

KeSS Schedule 2018-1

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| Impala | | | |
| SCS | Tuesday | Thursday | Saturday |
| Session 1 | 16:00 - 16:30 | 16:00 - 16:30 | 10:30 - 11:00 |
| Session 2 | 16:30 - 17:00 | 16:30 - 17:00 | |
| | | | |
| SNS | Monday | Wednesday | |
| Session 1 | 16:00 - 16:30 | 16:00 - 16:30 | |
| Session 2 | 16:30 - 17:00 | 16:30 - 17:00 | |
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| Early Bird Sessions @Stedmak Gardens | | | |
| | Tuesday | Thursday | 6 week Program |
| Session 1 | 14:30 - 15:00 | 14:30 - 15:00 | Kes.12,000 |

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| Hippo | | | |
| SCS | Tuesday | Thursday | Saturday |
| Session 1 | 16:00 - 16:30 | 16:00 - 16:30 | 10:30 - 11:00 |
| Session 2 | 16:30 - 17:00 | 16:30 - 17:00 | |
| | | | |
| SNS | Monday | Wednesday | |
| Session 1 | 16:00 - 16:30 | 16:00 - 16:30 | |
| Session 2 | 16:30 - 17:00 | 16:30 - 17:00 | |
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| Early Bird Sessions @Stedmak Gardens | | | |
| | Tuesday | Thursday | 6 week Program |
| Session 1 | 14:30 - 15:00 | 14:30 - 15:00 | Kes.12,000 |

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| Wildebeest | | 3Sessions per Week | |
| SCS | Tuesday | Thursday | Saturday |
| Session 1 | 16:00 - 16:45 | 16:00 - 16:45 | 11:00 - 11:45 |
| Session 2 | 16:45 - 17:30 | 16:45 - 17:30 | |
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| SNS | Monday | Wednesday | |
| Session 1 | 16:30 - 17:15 | 16:30 - 17:15 | |

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| Zebra | 4Sessions Per Week | | | |
| SCS | Monday | Wednesday | Friday | Saturday |
| Session 1 | 16:30 - 17:30 | 16:30 - 17:30 | 16:30 - 17:30 | 11:00 - 12:00 |
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| SNS | Monday | Wednesday | | Saturday@SCS |
| Session 1 | 17:15- 18:15 | 17:15- 18:15 | | 11:00 - 12:00 |

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| Giraffe | Swimming | 4Sessions Per Week | | |
| SCS | Monday | Wednesday | Friday | Saturday |
| Session 1 | 16:30 - 17:30 | 16:30 - 17:30 | 16:30 - 17:30 | 11:00 - 12:00 |
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| SNS | Monday | Wednesday | | Saturday@SCS |
| Session 1 | 17:15- 18:15 | 17:15- 18:15 | | 11:00 - 12:00 |

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| Pre Dev | Swim Session | Land Training | | Kasarani |
| SCS | Tuesday | Wednesday | Thursday at | Friday |
| PM | 17:00 - 18:30 | 17:00 - 18:30 | 17:00 - 18:30 | 17:00 - 18:30 |
| | | | | 07:00 - 08:00 |
| | | | | 16:15 - 17:00 |
| | | | | 08:00 - 09:30 |
| SNS | Monday | Wednesday | Thursday | |
| PM | 17:00 - 18:30 | 17:00 - 18:30 | 17:00 - 18:30 | |

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| Dev 1 | Swim Session | Land Training | | | Kasarani |
| SCS | Tuesday | Wednesday | Thursday | Friday | Saturday |
| PM | 17:00 - 18:30 | 17:00 - 18:30 | 17:00 - 18:30 | 17:00 - 18:30 | 07:00 - 08:00 |
| | | | | 16:15 - 17:00 | 08:00 - 09:30 |
| SNS | Monday | Wednesday | Thursday | | |
| PM | 17:00 - 18:30 | 17:00 - 18:30 | 17:00 - 18:30 | | |

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| Dev 2 | Swim Session | Land Training | | | | Kasarani |
| SCS | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| PM | 17:00 - 18:30 | 17:00 - 18:30 | 17:00 - 18:30 | 17:00 - 18:30 | 17:00 - 18:30 | 07:00 - 08:00 |
| | 16:15 - 17:00 | | 16:15 - 17:00 | | 16:15 - 17:00 | 08:00 - 09:30 |
| Stedmak | | 06:00- 7:30 | | 06:00- 7:30 | | |
| SNS | Monday | | Wednesday | Thursday | | |
| | 16:15 - 17:00 | | 16:15 - 17:00 | | | |
| PM | 17:00 - 18:30 | | 17:00 - 18:30 | 17:00 - 18:30 | | |

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| Dev 3 | Swim Session | Land Training | | | | Kasarani |
| SCS | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| PM | 17:00 - 19:00 | 17:00 - 19:00 | 17:00 - 19:00 | 17:00 - 19:00 | 17:00 - 19:00 | |
| | 16:15 - 17:00 | | 16:15 - 17:00 | | 16:15 - 17:00 | |
| AM | | 05:30 - 7:00 | | 05:30 - 07:00 | | 08:00 - 10:00 |
| Stedmak? | | 06:00 - 07:30 | | 06:00 - 07:30 | 05:30 - 07:00 | 08:00 - 10:00 |
| SNS | Monday | Wednesday | Thursday | | | |
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| PM | 17:00 - 18:30 | 17:00 - 18:30 | 17:00 - 18:30 | | | |

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| Perf | Swim Session | Land Training | | | | Kasarani |
| SCS | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| PM | 17:00 - 19:00 | 17:00 - 19:00 | 17:00 - 19:00 | 17:00 - 19:00 | 17:00 - 19:00 | |
| | 16:15 - 17:00 | | 16:15 - 17:00 | | 16:15 - 17:00 | |
| AM | | 05:30 - 07:00 | | 05:30 - 07:00 | | 07:00 - 08:00 |
| Stedmak? | | 06:00 - 07:30 | | 06:00 - 07:30 | 05:30 - 07:00 | 08:00 - 10:00 |
| SNS | Monday | Wednesday | Thursday | | | |
| | 16:15 - 17:00 | | 16:15 - 17:00 | | | |
| PM | 17:00 - 18:30 | 17:00 - 18:30 | 17:00 - 18:30 | | | |