

Hong Kong Aqua Ball Course (Kowloon Park Swimming Pool)

Training Timetable - June 2025

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

Training Timetable - July 2025

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