



## 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 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 Morning practice</b>	9:00 - 10:00 am		7:45 - 9:00 am
<b>Tuesday and Thursday Afternoon practice</b>	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	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1  <b>MASTERS SWIM</b> 8:00 – 9:00	2	3  <b>MASTERS SWIM</b> 8:00 – 9:00	4	5 Luther Birthday Party 1:00 – 5:00
6	7	8  <b>MASTERS SWIM</b> 8:00 – 9:00	9	10  <b>MASTERS SWIM</b> 8:00 – 9:00	11	12 NVSL S&T Clinic 8:00 a.m. Phillis Birthday Party 12:00 – 3:00
13 Payne Baseball Party 4:00 – 7:00	14	15  <b>MASTERS SWIM</b> 8:00 – 9:00	16	17  <b>Masters Swim</b> 8:00 – 9:00	18	19 <b>MASTERS SWIM EARLY MORNING</b>  9:00 Tidal Wave Time Trials @ Highland Park  Rychak Birthday Party 1:00 – 3:00
20 Father's Day 	21  <b>POOL CLOSSES @ 5:00!!!</b>  6:00 Tidal Wave B Meet @ VH Stratford Landing	22 12:00 – 1:30 Curl Burke – 3 Ln  <b>MASTERS SWIM</b> 8:00 – 9:00	23	24 10:00 – 11:30 Montessori 3&4s  Last Day of School Party 12:00 – 4:00  <b>MASTERS SWIM</b> 8:00 – 9:00	25 10:00 – 11:30 Montessori 3&4s  Manzo Party 4:00 – 7:00	26 8:00 Tidal Wave A Meet @ VH (Pinewood Lake)  Anderson Birthday Party 1:00 – 3:00
27	28 1:30 – 3:30 Montessori 5-10  6:00 Tidal Wave B Meet @ Little Hunting	29 12:00 – 1:30 Curl Burke – 3 Ln  1:30 – 3:30 Montessori 5-10  <b>MASTERS SWIM</b> 8:00 – 9:00	30			

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



AUGUST 2010						
SUNDAY	MONDAY	TUESDAY	WEDNESDA	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!**