

May

2024

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



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|------------------------------|-------------------------------|---------------------|-------------------------------|---------------------|---|
| 28 | 29 | 30 | 1 | 2 | 3 | 4 |
| | | | 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 | | OWS- Trooper** 8:00a-12:00p |
| | | | | OWS- Trooper** 5:00p-7:00p | | |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 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 | | LPSC 6:30p-7:45p | | OWS- Trooper** 8:00a-12:00p |
| Women's Philly Tri Swim Clinic 10:45a-12:00p | | Open Water Series Race #1 | | OWS- Trooper** 5:00p-7:00p | | Betterton SwimFest |
| OWS- Trooper** 10:00a-12:00p | | | | | | |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 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 | French Creek Triathlon & SwimFest |
| Adult Swim Clinic: Villanova 10:45a-12:00p | LPSC 6:30p-7:45p | LPSC 11:00a-12:15p | | 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 | | |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| French Creek Triathlon & SwimFest | 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 |
| | LPSC 6:30p-7:45p | LPSC 11:00a-12:15p | | 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 | | |
| 26 | 27 | 28 | 29 | 30 | 31 | 1 |
| JCC 6:30a-8:00a | LPSC 7:15a-8:30a | LPSC 11:00a-12:15p | LPSC 7:15a-8:30a | JCC 6:00a-7:30a | LPSC 7:15a-8:30a | Luray SwimFest |
| 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 8:15p-9:30p | | |

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 19711

Kaiserman JCC:
 45 Haverford Rd. Wynnewood, PA 19096

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](#)