal Wave Team</b><br><b>Photo @ 6:00 &amp;</b><br><b>Camp Out</b>  |
| <b>18</b><br>Runkle Birthday<br>Party<br>3:00 – 6:00   | <b>19</b><br>1:30 – 3:30<br>Montessori 5-10<br><b>POOL CLOSURES 5:00</b><br>6:00 Tidal Wave<br>B Meet @ VH<br>Hayfield                        | <b>20</b><br>1:30 – 3:30<br>Montessori 5-10<br><br><b>MASTERS SWIM</b><br>8:00 – 9:00   | <b>21</b><br><br><br><b>RAFT NIGHT</b><br>5:00 – 9:00  | <b>22</b><br>Montessori<br>3&4s: 10-11:30<br>5-10s: 1:30-3:30<br>6:00 Tidal Wave<br>A Meet @<br>Rolling Valley<br>Betko Party<br>6:00 – 8:00<br><b>MASTERS SWIM</b><br>8:00 – 9:00 | <b>23</b><br>10:00 – 11:30<br>Montessori 3&4s<br>11:30 – 1:30<br>Frog Pond<br>1:30 – 3:30<br>Montessori 5-10                                  | <b>24</b><br>8:00 Tidal Wave<br>A Meet @ VH<br>(Broyhill Crest)<br>Manzo Softball<br>Party<br>4:00 – 7:00   |
| <b>25</b>  | <b>26</b><br>1:30 – 3:30<br>Montessori 5-10   | <b>27</b><br>1:30 – 3:30<br>Montessori 5-10<br><br><b>MASTERS SWIM</b><br>8:00 – 9:00   | <b>28</b><br><br><br><b>RAFT NIGHT</b><br>5:00 – 9:00  | <b>29</b><br>10:00 – 11:30<br>Montessori 3&4s<br>1:30 – 3:30<br>Montessori 5-10<br>Talavera Party<br>12:00 – 3:00<br><b>MASTERS SWIM</b><br>8:00 – 9:00                            | <b>30</b><br>10:00 – 11:30<br>Montessori 3&4s<br>11:30 – 1:30<br>Frog Pond<br>1:30 – 3:30<br>Montessori 5-10                                  | <b>31</b><br>8:00 Tidal Wave<br>Divisionals @<br>Bryn Mar Edsell<br><br>6:00 Tidal Wave<br>Banquet  |



| AUGUST 2010   |   |   |   |   |  |  |
|---|---|---|---|---|--|--|
| SUNDAY  | MONDAY                                      | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   | SATURDAY   |
| <b>1</b><br>Tarpe/Paik Party<br>4:30 – 7:00<br><br>Tarpe/Paik Party<br>2:00 – 4:00                                    | <b>2</b><br>1:30 – 3:30<br>Montessori 5-10  | <b>3</b><br>1:30 – 3:30<br>Montessori 5-10<br><br><b>MASTERS SWIM</b><br>8:00 – 9:00  | <b>4</b><br><br><br><b>RAFT NIGHT</b><br>5:00 – 9:00                                | <b>5</b><br>10:00 – 11:30<br>Montessori 3&4s<br><br>1:30 – 3:30<br>Montessori 5-10<br><br><b>MASTERS SWIM</b><br>8:00 – 9:00  | <b>6</b><br>10:00 – 11:30<br>Montessori 3&4s<br><br>11:30 – 1:30<br>Frog Pond<br><br>1:30 – 3:30<br>Montessori 5-10  |  |
| <b>8</b>  | <b>9</b><br>1:30 – 3:30<br>Montessori 5-10  | <b>10</b><br>1:30 – 3:30<br>Montessori 5-10<br><br><b>MASTERS SWIM</b><br>8:00 – 9:00 | <b>11</b><br><br><br><b>RAFT NIGHT</b><br>5:00 – 9:00                               | <b>12</b><br>10:00 – 11:30<br>Montessori 3&4s<br><br>1:30 – 3:30<br>Montessori 5-10<br><br><b>MASTERS SWIM</b><br>8:00 – 9:00 | <b>13</b><br>10:00 – 11:30<br>Montessori 3&4s<br><br>11:30 – 1:30<br>Frog Pond<br><br>1:30 – 3:30<br>Montessori 5-10 | <b>14</b><br><br><br><b>Adult Pot Luck<br/>Silly Hat Party</b><br>8:00 – 11:00                           |
| <b>15</b><br>Bednarek Party<br>3:00 – 6:00 am   | <b>16</b><br>1:30 – 3:30<br>Montessori 5-10 | <b>17</b><br>1:30 – 3:30<br>Montessori 5-10<br><br><b>MASTERS SWIM</b><br>8:00 – 9:00 | <b>18</b><br>1:30 – 3:30<br>Montessori 5-10<br><br><b>RAFT NIGHT</b><br>5:00 – 9:00 | <b>19</b><br>10:00 – 11:30<br>Montessori 3&4s<br><br>1:30 – 3:30<br>Montessori 5-10<br><br><b>MASTERS SWIM</b><br>8:00 – 9:00 | <b>20</b><br>10:00 – 11:30<br>Montessori 3&4s<br><br>11:30 – 1:30<br>Frog Pond<br><br>1:30 – 3:30<br>Montessori 5-10 | <b>21</b><br><br>Johnson Party<br>9:30 –<br>12:00/Noon<br><br>von Schmidt-<br>Pauli Party<br>2:00 – 4:00 |
| <b>22</b><br>Johnson Party<br>9:30 – 12:00 am<br>(RAIN DATE)<br><br>Balkissoon Party<br>4:00 – 7:00 am<br>(RAIN DATE) | <b>23</b><br>1:30 – 3:30<br>Montessori 5-10 | <b>24</b><br>1:30 – 3:30<br>Montessori 5-10<br><br><b>MASTERS SWIM</b><br>8:00 – 9:00 | <b>25</b><br>1:30 – 3:30<br>Montessori 5-10<br><br><b>RAFT NIGHT</b><br>5:00 – 9:00 | <b>26</b><br>10:00 – 11:30<br>Montessori 3&4s<br><br>1:30 – 3:30<br>Montessori 5-10<br><br><b>MASTERS SWIM</b><br>8:00 – 9:00 | <b>27</b><br>10:00 – 11:30<br>Montessori 3&4s<br><br>11:30 – 1:30<br>Frog Pond<br><br>1:30 – 3:30<br>Montessori 5-10 | <b>28</b>  |
| <b>29</b>   | <b>30</b>                                   | <b>31</b><br><br><br><b>MASTERS SWIM</b><br>8:00 – 9:00                               |   |   |  |  |



| SEPTEMBER 2010 |   |  |          |                                      |        |  |
|----------------|---|--|----------|--------------------------------------|--------|--|
| SUNDAY         | MONDAY  | TUESDAY  | WEDNESDA | THURSDAY                             | FRIDAY | SATURDAY   |
|                |   |  | 1        | 2<br><br>MASTERS SWIM<br>8:00 – 9:00 | 3      | 4<br><br>End of Season<br>Appreciation<br>4:00 – 10:00 |
| 5              | 6<br><br>Labor Day<br> | 7<br><br>Back to School<br> | 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!**