

March 2024

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



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	1	2
					LPSC 7:15a-8:30a	LPSC 9:00a-10:15a 10:15a-11:30a
3	4	5	6	7	8	9
Villanova 9:00a-10:30a 10:30a-12:00p	LPSC 7:15a-8:30a	LPSC 6:30a-7:45a	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 10:45a-12:00p	LPSC 6:30p-7:45p	LPSC 11:00a-12:15p	Ursinus 7:00p-8:30p	LPSC 6:30p-7:45p		
10	11	12	13	14	15	16
Villanova 9:00a-10:30a 10:30a-12:00p	LPSC 7:15a-8:30a	LPSC 6:30a-7:45a	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 10:45a-12:00p	LPSC 6:30p-7:45p	LPSC 11:00a-12:15p	Ursinus 7:00p-8:30p	LPSC 6:30p-7:45p		
STC Kick Off Party 2-5pm Puddlers Kitchen & Tap						
17	18	19	20	21	22	23
Villanova 9:00a-10:30a 10:30a-12:00p	LPSC 7:15a-8:30a	LPSC 6:30a-7:45a	LPSC 7:15a-8:30a	LPSC 11:00a-12:15p	LPSC 7:15a-8:30a	LPSC 9:00a-10:15a
Adult Swim Clinic: Villanova 10:45a-12:00p	LPSC 6:30p-7:45p	LPSC 11:00a-12:15p	Ursinus 7:00p-8:30p	LPSC 6:30p-7:45p		
24	25	26	27	28	29	30
LPSC 10:30a-11:45a	LPSC 7:15a-8:30a	LPSC 6:30a-7:45a	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	Ursinus 7:00p-8:30p	LPSC 6:30p-7:45p		

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](#) and [Google Calendar](#).

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

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

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