

# May

## 2023

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
	LPSC 7:20a-8:40a	LPSC 6:30a-7:45a	LPSC 7:20a-8:40a	LPSC 11:00a-12:15p	LPSC 7:20a-8:40a	LPSC 9:00a-10:15a 10:15a-11:30a
	LPSC 6:30p-7:45p	LPSC 2:00p-3:15p		LPSC 6:30p-7:45p		OWS- Trooper** 8:00a-12:00p
	OWS- Newark** 6:00p-8:00p	OWS- Trooper** 5:00p-7:00p		OWS- Trooper** 5:00p-7:00p		
7	8	9	10	11	12	13
Villanova 9:00a-10:30a 10:30a-12:00p	LPSC 7:20a-8:40a	LPSC 6:30a-7:45a	LPSC 7:20a-8:40a	LPSC 11:00a-12:15p	LPSC 7:20a-8:40a	LPSC 9:00a-10:15a 10:15a-11:30a
Spring Swim Clinic: Villanova 10:45a-12:00p	LPSC 6:30p-7:45p	LPSC 2:00p-3:15p		LPSC 6:30p-7:45p		OWS- Trooper** 8:00a-12:00p
OWS- Trooper** 10:00a-12:00p	OWS- Newark** 6:00p-8:00p	Open Water Series Race #1		OWS- Trooper** 5:00p-7:00p		
14	15	16	17	18	19	20
Villanova 9:00a-10:30a 10:30a-12:00p	LPSC 7:20a-8:40a	LPSC 6:30a-7:45a	LPSC 7:20a-8:40a	LPSC 11:00a-12:15p	LPSC 7:20a-8:40a	French Creek Triathlon & SwimFest
Spring Swim Clinic: Villanova 10:45a-12:00p	LPSC 6:30p-7:45p	LPSC 2:00p-3:15p		LPSC 6:30p-7:45p		
OWS- Trooper** 10:00a-12:00p	OWS- Newark** 6:00p-8:00p	OWS- Trooper** 5:00p-7:00p		OWS- Trooper** 5:00p-7:00p		
21	22	23	24	25	26	27
French Creek Triathlon & SwimFest	LPSC 7:20a-8:40a	LPSC 6:30a-7:45a	LPSC 7:20a-8:40a	LPSC 11:00a-12:15p	LPSC 7:20a-8:40a	LPSC 9:00a-10:15a 10:15a-11:30a
	LPSC 6:30p-7:45p	LPSC 2:00p-3:15p		LPSC 6:30p-7:45p		OWS- Trooper** 8:00a-12:00p
	OWS- Newark** 6:00p-8:00p	OWS- Trooper** 5:00p-7:00p		OWS- Trooper** 5:00p-7:00p		Spring Pool Sessions End
28	29	30	31	1	2	3
LPSC 9:00a-10:15a	LPSC 7:20a-8:40a	LPSC 6:30a-7:45a	LPSC 7:20a-8:40a			
OWS- Trooper** 10:00a-12:00p	OWS- Newark** 6:00p-8:00p	OWS- Trooper** 5:00p-7:00p				

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

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

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

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

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

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

For updates, join our [Swim Training Facebook Group](#)