

# September

# 2024

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



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
JCC 6:30a-8:00a	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	River Day SwimFest
OWS- Trooper 10:00a-12:00p	OWS - Newark 5:45p-7:45p	LPSC 11:00a-12:15p		OWS- Trooper 5:00p-7:00p		LPSC 9:00a-10:15a
		OWS- Trooper 5:00p-7:00p		LPSC 6:30p-7:45p		
8	9	10	11	12	13	14
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	OWS- Trooper 8:00a-12:00p
OWS- Trooper 10:00a-12:00p	OWS - Newark 5:30p-7:30p	LPSC 11:00a-12:15p	Ursinus 7:00p-8:30p	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		
15	16	17	18	19	20	21
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	OWS- Trooper 8:00a-12:00p
OWS- Trooper 10:00a-12:00p	OWS - Newark 5:30p-7:30p	LPSC 11:00a-12:15p	Ursinus 7:00p-8:30p	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		
22	23	24	25	26	27	28
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	OWS- Trooper 8:00a-12:00p
OWS- Trooper 10:00a-12:00p	OWS - Newark 5:30p-7:30p	LPSC 11:00a-12:15p	Ursinus 7:00p-8:30p	OWS- Trooper 5:00p-7:00p	Fall TriCamp @ French Creek	LPSC 9:00a-10:15a
	LPSC 6:30p-7:45p	OWS- Trooper 5:00p-7:00p		LPSC 6:30p-7:45p		Fall TriCamp @ French Creek
				Fall TriCamp @ French Creek		
29	30	1	2	3	4	5
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	OWS- Trooper 8:00a-12:00p
OWS- Trooper 10:00a-12:00p	OWS - Newark 5:30p-7:30p	LPSC 11:00a-12:15p	Ursinus 7:00p-8:30p	OWS- Trooper 5:00p-7:00p		LPSC 9:00a-10:15a 10:15a-11:30a
Fall SwimFest at French Creek	LPSC 6:30p-7:45p	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 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](#)

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

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

**Ursinus College, Floy Lewis Bakes Center**  
 E. 9th Ave. & College Ave. Collegeville, PA 19426

**Events**  
**Clinics**

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