

October

2024

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



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

**Open Water Swims will occur if the following criteria are met: - Minimum of 8 swimmers must reserve slots on Pike13 -
 Water temp of 50F or higher - Weather and water quality are acceptable

Questions? Contact: info@frenchcreekracing.com

This calendar is not updated throughout the month. For updates, please check our schedule at:
frenchcreekracing.pike13.com/schedule

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

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

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

Clinics

Events