



General Information

Hours of Operation

May 26 - May 28	12:00 - 8:00
May 29 - June 15 (weekdays)	4:00 - 8:00
June 2 - June 10 (weekends)	12:00 - 8:00
June 16 - September 3	12:00 - 8:00

* 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.

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 29 - June 19				
	New Swimmers	Ages 8 and under	Ages 9-12	Ages 13-18
MON thru FRI (afternoon practice only)	5:00 - 5:30 pm	5:30 - 6:15 pm	6:15 - 7:00 pm	7:00 - 8:00 pm
June 20 - July 29				
	New Swimmers	Ages 12 and under		Ages 13-18
MON thru FRI (morning practice)	10:00 - 10:30 am	9:00 - 10:00 am		7:45 - 9:00 am
	New Swimmers	Ages 8 and under	Ages 9-12	Ages 13-18
TUE, WED & THUR (afternoon practice*)	5:00 - 5:30 pm	5:30 - 6:15 pm	6:15 - 7:00 pm	7:00 - 8:00 pm

*Afternoon practices are only for those families who cannot make it to morning practice

Hosting a Party or Event

If you would like to host a birthday party or other event at the pool, please contact Regina Mohr at conroyre@hotmail.com to reserve the space or for additional information.





Virginia Hills Swim Club
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Home of the **Tidal Wave** Swim Team

JUNE 2012


Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><u>Tidal Wave Away Events</u> June 23 - A Meet @ Pinewood June 25 - B Meet @ Little Hunting Park</p>						1 2
3 Open House 12:00 - 4:00	4	5 Masters Swim 8:00-9:00	6	7 Masters Swim 8:00-9:00	8	9 Stroke & Turn Clinic 8:00-10:30
10 Short Bday Party 3:00-6:00 PM	11	12 Masters Swim 8:00-9:00	13	14 Masters Swim 8:00-9:00	15	16 Tidal Wave Time Trials w/Highland Park 9:00-1:00 POOL OPENS 1:00 Loburk Bday Party 1:00-4:00 PM
17 HAPPY FATHER'S DAY	18 POOL CLOSES 5:00 Tidal Wave B Meet vs Hollin Mdws - 5:00	19 Curl Burke Clinic 11:30-1:00 (3 lanes) Montessori: 5-10 1:45-3:45 Masters Swim 8:00-9:00	20 Mohr Bday Party 4:00-7:00 PM	21 Montessori: 3-4 10:00-11:15 Montessori: 5-10 1:45-3:45 Masters Swim 8:00-9:00	22 Montessori: 3-4 10:00-11:15 Montessori: 5-10 1:45-3:45 Tidal Wave Spaghetti Dinner - 5:30-8:00	23
24 Runkle Bday Party 2:00-6:00 PM	25 Montessori: 5-10 1:45-3:45	26 Curl Burke Clinic 11:30-1:00 (3 lanes) Montessori: 5-10 1:45-3:45 Masters Swim 8:00-9:00	27	28 Montessori: 3-4 10:00-11:15 Montessori: 5-10 1:45-3:45 Masters Swim 8:00-9:00	29 Tidal Wave Pep Rally 6:00-8:00	30 Tidal Wave A Meet vs Ben Mar Edsall 8:00-12:00 POOL OPENS 12:00



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JULY 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 	5	6	7 Tidal Wave A Meet vs Springfield 8:00-12:00 POOL OPENS 12:00
		Masters Swim 8:00-9:00	4th of July Party TBD POOL CLOSURES 6:00	Masters Swim 8:00-9:00	Tidal Wave Pep Rally 6:00-8:00	Tidal Wave Camp Out - 5:00
8	9	10	11	12	13	14
		Curl Burke Clinic 11:30-1:00 (3 lanes)		Montessori: 3-4 10:00-11:15	Montessori: 3-4 10:00-11:15	
	POOL CLOSURES 5:00	Montessori: 5-10 1:45-3:45		Montessori: 5-10 1:45-3:45	Montessori: 5-10 1:45-3:45	Davis Bday Party 12:30-4:00 PM
	Tidal Wave B Meet vs Lorton Stat. 5:00	Masters Swim 8:00-9:00	Raft Night 5:00-9:00 	Masters Swim 8:00-9:00		
15	16	17	18	19	20	21
				Montessori: 3-4 10:00-11:15	Montessori: 3-4 10:00-11:15	
	Montessori: 5-10 1:45-3:45	Montessori: 5-10 1:45-3:45		Montessori: 5-10 1:45-3:45	Montessori: 5-10 1:45-3:45	
	POOL CLOSURES 5:00	Masters Swim 8:00-9:00	Raft Night 5:00-9:00 	Masters Swim 8:00-9:00		
	Tidal Wave B Meet vs Hayfield - 5:00					
22	23	24	25	26	27	28
				Montessori: 3-4 10:00-11:15	Montessori: 3-4 10:00-11:15	
	Montessori: 5-10 1:45-3:45	Montessori: 5-10 1:45-3:45		Montessori: 5-10 1:45-3:45	Montessori: 5-10 1:45-3:45	
		Masters Swim 8:00-9:00	Raft Night 5:00-9:00 	Masters Swim 8:00-9:00		Tidal Wave Banquet 5:00 - 8:00
29	30	31	Tidal Wave Away Events July 2 - B Meet @ Highland Park July 4 - Tentative IM Meet @ Hayfield July 11 - Relay Carnival @ Ben Mar Edsall Park July 14 - A Meet @ Broyhill Crest July 21 - A Meet @ North Springfield July 23 - IM Invitational, TBA July 28 - Divisionals @ Pinewood			
	Montessori: 5-10 1:45-3:45	Montessori: 5-10 1:45-3:45 Masters Swim 8:00-9:00				


Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
				Montessori: 3-4 10:00-11:15	Montessori: 3-4 10:00-11:15	
				Montessori: 5-10 1:45-3:45	Montessori: 5-10 1:45-3:45	
			Raft Night 5:00-9:00 	Masters Swim 8:00-9:00		
5	6	7	8	9	10	11
	Montessori: 5-10 1:45-3:45	Montessori: 5-10 1:45-3:45		Montessori: 3-4 10:00-11:15	Montessori: 3-4 10:00-11:15	
		Masters Swim 8:00-9:00	Raft Night 5:00-9:00 	Montessori: 5-10 1:45-3:45	Montessori: 5-10 1:45-3:45	
				Masters Swim 8:00-9:00		
12	13	14	15	16	17	18
				Montessori: 3-4 10:00-11:15	Montessori: 3-4 10:00-11:15	
	Montessori: 5-10 1:45-3:45	Montessori: 5-10 1:45-3:45		Montessori: 5-10 1:45-3:45	Montessori: 5-10 1:45-3:45	
		Masters Swim 8:00-9:00	Raft Night 5:00-9:00 	Masters Swim 8:00-9:00		
19	20	21	22	23	24	25
				Montessori: 3-4 10:00-11:15	Montessori: 3-4 10:00-11:15	
	Montessori: 5-10 1:45-3:45	Montessori: 5-10 1:45-3:45		Montessori: 5-10 1:45-3:45	Montessori: 5-10 1:45-3:45	
		Masters Swim 8:00-9:00	Raft Night 5:00-9:00 	Masters Swim 8:00-9:00		
26	27	28	29	30	31	
		Masters Swim 8:00-9:00	Raft Night 5:00-9:00 	Masters Swim 8:00-9:00		



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SEPTEMBER 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	 Labor Day POOL CLOSSES AT 6:00 PM	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						