





Virginia Hills Swim Club  
serving the community since 1955  
Home of the **Tidal Wave** Swim Team

**MAY 2013**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			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 POOL OPENS!
26	27  Memorial Day	28 Masters Swim 8:00-9:00	29	30 Masters Swim 8:00-9:00	31	



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# JUNE 2013






Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Tidal Wave Away Events</b> June 15 - Practice Meet at Highland Park June 17 - B Meet at Hollin Meadows June 29 - A Meet at Parklawn						1
2	3	4	5	6	7	8
		Masters Swim 8:00-9:00		Masters Swim 8:00-9:00		Stroke & Turn Clinic 8:00-10:30
						Lentini Party 4:00-6:00
9	10	11	12	13	14	15
		Masters Swim 8:00-9:00		Masters Swim 8:00-9:00		
HAPPY FATHER'S Day!	16	17	18	19	20	21
		Masters Swim 8:00-9:00		Masters Swim 8:00-9:00		Tidal Wave A Meet vs Pleasant Valley 8:00-12:00
						POOL OPENS 12:00
					Tidal Wave Spaghetti Dinner - 6:00-8:00	
23	24	25	26	27	28	29
	Montessori: 5-10 10:30-12:00	Montessori: 5-10 10:30-12:00	Montessori: 5-10 10:30-12:00	Montessori: 3-4 10:30-12:00	Montessori: 3-4 10:30-12:00	
		Curl Burke Clinic 11:30-1:00 (3 lanes)				
	POOL CLOSING 5:00					
	Tidal Wave B Meet vs Little Hunting 5:00	Masters Swim 8:00-9:00		Masters Swim 8:00-9:00		
30						

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
		Montessori: 5-10 10:30-12:00 Curl Burke Clinic 11:30-1:00 (3 lanes)	Montessori: 5-10 10:30-12:00		Montessori: 3-4 10:30-12:00	Tidal Wave A Meet vs Somerset Olde Creek 8:00-12:00 <b>POOL OPENS 12:00</b>
	<b>POOL CLOSURES 5:00</b>			4th of July Party TBD <b>POOL CLOSURES 6:00</b>		
	Tidal Wave B Meet vs Highland Park 5:00	Masters Swim 8:00-9:00	Raft Night 5:00-9:00 		Tidal Wave Pep Rally 6:00-8:00	Tidal Wave Camp Out - 5:00
7	8	9	10	11	12	13
	Montessori: 5-10 10:30-12:00	Montessori: 5-10 10:30-12:00 Curl Burke Clinic 11:30-1:00 (3 lanes)	Montessori: 5-10 10:30-12:00	Montessori: 3-4 10:30-12:00	Montessori: 3-4 10:30-12:00	Tidal Wave A Meet vs Lincolnia Park 8:00-12:00 <b>POOL OPENS 12:00</b>
	<b>POOL CLOSURES 5:00</b>					
	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	Tidal Wave Pep Rally 6:00-8:00	
14	15	16	17	18	19	20
	Montessori: 5-10 10:30-12:00	Montessori: 5-10 10:30-12:00	Montessori: 5-10 10:30-12:00	Montessori: 3-4 10:30-12:00	Montessori: 3-4 10:30-12:00	
		Masters Swim 8:00-9:00	Raft Night 5:00-9:00 	Masters Swim 8:00-9:00		
21	22	23	24	25	26	27
	Montessori: 5-10 10:30-12:00	Montessori: 5-10 10:30-12:00	Montessori: 5-10 10:30-12:00	Montessori: 3-4 10:30-12:00	Montessori: 3-4 10:30-12:00	
		Masters Swim 8:00-9:00	Raft Night 5:00-9:00 	Masters Swim 8:00-9:00		Tidal Wave Banquet 6:00 - 8:00
28	29	30	31	<b>Tidal Wave Away Events</b> July 10 - Relay Carnival at Pleasant Valley July 15 - B Meet at Hayfield July 20 - A Meet at Herndon July 27 - Divisionals @ Parklawn		
	Montessori: 5-10 10:30-12:00	Montessori: 5-10 10:30-12:00	Montessori: 5-10 10:30-12:00			
		Masters Swim 8:00-9:00	Raft Night 5:00-9:00 			



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# AUGUST 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Montessori: 3-4 10:30-12:00  Masters Swim 8:00-9:00	2 Montessori: 3-4 10:30-12:00	3
	1 Montessori: 5-10 10:30-12:00	2 Montessori: 5-10 10:30-12:00  Masters Swim 8:00-9:00	3 Montessori: 5-10 10:30-12:00  Raft Night 5:00-9:00 	4 Montessori: 3-4 10:30-12:00  Masters Swim 8:00-9:00	5 Montessori: 3-4 10:30-12:00	6
7	8 Montessori: 5-10 10:30-12:00	9 Montessori: 5-10 10:30-12:00  Masters Swim 8:00-9:00	10 Montessori: 5-10 10:30-12:00  Raft Night 5:00-9:00 	11 Montessori: 3-4 10:30-12:00  Masters Swim 8:00-9:00	12 Montessori: 3-4 10:30-12:00	13
14	15 Montessori: 5-10 10:30-12:00	16 Montessori: 5-10 10:30-12:00  Masters Swim 8:00-9:00	17 Montessori: 5-10 10:30-12:00  Raft Night 5:00-9:00 	18 Montessori: 3-4 10:30-12:00  Masters Swim 8:00-9:00	19 Montessori: 3-4 10:30-12:00	20
22	23 Montessori: 5-10 10:30-12:00	24 Montessori: 5-10 10:30-12:00  Masters Swim 8:00-9:00	25 Montessori: 5-10 10:30-12:00  Raft Night 5:00-9:00 	26 Montessori: 3-4 10:30-12:00  Masters Swim 8:00-9:00	27 Montessori: 3-4 10:30-12:00	28
30	31 Montessori: 5-10 10:30-12:00	32 Montessori: 5-10 10:30-12:00  Masters Swim 8:00-9:00	33 Montessori: 5-10 10:30-12:00  Raft Night 5:00-9:00 	34 Montessori: 3-4 10:30-12:00  Masters Swim 8:00-9:00	35 Montessori: 3-4 10:30-12:00	36



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# SEPTEMBER 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <b>Labor Day</b> ★☆☆★★★  <b>POOL CLOSSES AT 6:00 PM</b>	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					