

Hong Kong Aqua Ball Course (Kowloon Park Swimming Pool)

Training Timetable - October 2025

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

Training Timetable - November 2025

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