

# November

## 2023

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



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	1	2	3	4
			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		
5	6	7	8	9	10	11
LPSC 9:00a-10:15a	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
Fall Swim Clinic: LPSC 10:15a-11:30p	LPSC 6:30p-7:45p	LPSC 11:00a-12:15p		LPSC 6:30p-7:45p		Harvest Hare Swim & TriFest: 9a-3p
12	13	14	15	16	17	18
Villanova 9:00a-10:30a	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		
19	20	21	22	23	24	25
Villanova 9:00a-10:30a 10:30a-12:00p	LPSC 7:15a-8:30a	LPSC 6:30a-7:45a	LPSC 7:15a-8:30a	Practice TBA 	LPSC 7:15a-8:30a	LPSC 9:00a-10:15a
Fall Adult Swim Clinic: Villanova 10:45a-12:00p	LPSC 6:30p-7:45p	LPSC 11:00a-12:15p				
26	27	28	29	30	1	2
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
Fall Adult Swim Clinic: Villanova 10:45a-12:00p	LPSC 6:30p-7:45p	LPSC 11:00a-12:15p		LPSC 6:30p-7:45p		

Questions? Contact: [info@frenchcreekracing.com](mailto: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