

July

2024

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



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	1	2	3	4	5	6
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
Delaware State Championships	UMTP 8:15p-9:30p	Open Water Clinics 5-7pm				
7	8	9	10	11	12	13
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 8:15p-9:30p			UMTP 8:15p-9:30p		
14	15	16	17	18	19	20
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 8:15p-9:30p	Open Water Clinics 5-7pm		UMTP 8:15p-9:30p		
21	22	23	24	25	26	27
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	Open Water Series Race #4		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		
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 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

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](#)