

Hong Kong Aqua Ball Course (Kowloon Park Swimming Pool)

Training Timetable - August 2025

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Aug						1	2
	3	4 KPS Pool: 1600-1800	5	6 KPS Pool: 1600-1800	7	8	9
	10	11 KPS Pool: 1600-1800	12	13 KPS Pool: 1600-1800	14	15	16
	17	18 KPS Pool: 1700-1800	19	20 KPS Pool: 1700-1800	21	22	23
	24	25 KPS Pool: 1600-1800	26	27 KPS Pool: 1600-1800	28	29 KPS Pool: 1600-1800	30
	31						