

Water Polo Training Timetable - Sep 2025 (YLSP)

| | Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|--------------|-----------------------------------|-----|-----|-----|-----------------------------------|-----------------------------------|
| Sep | | 1 YLSP Pool: 1700-1900 | 2 | 3 | 4 | 5 YLSP Pool: 1700-1900 | 6 YLSP Pool: 1000-1200 |
| | 7 | 8 YLSP Pool: 1700-1900 | 9 | 10 | 11 | 12 YLSP Pool: 1700-1900 | 13 YLSP Pool: 1000-1200 |
| | 14 | 15 YLSP Pool: 1700-1900 | 16 | 17 | 18 | 19 YLSP Pool: 1700-1900 | 20 |
| | 21 | 22 YLSP Pool: 1700-1900 | 23 | 24 | 25 | 26 YLSP Pool: 1700-1900 | 27 |
| | 28 | 29 YLSP Pool: 1700-1900 | 30 | | | | |
| | HKChamp 2025 | | | | | | |