Train:

Take the R3 train at Swarthmore Station inbound; get off at Penn Center. Exiting from Penn Center is difficult to explain because the train will not always stop at the same spot nor even the same track. There are exits to 15th Street, 16th Street, 17th Street and 18th Street. Take the closest exit to the upper level, then look for the exit to 17th Street. When you emerge turn right on 17th Street (north) and walk towards the flag-draped Parkway. Cross to the far side of the Parkway and note Friends Select on your right. It’s a two-story brick building on the corner right next to the large Pennwalt office building. There is a courtyard in front of the school entrance.

If you are closer to the 16th Street area, emerge and walk north on 16th Street to the Parkway; cross the Parkway and walk left on it to 17th Street.

SEPTA site for train schedule:
http://www.septa.org/schedule.cgi?route=r3s&day=1