

September

2023

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



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	1	2
					Bender Swim	OWS- Trooper 8:00a-12:00p
						UMTP 8:30a-10:00a
						STC Casual Group Ride - Trooper 12:30p
3	4	5	6	7	8	9
LPSC 7:00a-8:30a	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	OWS- Trooper 8:00a-12:00p
OWS- Trooper 10:00a-12:00p	OWS - Newark 6:00p-8:00p	LPSC 11:00a-12:15p	STC Casual Group Ride - Trooper 10:00a	OWS- Trooper 5:00p-7:00p		LPSC 9:00a-10:15a
		OWS- Trooper 5:00p-7:00p		LPSC 6:30p-7:45p		STC Casual Group Ride - Trooper 12:30p
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	OWS- Trooper 8:00a-12:00p
Fall Swim Clinic: Villanova 10:45a-12:00p	OWS - Newark 6:00p-7:30p	LPSC 11:00a-12:15p	STC Casual Group Ride - Trooper 10:00a	OWS- Trooper 5:00p-7:00p		LPSC 9:00a-10:15a
OWS- Trooper 10:00a-12:00p	LPSC 6:30p-7:45p	OWS- Trooper 5:00p-7:00p		LPSC 6:30p-7:45p		STC Casual Group Ride - Trooper 12:30p
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	OWS- Trooper 8:00a-12:00p
OWS- Trooper 10:00a-12:00p	OWS - Newark 6:00p-7:30p	LPSC 11:00a-12:15p	STC Casual Group Ride - Trooper 10:00a	OWS- Trooper 5:00p-7:00p		LPSC 9:00a-10:15a
	LPSC 6:30p-7:45p	OWS- Trooper 5:00p-7:00p		LPSC 6:30p-7:45p		STC Casual Group Ride - Trooper 12:30p
24	25	26	27	28	29	30
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	OWS- Trooper 8:00a-12:00p
Fall Swim Clinic: LPSC 10:15a-11:30p	OWS - Newark 6:00p-7:30p	LPSC 11:00a-12:15p	STC Casual Group Ride - Trooper 10:00a	OWS- Trooper 5:00p-7:00p	Fall TriCamp @ French Creek	LPSC 9:00a-10:15a
OWS- Trooper 10:00a-12:00p	LPSC 6:30p-7:45p	OWS- Trooper 5:00p-7:00p		OW Clinic 5-6p Transition Clinic 6:15-7p		Fall TriCamp @ French Creek
				LPSC 6:30p-7:45p		
				Fall TriCamp @ French Creek		

**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 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

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

STC Group Ride - Trooper:
 1400 S. Trooper Rd. Norristown, PA 19403

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

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