

2025 Pleasant Hill Dolphins Swim Schedule (as of 3/7/2025)

Mon	Dec 9	Resident Registration Opens at 9 AM (Non-residents on Wed Dec 11)
Fri	Jan 31	Try outs, 4 PM @ PH Aquatic Park (see Note below)
Fri	Feb 21	Try outs, 4 PM @ PH Aquatic Park (see Note below)
Sat	March 22	Try outs, 10 AM @ PH Aquatic Park (see Note below)
Mon	Apr 14	First Day of Practice

Thurs	May 8	Parent meeting at 7 PM @ Teen Center
Sat	May 10	Set Up Day/Work Party @ PHD
Sat	May 17	Mini Dolphins Try outs, 10 AM @ PH Aquatic Park (see Note below)
Sun	May 18	Time Trials, 9 AM @ PHD
Mon	May 26	Memorial Day – No Practice
Wed	May 28	Larkey @ PHD
Sat	May 31	PHD @ LMYA

Sun	June 1	8&U Invitational @ Martinez
Wed	June 4	Oakhurst @ PHD
Fri	June 6	13/18 Teen Game Night, 6-8 PM @ Teen Center
Sat	June 7	PHA @ PHD
Mon	June 9	First Day Summer Practice
Wed	June 11	Meet TBD
Fri	June 13	8 & U Party, 6-8 PM @ PH Aquatic Park
Sat	June 14	FPST @ PHD
Wed	June 18	WCSC @ PHD
Thurs	June 19	Juneteenth – No Practice
Fri	June 20	11-12 Luau, 6-8 PM @ PH Aquatic Park
Sat/Sun	June 21/22	Pentathlon Invitational @ Dana Hills
Fri	June 27	Team Picture Day/All Team AM Practice (No Mini's Practice)
Sat/Sun	June 28/29	Battle of the Ages @PHD
Mon	June 30	13-18 Raft Trip (No Practices, including Mini's)

Wed	July 2	Hercules @ PHD
Thurs-Sun	July 3-6	Dolphins Break
Wed	July 9	Aquaknights @ PHD
Thurs	July 10	Swim Palooza during regular practices
Fri	July 11	Team BBQ @ Pleasant Oaks Park at 6 PM
Sat	July 12	Rancho Colorados @ PHD
Wed	July 16	Benicia @ PHD
Fri	July 18	9/10 Party, 6-8 PM @ PH Aquatic Park
Sat	July 19	Martinez @ PHD
Wed	July 23	Team Pasta Feed/ Parent Time Trials, 6-8 PM @ PHD
Fri	July 25	Team Breakfast after combined AM Practice/Spirit Day
Fri/Sat/Sun	July 25/26/27	Concord City Meet Invitational
Tues	July 29	End of Season Ice Cream/Swim Party, 1:30-3:30 PM @ PHD
Thurs	July 31	County Dinner, 6-7 PM @ Teen Center

Fri	Aug 1	County Breakfast
Sat/Sun	Aug 2/3	County Swim Meet @ Acalanes HS
Sat	Aug 9	Clean-Up Work Party @ PHD
Sun	Aug 10	Awards Night, Community Center, 5-8 PM

*Try outs are for all new 10 & under swimmers (including new Mini's). Try outs are free, but pre-registration is required.
As of 3/7/25, all swim try outs are full and registration for try outs is closed.