

PLEASANT HILL DOLPHINS SWIM TEAM



Have Fun! Swim Fast! The Pleasant Hill Dolphins is a summer recreational swim team. Daily practice with instruction in all four competitive strokes, racing starts and turns and swim meets in the summer. The team also offers special activities for swimmers and their families. Swimmers must be able to swim freestyle (face in the water with rhythmic breathing) and backstroke. Swimmers 8 & under must be able to swim 25 yards of each stroke; swimmers 9 & older must be able to swim 50 yards of each stroke. Questions?

Email Head Coach Talli Pitcher at tpitcher@pleasanthillrec.com

PRACTICE SCHEDULE

Season runs 4/13-7/24

Spring Practice held at PH Aquatic Park: 147 Gregory Lane

Summer practice at College Park High School: 201 Viking Drive

Alternate PM practice for all age groups available for those unable to make AM practice, 6:00-7:00 pm.

Age as of 6/15/26	Activity Code	Spring 4/13-6/4 M-Th	Summer 6/8-7/24 M/Tu/Th/F
6 & under	8223.201	4:45-5:15 pm	10:45-11:30 am
7-8	8224.201	5:15-6:00 pm	10:45-11:30 am
9-10*	8225.201	6:30-7:30 pm*	9:30-10:30 am
11-12*	8226.201	6:30-7:30 pm*	9:30-10:30 am
13-14*	8227.201	7:30-8:30 pm*	8:00-9:30 am
15-18*	8228.201	7:30-8:30 pm*	8:00-9:30 am

*For 9-18 swimmers: all practices are at College Park High School.

No practice May 25, June 19, June 29, July 2-5.

County meet qualifying swimmers practice through July 31.

All practices move to College Park on May 11.

Registration: December 9 (Dist. Res.)/December 11 (Non-Res.) through May 18, 2026 at the District Office (Mon-Fri, 9:00 am-5:00 pm) or online at www.pleasanthillrec.com. For more information, call 682-0896.

New 10 & under swimmers must attend a free swim try out to ensure correct placement, but may register before attending try outs.

Registration Fees (14 & under swimmers)

12/8-2/28 \$615/\$585 (Dist. Res.)

3/1-3/31 \$660/\$630 (Dist. Res.)

After 4/1 \$685/\$655 (Dist. Res.)

Registration Fees (High School Swimmers)

12/8-3/31 \$430/\$400 (Dist. Res.)

After 4/1 \$460/\$430 (Dist. Res.)

Fee includes team t-shirt. Register early to take advantage of the optional payment plan and make sure you get a spot on the team! Some age groups will fill.

Work Assignments: Parents/families play a vital role in the success of this program and parent participation is required. \$1,000 Family Deposit (per family) must be paid at the time of registration to the Pleasant Hill Dolphins Parent Club. Checks will only be cashed if work assignments are not completed. Parent Meeting will be held Friday, May 8 at 6:30 pm at the Teen Center to discuss work requirements.

See www.pleasanthilldolphins.com for more information.

Note: Pools are subject to closure without warning, based on attendance, weather, emergencies and training, maintenance or safety issues.

DOLPHINS



Register online now! www.pleasanthillrec.com | (925) 682-0896

