

August

2024

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



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1	2	3
JCC 6:30a-8:00a	LPSC 7:15a-8:30a	LPSC 6:30a-7:45a	LPSC 7:15a-8:30a	JCC 6:00a-7:15a 7:15a-8:30a	UMTP 6:00a-7:30a	OWS- Trooper 8:00a-12:00p
OWS- Trooper 10:00a-12:00p	OWS- Newark 6:00p-8:00p	OWS- Trooper 5:00p-7:00p		OWS- Trooper 5:00p-7:00p	LPSC 7:15a-8:30a	UMTP 8:30a-10:00a
	UMTP & Clinic 8:15p-9:30p			UMTP 8:15p-9:30p		
4	5	6	7	8	9	10
JCC 6:30a-8:00a	LPSC 7:15a-8:30a	LPSC 6:30a-7:45a	LPSC 7:15a-8:30a	JCC 6:00a-7:15a 7:15a-8:30a	UMTP 6:00a-7:30a	River Day SwimFest
OWS- Trooper 10:00a-12:00p	OWS- Newark 6:00p-8:00p	Open Water Series Race #5		OWS- Trooper 5:00p-7:00p	LPSC 7:15a-8:30a	UMTP 8:30a-10:00a
	UMTP 8:15p-9:30p			UMTP 8:15p-9:30p		
11	12	13	14	15	16	17
JCC 6:30a-8:00a	LPSC 7:15a-8:30a	LPSC 6:30a-7:45a	LPSC 7:15a-8:30a	JCC 6:00a-7:15a 7:15a-8:30a	UMTP 6:00a-7:30a	OWS- Trooper 8:00a-12:00p
OWS- Trooper 10:00a-12:00p	OWS- Newark 6:00p-8:00p	OWS- Trooper 5:00p-7:00p		OWS- Trooper 5:00p-7:00p		UMTP 8:30a-10:00a
	UMTP 8:15p-9:30p	Open Water Clinics 5-7pm		UMTP & Clinic 8:15p-9:30p	LPSC 7:15a-8:30a	
18	19	20	21	22	23	24
JCC 6:30a-8:00a	LPSC 7:15a-8:30a	LPSC 6:30a-7:45a	LPSC 7:15a-8:30a	JCC 6:00a-7:15a 7:15a-8:30a	UMTP 6:00a-7:30a	OWS- Trooper 8:00a-12:00p
OWS- Trooper 10:00a-12:00p	OWS- Newark 6:00p-8:00p	OWS- Trooper 5:00p-7:00p		OWS- Trooper 5:00p-7:00p	LPSC 7:15a-8:30a	UMTP 8:30a-10:00a
	UMTP & Clinic 8:15p-9:30p	Open Water Clinics 5-7pm		UMTP & Clinic 8:15p-9:30p		
25	26	27	28	29	30	31
JCC 6:30a-8:00a	LPSC 7:15a-8:30a	LPSC 6:30a-7:45a	LPSC 7:15a-8:30a	JCC 6:00a-7:15a 7:15a-8:30a	Charles Bender Memorial Swim	OWS- Trooper 8:00a-12:00p
OWS- Trooper 10:00a-12:00p	OWS- Newark 6:00p-8:00p	Open Water Series Race #6		OWS- Trooper 5:00p-7:00p		UMTP 8:30a-10:00a
	UMTP & Clinic 8:15p-9:30p			UMTP 8:15p-9:30p		

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

Kaiserman JCC:
 45 Haverford Rd. Wynnewood, PA 19096

Open Water Swim - Newark:
 240 Old Paper Mill Rd. Newark, DE 19711

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

Events
Clinics

Upper Merion Township Pool:
 431 W Valley Forge Rd. King of Prussia, PA 19406

Questions? Contact: info@frenchcreekracing.com OR visit our [Facebook Page](#)
 For updates, join our [Swim Training Facebook Group](#)