

September

2025

Group Pool Swims
Open Water Swim Training
Coach John Kenny



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1	2	3	4	5	6
JCC 6:30a-8:00a	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 8:30a-9:45a
OWS- Trooper 10:00a-12:00p	OWS- Newark 6:00p-8:00p	LPSC 11:00a-12:15p		OWS- Trooper 5:00p-7:00p		Charles Bender Memorial Swim
		OWS- Trooper 5:00p-7:00p		LPSC 6:30p-7:45p		
7	8	9	10	11	12	13
Villanova 7:00a-8:30a 8:30a-10:00p	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 8:30a-9:45a
OWS- Trooper 10:00a-12:00p	OWS- Newark 5:45p-7:45p	LPSC 11:00a-12:15p		OWS- Trooper 5:00p-7:00p		OWS- Trooper 8:00a-12:00p
Grown Up Swim Meet - 6:30p LPSC	LPSC 6:30p-7:45p	OWS- Trooper 5:00p-7:00p		LPSC 6:30p-7:45p		
14	15	16	17	18	19	20
Villanova 7:00a-8:30a 8:30a-10:00p	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 8:30a-9:45a
OWS- Trooper 10:00a-12:00p	OWS- Newark 5:30p-7:30p	LPSC 11:00a-12:15p		OWS- Trooper 5:00p-7:00p		OWS- Trooper 8:00a-12:00p
	LPSC 6:30p-7:45p	OWS- Trooper 5:00p-7:00p		LPSC 6:30p-7:45p		
21	22	23	24	25	26	27
Villanova 7:00a-8:30a 8:30a-10:00p	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 8:30a-9:45a
OWS- Trooper 10:00a-12:00p	OWS- Newark 5:15p-7:15p	LPSC 11:00a-12:15p		OWS- Trooper 5:00p-7:00p **Clinic 5-6pm		OWS- Trooper 8:00a-12:00p
	LPSC 6:30p-7:45p	OWS- Trooper 5:00p-7:00p		LPSC 6:30p-7:45p		
				Fall Triathlon Camp		
28	29	30	1	2	3	4
LPSC 6:30a-8:00a	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 8:30a-9:45a
Fall SwimFest at French Creek	OWS- Newark 5:15p-7:15p	LPSC 11:00a-12:15p		OWS- Trooper 5:00p-7:00p		OWS- Trooper 10:00a-12:00p
	LPSC 6:30p-7:45p	OWS- Trooper 5:00p-7:00p		LPSC 6:30p-7:45p		

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

Kaiserman JCC:
45 Haverford Rd. Wynnewood, PA 19096

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

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

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