

Pleasant Hill Dolphins Swim Team

2 DAYS Only! All-In-One Sign-Ups! (Except Mini-Dolphins)
Saturday, March 27, Noon–2 pm & Tuesday, April 20, 7–9 pm
 Winslow Center, 2590 Pleasant Hill Road

One of the county's top recreational swim teams offering competitive swimming in an atmosphere of fun. Parents/families play a vital role in the success of this program and PARENT PARTICIPATION IS REQUIRED. For information on parent work fees see* below. Liability waivers/fees must be paid prior to participation—no exceptions.

Instruction in racing dives and all four competitive strokes and turns. Conditioning/self-improvement are stressed. Includes daily practice in all phases of competitive swimming and weekly swim meets in the summer (held on Wednesday evenings and Saturday mornings.) The team also offers special activities (waterslides, pizza nights, age-group parties) for swimmers and their families. Swimmers must be able to swim 15 yards of freestyle (face in the water with rhythmic breathing.) For information, call 682-0896.

Coaches: Head Coach Kevin Taylor, Talli Pitcher, Alex Bursch, Carol Madsen, Beth Heinen, Lauren Brown.

Apr. 26–Aug. 2

- ❖ Fee: \$295* / Dist. Res. \$280* (Fee includes team T-shirt)
- ❖ **TRY OUTS:** For new 8 yrs & Under swimmers only: Friday, March 26, 5 pm at PH Education Ctr. Pool, 1 Santa Barbara Rd.
- ❖ **Sibling Discount:** \$25 off registration fee for each add'l swimmer in the same family.
- ❖ **Late Registration Fee:** Additional \$50/swimmer (no sibling discount), based on availability until May 24.

***Work Fee:** \$100 additional fee per family must be paid at registration (to PH Dolphins Parent Club). Parent "Work Fees" will be reimbursed if parents complete all of the required "Parent Work Duty Assignments." Information on work duty assignments is included in the parent "Blue Book." A \$100 check will be mailed to you in the fall if all work assignments were completed.

Practice Schedule (No Practice June 14, July 1–July 2)

Spring Practice

Apr. 26–June 10*, Mon–Th
 4–8 yrs 4:15–5 pm
 9–12 yrs 5–6 pm
 13–18 yrs 6–7 pm

❖ PH Aquatic Park: 147 Gregory Ln.

***Note:** Practice moves to PH Education Ctr. May 24.

Summer Practice

June 15–Aug. 2, Mon/Tu/Th/Fri
 6 yrs/under 1:30–2:15 pm
 7–8 yrs 2:15–3 pm
 9–10 yrs 3–4 pm
 11–12 yrs 4–5 pm
 13–18 yrs 5–6 pm
 13–18 yrs 7:45–9:30 am

❖ PH Education Ctr.: 1 Santa Barbara Rd.

***Note:** No practice June 14, July 1–July 2. Practice for County meet qualifying swimmers, Aug. 3–Aug. 13.



Summer Specials

1. High School Athlete Special (must currently be participating in a Spring High School Sport.) Swim from May 24–Aug. 2. Must register at one of two registration dates listed above. Fee is \$244 / Dist. Res. \$229.
2. Swimmers, 13–18 yrs, bring a new swimmer, 13–18 yrs, to the Dolphins and receive \$40 discount per swimmer. Registration forms/payment for both swimmers must be provided concurrently at one of two registration dates listed above.

Time Trials

May 23 – All swimmers should attend.

- ❖ Sun., Noon–3 pm (warm-ups at 11 am)
- ❖ PH Education Ctr.: 1 Santa Barbara Rd.

Back to Dolphins Night

A mandatory informational meeting for all Dolphins Parents to attend.

- ❖ May 20, Th., 7 pm
- ❖ PH Community Center: 320 Civic Dr.

Mini-Dolphins

A program for those seven yrs and under who are not quite ready for the Dolphins Swim Team. Swimmers will be instructed in all competitive skills. Depending on progress/ability, participants may join the Dolphins. Summer Mini-Dolphins participate in end-of-season and age-group parties and receive a T-shirt.

SPRING

8200.801 Apr. 27–June 10*

TRY-OUTS on Apr. 26, 3:45 pm

- ❖ Tue/Th, 3:45–4:15 pm
- ❖ Fee: \$114 / Dist. Res. \$99
- ❖ PH Aquatic Park: 147 Gregory Ln.

*Practice moves to PH Education Ctr. May 24.

SUMMER

8200.901 June 15–Aug. 2*

TRY-OUTS on June 15, 1 pm

- ❖ Mon/Tue/Th/Fri, 1:30–2:15 pm
- *No practice July 1–July 2
- ❖ Fee: \$194 / Dist. Res. \$179
- ❖ PH Education Ctr.: 1 Santa Barbara Rd.