

# Hong Kong Aqua Ball Course (Kowloon Park Swimming Pool)

## Training Timetable - August 2025

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

## Training Timetable - September 2025

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