



General Information

Hours of Operation

May 28 - May 30	12:00 - 8:00	12:00 - 8:00
May 31 - June 20 (weekdays)	4:00 - 8:00	4:00 - 8:00
June 4 - June 19 (weekends)	12:00 - 8:00	12:00 - 8:00
June 21 - September 4	12:00 - 8:00	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 31 - June 26	Ripples	Ages 8 and under	Ages 9-12	Ages 13-18
Monday thru Friday (afternoon practice only)		5:30 - 6:15 pm	6:15 - 7:00 pm	7:00 - 8:00 pm
June 27 - July 29	Ripples	Ages 8 and under	Ages 9-12	Ages 13-18
Monday thru Friday (morning practice)	10:00 - 10:30 am	9:00 - 10:00 am	9:00 - 10:00 am	7:45 - 9:00 am
Tuesday and Thursday (afternoon practice)		5:30 - 6:00 pm	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

JUNE 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Tidal Wave Away Events June 18 - Time trials @ Highland Park June 20 - B Meet @ Stratford Rec Assn June 25 - A Meet @ Somerset Olde Creek				1	2	3
					Masters Swim 11:00-12:00	
						Luther B'day Party 12:00-4:00
					Bangit B'day Party 5:00-8:00	Noggle B'day Party 4:00-7:00
					Masters Swim 8:00-9:00	
5	6	7	8	9	10	11
Open House 12:00 - 5:00		Masters Swim 11:00-12:00		Masters Swim 11:00-12:00		Stroke & Turn Clinic 8:00-10:30
Conklin B'day Party Party 2:00-5:00						
		Masters Swim 8:00-9:00		Masters Swim 8:00-9:00	McManus B'day Party 4:30-7:30	Manzo B'day Party 4:00-6:00
12	13	14	15	16	17	18
Norvell Party 12:00-2:00		Masters Swim 11:00-12:00		Masters Swim 11:00-12:00		Phillis B'day Party 12:00-3:00
					Tidal Wave Suit Sale 5:00-7:00	
		Masters Swim 8:00-9:00		Masters Swim 8:00-9:00	McManus B'day Party Rain Date 4:30-7:30	
19	20	21	22	23	24	25
HAPPY FATHER'S DAY		Masters Swim 11:00-12:00		Montessori: 3-4 10:00-11:15	Montessori: 3-4 10:00-11:15	
		Curl Burke Clinic 11:30-1:00 (3 lanes)	Luther Party 12:00-6:00	Masters Swim 11:00-12:00		Rychak B'day Party 3:30-5:30
Mohr B'day Party 4:00-7:00		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		Masters Swim 8:00-9:00	Tidal Wave Spaghetti Dinner - 5:30-8:00	
26	27	28	29	30		
Hilker B'day Party 12:00-3:00		Masters Swim 11:00-12:00		Montessori: 3-4 10:00-11:15		
		Curl Burke Clinic 11:30-1:00 (3 lanes)		Masters Swim 11:00-12:00		
	Montessori: 5-10 1:45-3:45	Montessori: 5-10 1:45-3:45		Montessori: 5-10 1:45-3:45		
	POOL CLOSES 5:00					
	Tidal Wave B Meet vs Lit. Hunting - 5:00	Masters Swim 8:00-9:00		Masters Swim 8:00-9:00		

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


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



Virginia Hills Swim Club
serving the community since 1955

Home of the **Tidal Wave** Swim Team

SEPTEMBER 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Masters Swim 11:00-12:00 Masters Swim 8:00-9:00	2	3
4  Labor Day POOL CLOSSES AT 6:00 PM	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	