

Group Pool Swims Open Water Swim Training Race Events Social Events



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1	2	3	4	5
Villanova 7:00a-8:30a 8:30a-10:00p	LPSC 7:15a-8:30a	LPSC 6:15a-7:30a	LPSC 7:15a-8:30a	LPSC 11:00a-12:15p	LPSC 7:15a-8:30a	LPSC 9:00a-10:15a 10:15a-11:30a
Adult Swim Clinic: Villanova 8:45a-10:00a	LPSC 6:30p-7:45p	LPSC 11:00a-12:15p		LPSC 6:30p-7:45p		OWS- Trooper** 10:00a-12:00p
		OWS- Trooper** 5:00p-7:00p		OWS- Trooper** 5:00p-7:00p		
6	7		9		11	12
LPSC 7:00a-8:30a	LPSC 7:15a-8:30a	LPSC 6:15a-7:30a	LPSC 7:15a-8:30a	LPSC 11:00a-12:15p	LPSC 7:15a-8:30a	LPSC 9:00a-10:15a 10:15a-11:30a
FCE Kickoff Party 4:00p GreshFit	LPSC 6:30p-7:45p	LPSC 11:00a-12:15p		LPSC 6:30p-7:45p		OWS- Trooper** 10:00a-12:00p
		OWS- Trooper** 5:00p-7:00p		OWS- Trooper** 5:00p-7:00p		
13	14	15	16	17	18	19
Villanova 7:00a-8:30a 8:30a-10:00p	LPSC 7:15a-8:30a	LPSC 6:15a-7:30a	LPSC 7:15a-8:30a	LPSC 11:00a-12:15p	LPSC 7:15a-8:30a	LPSC 9:00a-10:15a 10:15a-11:30a
Adult Swim Clinic: Villanova 8:45a-10:00a	LPSC 6:30p-7:45p	LPSC 11:00a-12:15p		LPSC 6:30p-7:45p		OWS- Trooper** 10:00a-12:00p
		OWS- Trooper** 5:00p-7:00p		OWS- Trooper** 5:00p-7:00p		Hopewell Furnace Clean Up 10:00a
						FCT Course Preview 1:30p
20	21	22	23		25	26
LPSC 7:00a-8:30a	LPSC 7:15a-8:30a	LPSC 6:15a-7:30a	LPSC 7:15a-8:30a	LPSC 11:00a-12:15p	LPSC 7:15a-8:30a	LPSC 9:00a-10:15a 10:15a-11:30a
	LPSC 6:30p-7:45p	LPSC 11:00a-12:15p		LPSC 6:30p-7:45p		OWS- Trooper** 10:00a-12:00p
		OWS- Trooper** 5:00p-7:00p		OWS- Trooper** 5:00p-7:00p		
27	28		30		2	3
Villanova 7:00a-8:30a 8:30a-10:00p	LPSC 7:15a-8:30a	LPSC 6:15a-7:30a	LPSC 7:15a-8:30a	LPSC 11:00a-12:15p	LPSC 7:15a-8:30a	LPSC 9:00a-10:15a
Adult Swim Clinic: Villanova 8:45a-10:00a	LPSC 6:30p-7:45p	LPSC 11:00a-12:15p		LPSC 6:30p-7:45p		Fast & Furious 5K 8:00a
		OWS- Trooper** 5:00p-7:00p		OWS- Trooper** 5:00p-7:00p		

Questions? Contact: info@frenchcreekracing.com

This calendar is not updated throughout the month. For updates, please check our schedule at: frenchcreekracing.pike13.com/schedule

**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

Lawrence Park Swim Club: Villanova University: Pavillion Swim Center **Events** 293 Langford Rd. Broomall, PA 19008 N. Ithan Ave Villanova, PA 19085 **Clinics**

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