

April

2024

Group Pool Swims
 Open Water Swim Training
 Schuylkill Triathlon Club
 Coach John Kenny



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1	2	3	4	5	6
	LPSC 7:15a-8:30a LPSC 6:30p-7:45p	LPSC 6:30a-7:45a LPSC 11:00a-12:15p	LPSC 7:15a-8:30a Ursinus 7:00p-8:30p	LPSC 11:00a-12:15p LPSC 6:30p-7:45p	LPSC 7:15a-8:30a	LPSC 9:00a-10:15a 10:15a-11:30a OWS- Trooper** 10:00a-12:00p
						FCT Course Preview 1:30p
7	8	9	10	11	12	13
LPSC 10:30a-11:45a	LPSC 7:15a-8:30a LPSC 6:30p-7:45p	LPSC 6:30a-7:45a LPSC 11:00a-12:15p	LPSC 7:15a-8:30a Ursinus 7:00p-8:30p	LPSC 11:00a-12:15p LPSC 6:30p-7:45p	LPSC 7:15a-8:30a	LPSC 9:00a-10:15a 10:15a-11:30a OWS- Trooper** 10:00a-12:00p
		OWS- Trooper** 5:00p-7:00p		OWS- Trooper** 5:00p-7:00p		
14	15	16	17	18	19	20
LPSC 10:30a-11:45a	LPSC 7:15a-8:30a LPSC 6:30p-7:45p	LPSC 6:30a-7:45a LPSC 11:00a-12:15p	LPSC 7:15a-8:30a Ursinus 7:00p-8:30p	LPSC 11:00a-12:15p LPSC 6:30p-7:45p	LPSC 7:15a-8:30a	LPSC 9:00a-10:15a 10:15a-11:30a OWS- Trooper** 10:00a-12:00p
		OWS- Trooper** 5:00p-7:00p		OWS- Trooper** 5:00p-7:00p		
21	22	23	24	25	26	27
Villanova 9:00a-10:30a 10:30a-12:00p	LPSC 7:15a-8:30a LPSC 6:30p-7:45p	LPSC 6:30a-7:45a LPSC 11:00a-12:15p	LPSC 7:15a-8:30a Ursinus 7:00p-8:30p	LPSC 11:00a-12:15p LPSC 6:30p-7:45p	LPSC 7:15a-8:30a Ocean Pines Triathlon Camp	LPSC 9:00a-10:15a OWS- Trooper** 10:00a-12:00p
Adult Swim Clinic: Villanova 10:45a-12:00p		OWS- Trooper** 5:00p-7:00p		OWS- Trooper** 5:00p-7:00p		Ocean Pines Triathlon Camp
				Ocean Pines Triathlon Camp		
28	29	30	1	2	3	4
Villanova 9:00a-10:30a 10:30a-12:00p	LPSC 7:15a-8:30a LPSC 6:30p-7:45p	LPSC 6:30a-7:45a LPSC 11:00a-12:15p				
Adult Swim Clinic: Villanova 10:45a-12:00p						
Ocean Pines Triathlon Camp		OWS- Trooper** 5:00p-7:00p				

**Open Water Swims will occur if the following criteria are met: - Minimum of 8 swimmers must reserve slots on Pike13 - Water temp of 50F or higher - Weather and water quality are acceptable

Questions? Contact: info@frenchcreekracing.com OR visit our [Facebook Page](#)

This calendar is not updated throughout the month. For updates, please check our [Swim Training Facebook Group](#)

Lawrence Park Swim Club:
 293 Langford Rd. Broomall, PA 19008

Villanova University: Pavillion Swim Center
 N. Ithan Ave Villanova, PA 19085

Open Water Swim - Trooper
 1400 S. Trooper Rd. Norristown PA 19403

Ursinus College, Floy Lewis Bakes Center
 E. 9th Ave. & College Ave. Colledgeville, PA 19426